

# Frequency Friday!

Elevate your frequency!



## PERSONAL TAX DEADLINE

10/16/2023

If you have personal taxes due and filed an extension, the deadline to submit to the IRS is **October 16th 2023!**

All missing information is due to Jill IMMEDIATELY for an ON-TIME filing! Please reach out with any questions and take a moment to submit any pending documents as soon as possible.

Drop off or upload documents to complete your tax return and **email Shyann at [shuggins@acpa.com](mailto:shuggins@acpa.com)**

Upcoming Event!  
11/11/2023

Scan to learn more

Frequency 432  
Healing and  
Wellness Expo!

All Event proceeds donated to Vibration 432, a 501c non-profit with a mission to heal those who have experienced trauma, suffering from PTSD.

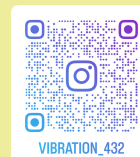
Explore, experience and engage with the area's finest! This one of a kind event offers holistic & metaphysical practitioners to showcase different healing modalities available to all. Learn how to tap into the many tools being offered to find your purpose, heal and unleash the best version of yourself!

If you feel called to create more in your life and want to live in your infinite potential, this event is for you and the knowledge you will gain will be invaluable!

561.425.8707 Carlin Park Jupiter www.frequency432.us

Hi Everyone! As you know I am hosting our 3rd Annual Frequency 432 Healing and Wellness Expo on 11/11/23 at Carlin Park Jupiter! We are super excited for this year's line up of Vendors and Presenters! We are still accepting Vendor applications, if you or someone you know of would be interested in being a vendor, have them sign up at the link below. You can also listen to Dr. Laura's Spotify Podcast and hear about my mission and how this Expo and my Non-Profit, Vibration 432 came about! More information in the following page.

In addition, I would love for you to follow my Instagram page to see all the amazing vendors and Event activities and also share with your friends and family about this incredible free event!



**Become a Vendor!**



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## Bulletin Board



Check out Dr. Laura and Dr. Kristie's "Slightly Sane" Podcast on Spotify featuring our very own Jill DiSalvo! They talk about all things Healing and Wellness with Jill and the story behind Jill's Non-Profit Vibration 432 and Frequency 432 Healing and Wellness Expo happening on 11/11/23 at Carlin Park Jupiter!



*earth + sugar*

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SPOOKTACULAR HALLOWEEN



# GET YOUR COSMIC *Mojo* ON



We are **Spirit** having a human experience

by **Hattie Parker, MS Ed, Astrologer, Numerologist & "Yes I Can" Creator/Coach**

## Guidelines for Realizing Positive Changes in Love and/or Money On Gleaning Support from the Universe: Take Note of the Power of the October 2023 Eclipse Season

### About the October 2023 Cosmic Mojo

- October 14, 2023 Solar Eclipse in Libra: Ruled by Venus
- October 28, 2023 Lunar Eclipse in Taurus: Ruled by Venus
- Venus is the Planetary Ruler of Love (of all kinds of love, for self, children, others and/or a significant other) and all kinds of Resources (money, skills, abilities, etc.). They influence both sides of the October eclipse pair.
- The wildcard influence of eclipses can be felt in advance of the exact date. (Case in point: Funding the US government, clearly a money issue, had, and is likely to continue to have, a wildcard flavor to it.)
- The intensity and theme of the forward-looking influence of eclipses lasts for up to 6 months
- As this eclipse season is Venus inspired, it is an excellent time for setting far-reaching and ambitious goals for love and money for yourself, and/or for the advantage of people whom you love and wish them to experience growth and happiness.
- This article offers practical and helpful suggestions for you and/or others for whom you care to gain both self-guided and/or coach supported approaches to improving the odds for you and/or others to be successful at achieving ambitious goals.

### "Only the Shadow Knows for Sure"

(A fun phrase coined by one of most popular radio shows of all times. As this show went off the air in 1954 it may not be familiar to many in the younger set reading this newsletter.)

In physical reality eclipses involve the Sun, Moon, and Earth casting shadows upon each other. They can metaphorically be thought of as cosmically inspired dances between light and dark (shadow). The shadow nature of the October skies makes this October a favorable time for everyone and anyone to take stock of their satisfaction in love and money. If there is a desire for improvement, a productive goal would be to seek to find ways to tap into learning about the content of the unconscious mindset (the shadow mind) of the person with the will to make positive changes.

Awareness is a first and an invaluable step on the path to gaining insight into what is holding back progress. Gaining insight into unconscious obstacles is a powerful step in any quest for desired insightful results.

### 9 Effective Ways to Access Information from One's Subconscious Mind

1. Seed your dreams. Write a note to your subconscious self about what you want to know (i.e., Dear Subconscious Mind: I seek insight into knowing what is keeping me from meeting the Love of my life.). Then, place the note under your pillow. Pay attention to what happens. You may want to keep daily notes.
2. Meditate with the intention of gaining constructive insights.
3. Plan to have an Aura Image Reading at the 11/11 Health and Wellness Event (Your Aura energy is generated by your subconscious. The wonders of technology make subconscious content visible. Often people want to hear only positive info and however if you are inviting even uncomfortable insights you may want to assure your inner-self you want the truth revealed.)
4. Get a Tarot Reading on 11/11. Inform the reader what you want to learn. (My belief is that Tarot is an x-ray of the subconscious mind.)
5. Get a Psychic Reading on 11/11. Inform the reader what you want to learn.
6. Acquire a Tarot deck on your own and utilize the related book, as needed, to read for yourself.
7. Engage in creating a vision board activity and when in creative think mode pay attention to see if you gain insights into what may be holding you back
8. Commit to doing the work recommended in the book Radical Forgiveness. Many wise and respected metaphysical teachers share that lack of forgiveness is detrimental to forward life progress.
9. Finally, a not commonly acknowledged astrological understanding is that an astrology chart reversed is the chart of the shadow. This is a service I make available. If you wish to learn more or schedule a reading [you can contact me at Hattie@hattieparker.com.](mailto:Hattie@hattieparker.com)

**NOTE: Stay tuned Nanette Saylor ([wisewellwomen.com](http://wisewellwomen.com)) and I are planning a unique visioning experiential workshop. More information will be shared in the next newsletter.**