

Frequency Friday!

Financial Frequency

elevate your frequency!



The Economic Impact Payment scheme

Emails messages are hitting inboxes with titles like: "Third Round of Economic Impact Payments Status Available." The IRS routinely sees hundreds of taxpayers forwarding these messages each day; the IRS has seen thousands of these emails reported since the July 4 holiday period.

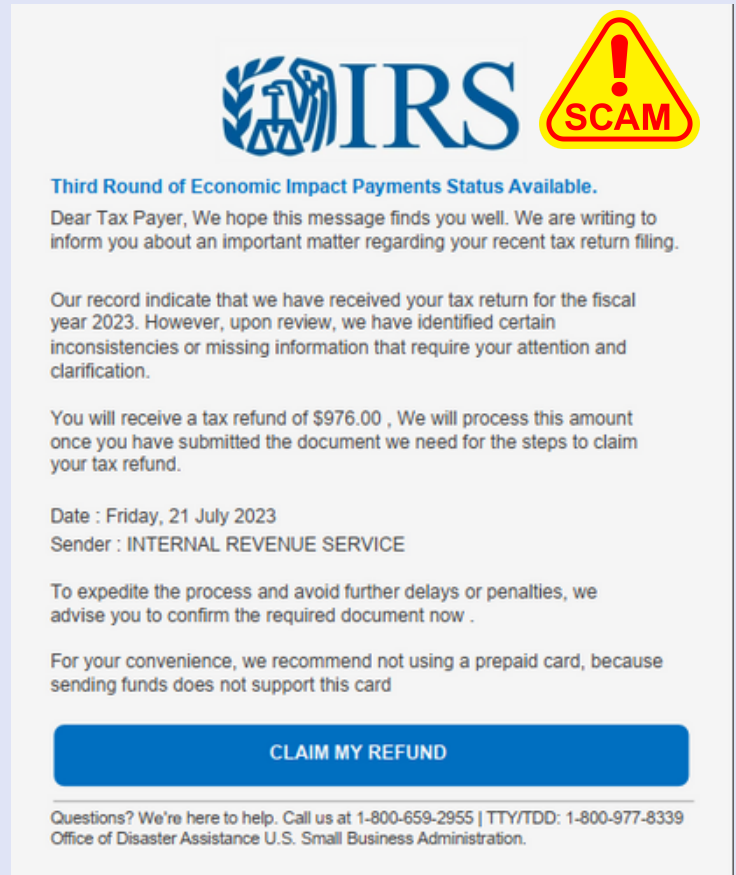
The third round of Economic Impact Payments occurred in 2021, more than two years ago. And this particular scheme, which plays off this real-world tax event, has been around since then. But while the stimulus payments ended long ago, the related scheme has evolved and changed as scam artists look for new ways to adjust their message to trick people.

Taxpayers shouldn't be fooled by this message for many reasons. For example, these emails are routinely riddled with spelling errors and factual inaccuracies, like this example:

"Dear Tax Payer, We hope this message finds you well. We are writing to inform you about an important matter regarding your recent tax return filing. Our record indicate that we have received your tax return for the fiscal inconsistencies or missing information that require your attention and clarification. You will receive a tax refund of \$976.00 , We will process this amount once you have submitted the document we need for the steps to claim your tax refund.

Sender : INTERNAL REVENUE SERVICE"

Like many scams, this email urges people to click on a link so they can complete their "application." Instead, it takes the taxpayer to a website where identity thieves will try to harvest valuable personal information.



The IRS never initiates contact with taxpayers by email, text or social media regarding a bill or tax refund.

As a reminder: Never click on any unsolicited communication claiming to be the IRS as it may surreptitiously load malware. It may also be a way for malicious hackers to load ransomware that keeps the legitimate user from accessing their system and files.

Individuals should never respond to tax-related phishing or smishing or click on the URL link. Instead, the scams should be reported by sending the email or a copy of the text/SMS as an attachment to phishing@irs.gov.

Be smart and be safe! Have questions and not sure if its real? Give us a call or email us and we will let you know!



Frequency Friday! Bulletin Board

CLIENT SPOTLIGHT!



ACCESS  BARS
Practitioner

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The Access Bars® is a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electromagnetic components of stress, thoughts and emotions.

This gentle, non-invasive technique works on releasing both physical and mental blocks stored within the body and helps to facilitate greater ease in all different areas of life.

A Bars session lasts for 60 to 90 minutes and is a process you can undertake as a one-time session, monthly, weekly or as a daily experience.

It is currently used in businesses, schools and even prisons around the world to facilitate greater health and wellbeing.



The effects of Access Bars® are scientifically verified, is individual to each person, and differs from session to session. However, recipients have reported that a session of Access Bars® can help with the following:

- Improved physical health.
- Greater mental clarity and reduced stress.
- Enhanced motivation and easier communication.
- Significant increase in feelings of joy, happiness, gratitude, kindness and peace.
- Deeper relaxation and positive effects on migraines and insomnia.
- Enhanced mental health: reduced symptoms of depression, anxiety, panic attacks, ADD, ADHD & OCD
- Greater intuitive awareness.



ACCESS  BARS
Practitioner

All of life comes to me with ease, joy and glory



GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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

Turn, Turn, Turn: On the Benefits of Attuning to Lunar Phases About the Full Moon August 1, 2023



Look up at the night sky. It is mysterious and marvelous to engage in taking in the beauty and mystery of the Moon. For centuries, this celestial companion has captured our imagination, inspiring poetry, art, and scientific inquiry. And, in my experience, paying attention to the phases of the Moon can have real-world benefits. The Moon is nature's timekeeper. Before the advent of modern technology, ancient civilizations relied on celestial cues to plan their activities. Lunar phases were crucial for farmers, as they marked the passage of time and helped determine the best times for planting and harvesting. Today it can guide us to knowing the best times for planning a project and/or finding comfort in going-with-the-flow of an always consistent, reliable Universe in the midst of cultural chaos.

The song Turn, Turn, Turn, made famous in the sixties, by the Byrds is comforting. It does not reference the Moon, nor does the related biblical source material, and, however, I can't help but think it fits. Listen, evaluate for yourself, and enjoy. <https://www.youtube.com/watch?v=pKP4cfU28vM>. Note: If you wish to learn more about the biblical roots of this song click on this link: <https://www.biblegateway.com/passage/?search=Ecclesiastes%203&version=KJV>

Phases of the Moon and Your Daily Living

These are crazy chaotic times with many uncertainties. I recommend paying attention to the Moon as a way to cultivate and gain an underlying reassuring connection with the idea that we live in a user-friendly Universe. There is plenty of evidence that the Moon's phases influence our emotions, energy levels, and creativity. For example, if you talk to someone who works in an Emergency Room you are very likely to find they concur that medical professionals have observed Full Moons seem to consistently bring more high alert activity. In the graphic on the following page I outline how phases of the moon can be interpreted to align with goal-setting, project management, manifestation and well-being practices. In this newsletter I have been spending considerable time and energy discussing the Moon's Phases because of my firm conviction and belief that the Moon's phases offer more than enchanting nights and poetic inspiration. If chosen to be so they can serve as a way to explore our inner selves. Embracing the energy of lunar cycles can enrich our lives and foster a greater appreciation for the interplay between the cosmos and our well-being.

Full Moon August 1, 2023

This August 1 Full Moon is in the early degrees of Aquarius an air sign. Air signs relate to ideas and thinking. This particular Aquarius energy favors being clear about what you would benefit from through letting go. Ask yourself: "What needs to go from my life?" (Clues: a habit, a person, a recurring negative thought) Then ask: "How would I benefit from letting go?" Next: coming from a place of trusting the Universe will be supportive seek to gain clarity. Aquarius energy is revolutionary This might just be a truly life-altering Full Moon for YO



About Phases & "Phases:" Going with the Cosmic Mojo Flow of Well-Being

The Moon has everything to do with our emotions and managing emotions. Phases and Phases of the Moon is a guide to working with the Moon to support well-being.

The face on the moon is often referred to as "The Man on the Moon." However, the Moon is a feminine planet. Knowledge is power! Know about and partner with the energies of the Cosmos and be better prepared and able to Go **with** the Flow in life.

Moon Phase Awareness : For Personal and Business and Well-being



★ ★ July 21 - July 27

Crescent: Favors overcoming obstacles, **1st Quarter:** Favors getting needed tasks accomplished.

1. New;
2. Crescent;
3. 1st Quarter;
4. Waxing Gibbous;
5. Full;
6. Waning Crescent;
7. Last Quarter;
8. Waning Gibbous

Aug 9 - Aug 15

Project Management

Rest, Restore & Maintain

Personal Energy Management

Seek to be self-caring through integrating insights and lessons learned

July 17 - July 24

Project Management

Creative Problem Solving

Personal Energy Management

Seek to connect to unstoppable Universal sustaining life force energy

Aug 1 - Aug 8

Project Management

Educating, Sharing & Promoting

Personal Energy Management

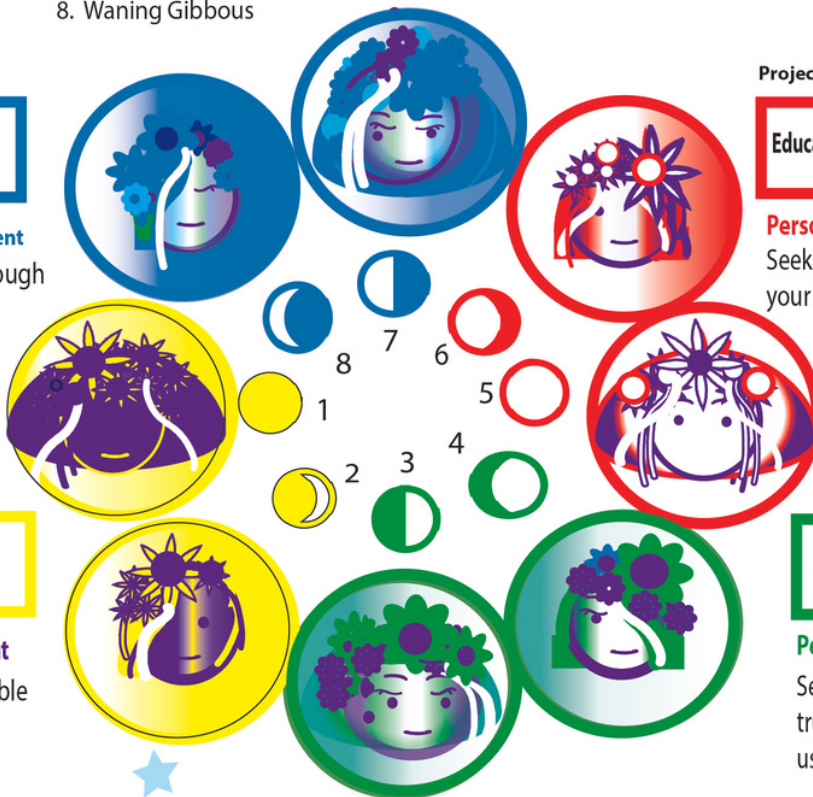
Seek to be proud to be shining your light into our Universe

July 25 - July 31

Action and Course Correction

Personal Energy Management

Seek to connect with the joy of trusting that you live in a user-friendly Universe



Creator and Author.

Mike Harrigan



Never Underestimate the Empowered Empath .
Our Kindness is often mistaken for Weakness or
Naivety , while we are in fact highly calibrated
human lie detectors and Fearless Warriors for
truth and justice



Never Confuse My Kindness with Weakness.
Never confuse my Loving Nature with an inability
to use my Voice for those in need.
I may be a warrior of Love, but I am a warrior.
I will always Speak up for what's Right, for Truth,
for Anyone and Anything that deserves a voice or
a helping hand.

My warrior spirit will always strive to right
wrongs, to stop Bullies, Thieves, Imposter's,
Scammers, and Oppressors, and to fervently
stand with those trying to change the world in the
name of Peace and Love. ॐ

I will always fight to stop the Hate,
Racism, Question Authority, eliminate Injustice,
Confront Discrimination, Eradicate Cruelty and
Repression, and shove my middle finger at any
violation of human rights. I will always be true to
myself, to others, and do everything I can to
make this a better world. I will dedicate all that I
have to ensure that love wins. Never
underestimate my Passion, my Perseverance, my
Dedication, or my tenacity.
I am a warrior. Love is my Religion...



We unite with each other in love, as
as together we come into complete
harmony with Divine being.

With humility and gratitude, we build
this network of light to serve the
highest good of all concerned.

We pray for healing and awakening for
ourselves and the world, so that we may
learn to trust unconditionally in Divine
nurturance and act in compassion in
all we do.

We give thanks for the blessings and
assistance of Divine Grace and the
highest and most holy Spiritual guides..



Happiness is the Spiritual Experience of Choosing
to live each moment with Peace Love, Grace, and
Gratitude.

Creator and Author. 📖
Mike Harrigan.
I Am.
You Are.
We Are.
Oneness.
Global Consciousness..