

Frequency Friday!

Financial Frequency

ELEVATE YOUR FREQUENCY!

A pandemic-era tax break that remains rife with abuse – the ERC

It began as a way to help business owners and workers by providing a tax credit for employers that continued to pay employees at the height of the COVID-19 pandemic. But the employee retention credit (ERC) became so rife with abuse that the IRS cannot keep up with the legitimate filings.

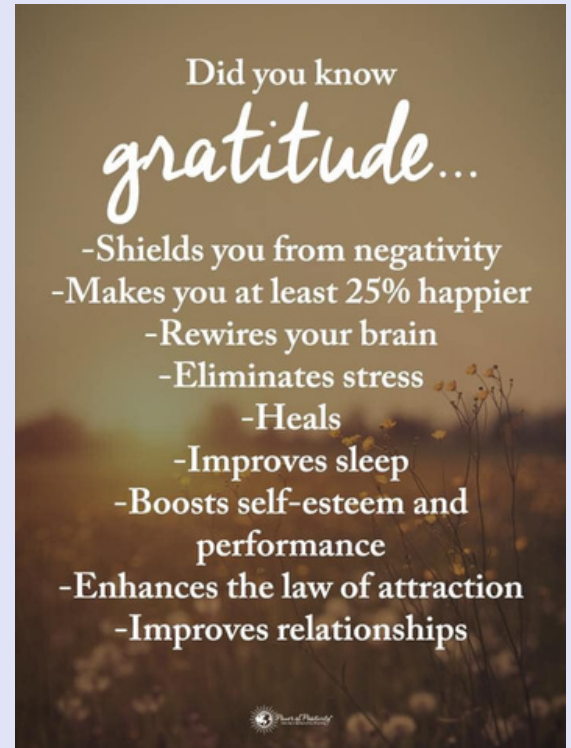
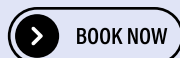
The Service has published at least six warnings about ERC abuse since October 2022, including making it No. 1 on its annual "Dirty Dozen" list of the 12 top tax scams earlier this year. It added a seventh release last week with another warning about "a barrage of aggressive broadcast advertising, direct mail solicitations, and online promises" from ERC promoters.

The IRS is stepping up its audit and criminal investigation work involving claims for the ERC, including businesses and promoters of fraudulent claims. According to the IRS, as of April 30, IRS Criminal Investigation (IRS-CI) had initiated 122 investigations involving over \$1.2 billion of potentially fraudulent ERCs in tax years 2020, 2021, and 2022. Eleven of the 122 investigations have resulted in federal charges. Of those 11 cases, six have resulted in convictions and three have resulted in sentencing. The average sentence is 22 months.

One of the best ways for a business to protect itself from an IRS audit for potential ERC abuse is to work with a tax professional rather than a promoter, the IRS said.

[Click here](#) for the full article.

If you have questions or need advice, book an appointment with Jill today!



Did you know that if you operate from a place of GRATITUDE within yourself you can experience these benefits?

"Whatever our individual troubles and challenges may be, its important to pause every now and then to appreciate all that we have, on every level, We need to literally count our blessings, give thanks for them, allow ourselves to enjoy them, and relish the experience of prosperity we already have."

~Shakti Gawain

"Gratefulness for what is there is one of the most powerful tools for creating what is not yet there. What does gratefulness mean? It means you appreciate what is. You value, you give attention to, you honor whatever isJenn & here at this moment"

~Eckhart Tolle



Jenn & Jill

Frequency Friday! Bulletin Board

JOIN US AT OUR NEXT NETWORKING EVENT!

SPOTOS
FISH & OYSTER

Thursday, June 22, 5:30-7:30 PM
4560 PGA Boulevard
Palm Beach Gardens, FL 33418

Sponsored By:

PALM BEACH
MORTGAGE GROUP

Billings
Inspection
Services

The Law Offices of
Jonathan E. Litz, P.A.

DISALVO & ASSOCIATES, PLLC
CERTIFIED PUBLIC ACCOUNTANTS & BUSINESS CONSULTANTS

Brightway
INSURANCE
Juno Beach

Come have appetizers & cocktails on us.
Make some new connections at
Spotos Fish & Oyster!

Please RSVP online or email
kristen@palmbeachmortgagegroup.com

SPOTOS FISH & OYSTER

Join us for our next Mixer Networking Event! We are excited to be a sponsor, along side Palm Beach Mortgage Group, Brightly Insurance, Billings Inspection Service and The Law Offices of Jonathan E. Litz P.A.

This a great opportunity to meet new people, small business owners, or potential new clients!

Be sure to RSVP online or by email.

We can't wait to enjoy appetizers and Cocktails with you at Spotos Fish & Oyster Bar!



International Yoga Day

Join us for International Yoga Day Fest at Carlin Park in Jupiter on Wednesday June 21st from 4:30-8pm! Enjoy Yoga, Live Music, Food Trucks and Amazing Local Vendors!

Proceeds benefit Paws for Liberty!
For Information, click below!

[LEARN MORE](#)

Food Trucks

Live Music!

Immersive Local Vendor Market

**International
Yoga Day Fest 2023**

Wednesday June 21st
4-8pm @ Carlin Park
Jupiter, FL

Yoga + Wellness Classes

4:30pm - Fitness / 6pm - Yoga
7:15pm - Sound Bath / Acro Yoga Jam TDB

Proceeds goes to Paws 4 Liberty!
RSVP and donate today!

@igniteyoursunshine
hello@igniteyoursunshine.com

International Yoga Day June 21st!

Meet our Vendors: Jenn, Jill, Hattie and Stacy
Come Experience this Great Day with Us!



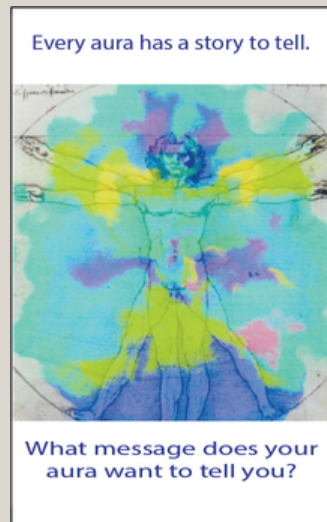
 @crystal_mystic_goddess



Handmade Crystal and Beaded Jewelry by Jennifer



Join Jill and Hattie to learn more about how to identify where your trauma lives in your body thru an Aura Reading by Hattie. Vibration 432 is a Non Profit with a mission to help heal and improve the lives of those that have experienced trauma, suffering from Post Traumatic Stress (PTS or PTSD), Depression and Anxiety. Our goal is to connect these individuals with trusted and talented healers to help to facilitate the healing process In synergy with traditional modalities. .



 <https://frequency432.u>



Hattie Parker, MS Ed,
Astrologer/Numerologist, Card and Aura
Imaging Readings

"What is most important is invisible to the eye."



Collaborated Wellness Cryo which uses cryo (cold vapor) to aide in pain, inflammation, skin disorders, fat-freezing / cryo sculpting and skin tightening.

Stacy will be offering Vagus nerve treatments to aid and support better digestion, de-stress and brighten your mood. Come check her out and learn more about the other amazing services she offers!

 @wellnesscryo

 Cwcryo.com



GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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

This Week in the Heavens: Two Ending Cycles

1. The Moon: Finding Peace as The Moon Winds Down to a Fresh New Moon
2. Pluto: Changing Astro Signs June 11. Tips on Making Peace with Turmoil



Attuning to the Moon (June 10 – June 16)

Dear Readers: Once again I suggest you reference the attached next page labeled, "Phases and "Phases" of the Moon." The reason I suggest paying attention to Moon cycles is to guide you to partner with our User-Friendly Universe to: Make life easier.

An Example from My Life

Notice in the Phases chart this week June 10 – June 16 we will have a Last Quarter Moon and a Waning Gibbous Moon. The recommended course of action during these two phases is to Restore and Relax. I am harboring deeply hurt feelings in relationship with a close friend. The next 3.5 days (starting 6/10) are positive for gaining new skills with the following 3.5 days good for relaxing. Libras, of which I am one, are known for being even tempered. Hmmm! I blew my cool at my friend at the time of the Full Moon. I was in synch with Moon time. It was a full disclosure (Full Moon) moment. I was so angry I truly didn't care if the friendship would be kept in tack.

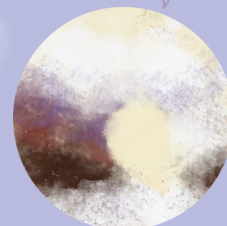
Time has passed. I am cooling down. I have given myself time to calm down and have paid attention the extenuating circumstances. I am ready to learn and exercise new skills so we can hopefully come to a peaceful resolution. Conflict is something I attempt to avoid at all costs. And, yet now, conflict is what is "up" for me. I want and choose to use whatever help the Universe has to offer. Quite fortunately I seem to be nicely in synch with The Moon and trust it will be a helping hand in this process. I find comfort in affirming we live in a User-Friendly Universe and want to attune to the highest good in this, the situation I currently find myself. This is one tiny example. And, I invite you to stay tuned. I look forward to continuing to discuss the profound topic of working in tune with Universal energies. The goal is to offer valuable practical benefits

Pluto and Making a Choice for Peace of Mind

This Sunday is a day of Cosmic Mojo importance. In Christian religious traditions Sunday is a day of spiritual consecration. In numerology 11 is a master number day. There is, however, an overriding reason this is big day. Pluto, the planet associated with power, that has been passing through Aquarius since very early May, on this Sunday returns to Capricorn where it has been since 2008.

Pluto destroys to clear the way for options that were not previously viable come into existence. For example: Pluto in Capricorn (which relates to big business) is the source of the cosmic energy that brought the pandemic (destruction) and made it possible for thousands of people to work remotely. This has had far reaching consequences on business, real estate, family life and more (innovation). Pluto will now go back and forth between Capricorn and Aquarius. It will not pass into Aquarius to stay until mid November 2024. You don't have to consult the Stars to know that the election times in the US are going to be tumultuous. If peace of mind is something you value I warmly invite you to be proactive in continuing on the Mojo journey with the goal in this column to be to Make life (and mental peace) easier.

We know Pluto will bring turmoil. We will all naturally seek to find help and comfort in as many ways as we can. Working in tune with the cycles of the of the Moon is one viable option. You are more than welcome to stay tuned as we continue on this journey.



Phases & "Phases" of Moon Mojo

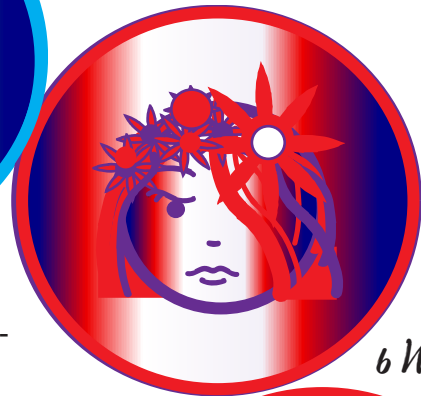
7 Days favoring
On-Going
Evaluation
3.5 Days per phase



7 Last Quarter Moon



7 Days favoring
Assessment &
Tweaking
3.5 Days per phase



REST, RESTORE &
MAINTAIN JUNE 10-
JUNE 16

8 Waning Gibbous

6 Waning Crescent



CREATIVE
PROBLEM
SOLVING
MAY 19-26

INSIGHTFUL
COURSE
CORRECTION
JUNE 3-JUNE 9



1 New Moon

5 Full Moon



PROACTIVE
IMPLEMENTATION
MAY 27-JUNE 8



2 Waxing Crescent

4 Waxing Gibbous

7 Days favoring
Idea Generation
& Planning
3.5 Days per phase



3 First Quarter



7 Days favoring
Action &
Implementation
3.5 Days per phase

Nanette Saylor

Creativity Curator + Possibility Partner
WiseWellWomen.com



Have you ever been paralyzed by fear?

In today's article, Nanette shares how she used to be paralyzed by fear most of the time. Now, she processes life changes and choices so much differently. There is a way to transform fears into positive energy and stop the paralysis that keeps you stuck. In fact, Nanette has learned to use her fear as a marker of stepping up in her life - if she's not at least a little bit afraid then it means she's probably not growing either.

Read more here: <https://wisewellwomen.com/how-to-transform-your-fear/>



Have you ever been paralyzed by fear?

I sure have. It used to happen all the time. Now, I process life changes and choices so much differently, transforming my fears into positive energy and stopping the paralysis that kept me stuck. I've learned how to use my fear as a marker of stepping up in my life. If I'm not afraid, then I am probably not growing.

Over the past few years, I've written a lot about transforming fear into positive energy. One of those posts was inspired by a project that had me paralyzed for quite a while. The truth of that story remains so powerful that I decided to share it again, with a few edits that reflect my personal transformation.

Here we go! How can you turn fear into positive energy?

On that day, I was saying to myself "Take a deep breath...and slowly let it out". I was practicing trying to release all my fear with my breath. I kept saying to myself, "let it go, everything will be OK."

The jitters were still there.

But this time, it wasn't paralyzing fear I felt. It was an energy of excitement, and knowing that I was moving ahead, stepping up and taking a giant leap forward in my business.

Wow! and Whew! That was big.

Writing this would have been impossible for me not so long ago.

Fear would have stopped me. Declaring publicly that I was taking on something that scared me to death was off-limits.

So, what is this thing I was doing that was so scary?

Here's the funny part...to many people it wasn't not a big deal. For me, taking on this project was a symbol of everything to come. I was ready to shift to a new way of being.

On that day, I was changing servers for my websites. That change symbolized the transformation I was experiencing in my personal and professional development.