

# Frequency Friday!

## Financial Frequency

ELEVATE YOUR FREQUENCY!

THE ULTIMATE GUIDE ON HOW TO  
WRITE OFF YOUR VACATION



brought to you by  
**MAZUMA**

### IRS Requirements: Knowing How to Write Off Vacations

The IRS has several requirements that each small business owner must abide by which are important to know when learning how to write off vacations, including:

**Majority:** The majority of the days of the trip must be business-related. However, it's important to note business days include weekends, travel days, convention or seminar days, and days you meet with clients or conduct research.

**Planning:** Make sure conventions and appointments are planned in advance and meetings with vendors are scheduled. This will help demonstrate the intention of your travel was business. Save emails or documents that could help demonstrate this in case of an audit.

**Documentation:** Save all your receipts over \$75.00 and any lodging expenses (even under \$75.00).

**Notes/minutes:** Hang onto brochures or keep notes of business meetings. These will provide proof that you attended these business activities during your travels.

**Reasonable:** Keep in mind that all expenses need to be reasonable to write-off. The main write-offs include travel (plane tickets, rental cars, gas, taxis, etc.), accommodations (hotel rooms), employee expenses, business activities (conventions, seminars, employee activities, etc.), and meals (groceries, restaurant receipts, etc.). So you're probably wondering, "Where does the vacation come in?"

### Here's an Example:

If you wanted to visit a friend in another state and stay for a few days, You could travel by plane on Thursday (business day), attend a seminar Friday (business day), and visit your friend on Saturday (business day) and Sunday (business day) since weekends are automatically considered business days. You could then take Monday, Tuesday, and Wednesday for vacation days before traveling home Thursday (business day). The majority of the days were considered business days and all your flights, meals, and accommodations are deductible.



### Howdy from Steamboat Springs!!

We are on a much needed post tax season vacation in beautiful Steamboat Springs, CO! We have had a week full of adventure-hiking, white water rafting, yoga in the botanical gardens and an ATV Bison ranch tour! The weather has been perfect and we are having a great family vacation together!!

Of course, this trip was for pleasure and personal in nature, but for those of you that are self-employed there are legitimate ways to write off your family vacation this summer if it meets the IRS criteria.

♥ Jill



*"Sometimes, Fear shows us exactly what we need to do!"*  
-Omie Spirit

The challenge in facing fear is to overcome the initial reflex to dissociate from the body and take false refuge in racing thoughts. To combat this tendency to pull away from fear, you awaken mindfulness by intentionally leaning in. This means shifting your attention away from the stories—the planning, judging, worrying—and fully connecting with your feelings and the sensations in your body. By gently leaning in instead of pulling away, you discover the compassionate presence that releases you from the grip of fear

Bringing compassion and mindfulness directly to the experience of fear will help dissolve the trance, taking you inside to the real refuge of unconditional presence. Compassion is the spacious quality of heart that allows and holds with tenderness whatever you are experiencing. It seeks to answer the question, Can I meet this moment, this experience, with kindness? Mindfulness is the clear recognition of your moment-to-moment experience. Here the inquiry to use is, What is happening inside me right now? Being mindfully attentive means that you are aware of the stories you are telling yourself and the feelings and sensations in your body. You can initially emphasize either compassion or mindfulness in meditation; both are essential when facing fear.

~Tara Brach  
Yoga Journal

# Honoring an Icon

## Tina Turner



"When I started as a solo artist, I was a female Black singer in my forties with no money and few prospects for gigs. Still, I kept a 'never give up' spirit. Part of my spiritual practice is to change poison into medicine, to transform roadblocks through positivity. The force of my positivity pushed the discriminatory 'isms' standing in my way. We all have it within our power to make decisions and take actions that elevate us. Every day, we express who we are, and who we wish to become, through our thoughts, words and deeds. Choose the positive path in everything you do. Spread positivity and kindness. That's the way.

My legacy is that I stayed on course, from beginning to the end..because I believed in something inside of me."

- Ms. Tina Turner. 1939-2023.

"For sixteen years, her husband beat her.

But on this night, Tina Turner washed the blood from her face, wrapped a cape around her bloodied clothes, covered her eyes with a pair of sunglasses, and placed a wrap on her head, because the swelling was so bad, she couldn't wear her wig.

She ran out of the hotel, hid among the trash cans, and then ran to the Ramada Inn, where she begged for a room.

All she had was thirty-six cents and a Mobil credit card.

But after sixteen years of cruelty, she finally walked out on Ike Turner.

To be clear, it wasn't easy. She was so worried about her safety, she stayed with friends, paying her way by keeping house. It got so bad that Tina Turner—the Tina Turner—had to use food stamps.

And yes, it's incredible that Tina Turner built her career back from nothing.

But what's even more incredible is the battle cry she repeated inside her head—the battle cry that gave her strength: "I will die before I go back."

Never forget it: No matter how deep the hole is, you can always find a way out.

In their divorce, Tina Turner gave Ike nearly everything. All their money. And the publishing royalties for her compositions. "You take everything I've made in the last sixteen years," she said. "I'll take my future."

From HEROES FOR MY DAUGHTER by Brad Meltzer

**QUEEN OF  
ROCK 'N'  
ROLL**

# Frequency Friday! Bulletin Board



[> BOOK NOW](#)

An evening of self-care, recharging + reclaiming who you are. Join us on the first Friday of every month as we dedicate time pouring back into ourselves. We'll move through an all levels vinyasa flow, followed by a connection experience alongside other mama's in our community.

Space is limited, so please pre-register.

om shanti yoga

**Mama's Night Out**

**June 02, 2023**

**6:00 PM**

**90 minutes.**

**Location: In Studio**

1620 US-1 South, Suite 10  
Tequesta, Florida 33469

**Hosted by Jen Sloan**



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om shanti yoga was manifested from the desire to create an inclusive space that embodies unity + peace. our intention is to guide you to use the ancient practices of yoga to strengthen the mind + body, while building awareness to cultivate a state of presence. we use asana (poses) to access places of tension in the body, while pranayama (breath) supports the release. from this physical + emotional clearing, we are left feeling more grounded, and can be of better service to ourselves, each other, and our community as a whole.

yoga is for everyone.

this space is for everyone.

may all bodies, races, genders, religions and abilities feel welcomed, supported, empowered and at home here.

om shanti shanti shanti

# GET YOUR COSMIC *Maja* ON

We are **Spirit** having a human experience

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



On June 3, 2023 we have a Full Moon in Sagittarius. June 3 is #7 day in numerology. We are informed from the very beginning of the Old Testament of the Bible that 7 is associated with rest. We also know it is a number that since the beginning of time has been associated rest.



Full Moons are times for "seeing" (perceiving what actions and attitudes) will serve your greater good. Cosmically there is more light and, thus, there is the opportunity for more clarity than at other times. Sagittarius is associated with the 9th House in the zodiac. The 9th House is the domain of spirituality and higher truths. Attached is a graphic of the "Phases of the Moon." You will notice the "phace" for the Full Moon has the most light (white space) in the picture of the female face. This is a very good weekend for finding peace through putting old grievances behind you. Simply put, forgiveness is favored.



On Making the Most of This Time of Light

If you would like some wise and helpful advice for supporting yourself to up level your commitment to rest and peace I highly recommend that you consult

Colin Tipping's book Radical Forgiveness. If you want to learn more about Colin, I suggest following [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=x5A_PTQTlz8&t=8s)

[v=x5A\\_PTQTlz8&t=8s](https://www.youtube.com/watch?v=x5A_PTQTlz8&t=8s).

# Phases & "Phases" of Moon Mojo

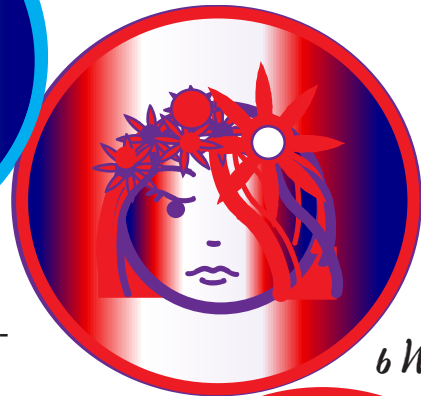
7 Days favoring  
On-Going  
Evaluation  
3.5 Days per phase



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](http://WiseWellWomen.com)



**Create Play Live Podcast: Start Where You Are:**

<https://www.createplaylive.com/2019/01/28/episode-22-start-where-you-are/>

What if every answer you ever needed was inside of you? When you're not quite feeling your way to getting started again, what might you do?

Listen in as host, Nanette Saylor, shares how she picks up again after a break. She shares some great resources, too, for getting started no matter what time of year it is.

Nanette Saylor  
Creativity Curator + Possibility Partner  
[WiseWellWomen.com](http://WiseWellWomen.com)

#wisewellwomen are #consciouscreators who #createplaylive!

Listen to our Podcast - Create.Play.Live.

Join us on Facebook at The Conscious Creators Cafe'

Into month six of the year, it's the perfect time to "check-in" and measure your progress toward your intentions for 2023. Periodically, I open up a few blocks of time for Clarity + Discovery Consultations for women, and a few special men, who are itching to create something more and could use a little support from a Strategic Business + Life Coach to get started. The process begins with you completing a short self-discovery assessment online, and once you've done that, we'll schedule 45 - 60 minutes via phone/zoom.

We'll discuss where you are now, where you want to go, or intend to go, over the next six to 12 months, and to lay out the next couple of steps forward. After 25 years managing businesses that required constant adjustment to market conditions I have a keen eye for identifying trends and focus areas. Even small changes you may be missing can make a big difference.

You'll leave with powerful insights, and some basic next steps. This is not a salesy session. This is supportive, insightful coaching. The first Clarity session is offered complimentary in service to everyone in the Frequency 432 community. Of course, I will provide you with an option to continue coaching if it's something you'd like to choose for yourself and we both feel like we are a good "fit" for working together. If you discover that continued coaching feels right for you, we'll design a custom program that fits your working/living style and is fiscally prudent, for both of us. Walt Disney shared: "I dream, I test my dreams against my beliefs, I dare to take risks, and I execute my vision to make those dreams come true." That statement has been translated into: Dream. Believe. Dare. Do.

***So today I invite you to Dream. Believe. Dare. Do. Request your Courage to Create Self Discovery Tool by sending an email to [nanette@wisewellwomen.com](mailto:nanette@wisewellwomen.com) with Frequency 432 Free Coaching Request in the subject line and you'll be on your way!***