

Frequency Friday!

Financial Frequency

ELEVATE YOUR FREQUENCY!

IRS: Going green could help taxpayers qualify for expanded home energy tax credits

WASHINGTON – The Internal Revenue Service reminds taxpayers that making certain energy efficient updates to their homes could qualify them for home energy tax credits.

The credit amounts and types of qualifying expenses were expanded by the Inflation Reduction Act of 2022. Taxpayers who make energy improvements to a residence may be eligible for expanded home energy tax credits.

What taxpayers need to know

Taxpayers can claim the [Energy Efficient Home Improvement Credit](#) and the [Residential Clean Energy Credit](#) for the year the qualifying expenditures are made.

Homeowners who improve their primary residence will find the most opportunities to claim a credit for qualifying expenses. Renters may also be able to claim credits, as well as owners of second homes used as residences. Landlords cannot claim this credit.

IRS encourages taxpayers to review all requirements and qualifications at [IRS.gov/HomeEnergy](https://www.irs.gov/HomeEnergy) for energy efficient equipment prior to purchasing. Additional information is also available on [energy.gov](https://www.energy.gov), which compares the credit amounts for tax year 2022 and tax year 2023.

The credit is available only for qualifying expenditures to an existing home or for an addition or renovation of an existing home, and not for a newly constructed home. The credit is nonrefundable which means taxpayers cannot get back more from the credit than what is owed in taxes and any excess credit cannot be carried to future tax years.

Energy Efficient Home Improvement Credit

Taxpayers that make qualified energy-efficient improvements to their home after Jan. 1, 2023, may qualify for a tax credit up to \$3,200 for the tax year the improvements are made.

As part of the Inflation Reduction Act, beginning Jan. 1, 2023, the credit equals 30% of certain qualified expenses:

- Qualified energy efficiency improvements installed during the year which can include things like:
 - Exterior doors, windows and skylights.
 - Insulation and air sealing materials or systems.
- Residential energy property expenses such as:
 - Central air conditioners.
 - Natural gas, propane or oil water heaters.
 - Natural gas, propane or oil furnaces and hot water boilers.
- Heat pumps, water heaters, biomass stoves and boilers.
- Home energy audits of a main home.

The maximum credit that can be claimed each year is:

- \$1,200 for energy property costs and certain energy efficient home improvements, with limits on doors (\$250 per door and \$500 total), windows (\$600) and home energy audits (\$150).
- \$2,000 per year for qualified heat pumps, biomass stoves or biomass boilers.

Additional information is available at [IRS.gov](https://www.irs.gov) on [qualifying residences](#) and information for taxpayers who also use their home for a business.



Client Spotlight

Taming Teens

Empowering teens to attain their visions and dreams

Do you have a teen that struggles with managing their time, staying focused or being organized?

We can help. We build skills such as:



Executive functioning

Time management

Organization

Focus and concentration

Prioritization

Goal setting and attainment



Weekly sessions

Each session focuses on empowering the teen as an individual on self-created goals connected to action plans.

Support and structure

Teens will connect with their coach and gain self-confidence through goal attainment and consistent wins.

Age-level skill building

Our coaches ensure skills learned will enable future success and development of teens in an individualized format.



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EXPLORE

Vibration 432

National Nurses Week May 6th-May 12th!



National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

In celebration of this day, we want to recognize you by extending a special offer to de-stress and rejuvenate. We have partnered with The Salt Suite PGA for a **Complimentary Session** when you show your badge or I.D. You can call or book online and this amazing offer will expire August 31st 2023. Give yourself the gift of the innovative concept of salt therapy, an all-natural approach to finding relief that can improve lung function, clear pollutants and toxins from the nasal track, provide relief to skin conditions, reduce symptoms of allergies, and respiratory issues.

CLICK HERE to book your complimentary session at The Salt Suite in Palm Beach Gardens!

****This special offer is for First Responders & Nurses and valid only at the Palm Beach Gardens location*****

We want to Honor and Acknowledge you for all the incredible work you all do to protect life, not only on this National Week of Recognition, but always. Your dedication and passion for saving lives is incomparable!

Benefits of Salt (Halotherapy)

- Improve lung function
- Reduce bronchial inflammation
- Improve breathing and allowing for better night's sleep
- Reduce inflammation
- Relief of Aches & Pains



Thank You



Cosmic Crypto Mojo

**with Astrologer & Numberologist Hattie Parker, MS,Ed
a crypto primer: earthbound and celestial news and views**

Friday 5/5/2023, A Day of Lasting Influence Lasting Until the End of 2024

"Each of us has the right and the responsibility to assess the roads which lie ahead, and those over which we have traveled, and if the future road looms ominous or unpromising, and the roads back uninviting, then we need to gather our resolve and, carrying only the necessary baggage, step off that road into another direction. If the new choice is also unpalatable, without embarrassment, we must be ready to change that as well."

~Maya Angelou

Maya Angelou's quotation suggests there are times to be on high alert as we are likely to be forced to make changes in how we live our lives. Astrological wisdom suggests now is such a time. The 5/5/2023 a flower Full Moon eclipse occurs between 10 and 20 degrees of Scorpio. This signals it is an emotionally (water) charged time anticipated to reveal otherwise hidden information about our rights and responsibilities for acting on being more effectively self-caring.

Changing Times: Times of Change

Eclipses are wildcards. They come in pairs. On April 19 and 20 there was a New Moon Solar Eclipse in the very ending degree of Aries. Today we have the Full Moon of the current eclipse related pair. It is a Lunar Eclipse in Scorpio. Scorpio is a sign that challenges us to pay attention and dig deep within our emotional awareness to read signs. You might think of it as being similar to being trapped in a room with a scorpion. If this were so, you would be wary of disturbing it. No doubt you would do everything in your power to leave the room or avoid triggering it to want to smack you with its poisonous tail. Just its presence would cause you to change your behavior. The presence of this eclipse may influence you to want to make changes.

Eclipses create "hot spots" in astrology charts. Then, when a transiting planet orbiting in the heavens, energetically influences this spot it triggers a wake-up call response. Pluto, the planet of power, has, since January 2023 been, and continues to be for all of 2024, traveling through very end of Capricorn. Capricorn energy "squares Aries." This means it challenges Aries energy to act. Transiting Pluto is now and will because of retrograding action continue throughout 2024 to be triggering the hotspot of the April Aries Solar Eclipse. Thus, by eclipsed paired association today will impact us until the end of 2024.

A word to the wise: Pay attention to your activities and feelings today. What are you motivated to do, have and be. TIMING NOTE: if you are reading this in the week after 5/5, not to worry, it still applies for a full week before and after the eclipse.

Cosmic Crypto Mojo

with Astrologer & Numberologist Hattie Parker, MS,Ed
a crypto primer: earthbound and celestial news and views

Gleaning the Combined Messages of the Eclipse Pair: Aries - Action, Scorpio - Attention
Eclipses bring to light situations and conditions that have been eclipsed or hidden. Sometimes this state is not because the awareness was not previously available but, rather because there has been a lack of attention. Thus, now the Scorpio energetic draws attention and the Aries energetic is a call to action. This Aries inspired call to action will be delivered over a sustained amount of time. Thus, there is plenty of time and space for you to find yourself faced with a cosmic wake up call. You may, in wildcard unexpected form, take action about changing something you have previously been aware of needed change and, however, have not been motivated to resolve. You may now be ready to "step off that road into another direction." The following is short list to prompt your thinking about how it might apply to you: You have a legal matter that you keep putting on the back burner, you want to change your job or career, you feel the need consult a doctor or dentist, start an exercise regime or diet, or perhaps reconfigure your financial affairs.



Recommended: Engage in Personalized Research and Be Proactive

There are many competent astrologers offering insights based upon Sun Signs. They are easily found on YouTube. I recommend listening to several different ones. Last week I suggested the astrologer writing the column at <https://www.farmersalmanac.com/flower-moon-horoscopes-may-2023#> This week I suggest tapping into the YouTube channel of Donna Stelhorn, a longtime astrologer. She calls herself "The Practical Astrologer." Do a Google search using her name and scroll down on her page to a section titled "Shorts." She offers comprehensive thoughtful guidance about this eclipse for each sign of the Zodiac. I listened to both my Sun Sign and my Rising Sign and found her guidance nicely accurate and helpful.

The Power of Astro-Positive Thinking

We tend to not to like change. Thus, for me to have started this article with a call to action about change was perhaps off putting. To encourage you to be open to this message I suggest you remember you can, if you choose, embrace messages from the cosmos as coming from a user-friendly universe. Thus, awareness of a possible path unexpected change might just be perceived as an advantage you want to pursue or at least make room for in you life.



For many years, my personal journey had been full of stops and starts and lots of traveling in circles. Today, I know that fear and chronic busy-ness paralyzed me, preventing me from making positive changes in my life.

I was very good at looking like I was taking action... yet, I wasn't moving toward anything important. I had all kinds of reasons (aka excuses) why my life was making it impossible for me to take any deliberate action.

I avoided facing changes because I was scared of the unknown. I had no confidence and no courage outside of the norm, and I didn't have any support.



My pattern became one of change by crisis.

Does this sound familiar?



I was so stuck in my comfort zone that I would stubbornly dig in my heels and stick with my old ways until I literally couldn't do it anymore. And that pattern cost me jobs, relationships, money, and years of disappointment and shame.

So, I encourage you to take Hattie's message to heart this week and consider that the eclipse energy may very well stir up a sense that you have some changes to make. Don't ignore your Inner Wisdom when she quietly speaks. If you do, you will likely be forced into these changes through crisis at some time in the future. Wouldn't you rather step deliberately, slowly, and without chaos in the direction of your dreams?

Hattie shared that this about the energies at play right now:

"Eclipses bring to light situations and conditions that have been eclipsed or hidden. Sometimes this state is not because the awareness was not previously available but, rather because there has been a lack of attention."

I hope you will use your awareness to give attention to the changes you'd like to make and activate your intention by using what I like to call the 5 C's of Creating Change - Commitment, Choice, Connection, Creation and Celebration.

To learn how to use these tools, please read more here: <https://wisewellwomen.com/how-to-consciously-create-change/>



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