

Frequency Friday!

ELEVATE YOUR FREQUENCY!

Happy Frequency Friday!

Financial Frequency

Frequency 432

A Lesson in IKIGAI-KAN
ABSOBIGAI: The Value of Playing

While challenges can bring us insights and a deep sense of life satisfaction when we overcome them, often the activities that make us feel that life is worth living, right in the moment, are the ones that are spontaneous and carefree-what we might call "play".

The verb for "play" in Japanese is asobu; asobigai means play that is worth doing. While the word asobigai is rarely used, the concept is something intrinsically recognized by children.

However, somewhere in between teenagehood and adulthood, most of us come to see play as something trivial to put aside in order to pursue more important things like work and the accumulation of wealth.

"Play and leisure are integral to transformation because it unfolds through moments of experience, some which are extraordinary, others might be "deemed" important and many viewed as mundane. Regardless of the importance assigned by the individual, living life experientially is tantamount to transformation"

Remember to enjoy oneself, have a good time doing what you love including hobbies and leisure time to create life affirmation and vibrancy!

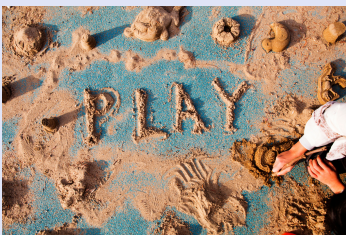


April 18th: Personal & C Corporation Returns Due

We have filed protective extensions for all clients in our system as a courtesy to avoid late filing penalties.

Thank you for your patience and cooperation this filing season!

There are 5 days left (but who is counting) this tax season, so don't delay - send your documents today!



♥ Jill



Client Spotlight



RENZO GRACIE JIU-JITSU ROYAL PALM



Meet Head Instructor Trevor Cutter Sr.

Coach Trevor Cutter is a Avid Jiu Jitsu Practitioner. Coach Trevor Started his Martial Arts Journey with Kick Boxing and MMA. This is where he met his First Jiu Jitsu Instructor, Professor Tom DeBlass of Ocean County Jiu Jitsu a Renzo Gracie Fight Team and Ricardo Almeida Association In Forked River NJ in 2011. Coach Trevor switched over to Jiu Jitsu full time 2013-2014 and Achieved the Rank of 4th Dan Purple Belt Under Professor Tom DeBlass and coached and instructed both adult and youth classes.

Coach Trevor Is a Instructor for both Kids, Adults and Competition classes and has since earned his Renzo Gracie Black Belt From Professor Santos Caban. Instructing and Paying the knowledge he has gained forward is his passion. Building Character, discipline and respect while enjoying the Gentle Art.

2x UGA Medalist Masters Division

2x NJBJJF Medalist

They offer a range of classes from Beginner and Advanced Adults as well as Kids and Teens!

- The Beginner Adult Program is the first level for adults (over the age of 14) beginning their Brazilian Jiu-Jitsu training. Students will learn the fundamentals of BJJ and basic techniques.
- The Advanced Curriculum focuses on developing applicable self-defense skills beyond the fundamentals level without ignoring the sports aspect in both Gi and No-Gi.

- Kids & Teen's Jiu Jitsu ages (5-13) Level 1: The kids and teens program were developed with a fundamental and advance class. This program offers the opportunity to learn real-life practical self-defense, develop focus and discipline as well as boost their self-confidence.
- Kids & Teen's Jiu Jitsu ages (5-13) Level 2: Our Kids Program integrates physical education and self-defense technique with conditioning and skill-building games aimed at improving coordination, motor skills, agility, and flexibility. We will give your child unshakable confidence so they can overcome bullies.

LEARN MORE



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Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED
A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

What Secret Will the Aries Ram Reveal to You?

The Current Cosmic Messenger: An Eclipsed New Moon

Next Wednesday, April 19, 2023 there is an eclipsed New Moon happening in the very last degree of the sign of Aries. This feisty fire sign is symbolized by a ram. Similar to the behavior of a pushy ram, Aries energy can generally be described by the saying "Come Hell or high water – the job will get done."

When an astrologically triggered event is being played out in the last degree of a sign it tends to be accompanied by a sense of urgency that inspires a response. Consequently, you can trust that if the Universe has something to be revealed to you, you will recognize it and act and take action accordingly.

If you would like to gain more understanding about eclipses I recommend the following article.

<https://www.astrologyzone.com/all-about-eclipses-a-guide-for-coping-with-them/>

The Practical Side of Cosmic Mojo: This Aries Eclipse in Action

In the above referenced very comprehensive Astrology Zone, Susan Miller article reveals an eclipse can be a work at week before or after the actual event. Thus, I am keenly aware it must be influencing me.

This Aries eclipsed New Moon falls in the 4th astrological house in my astrological chart. The 4th house relates to one's home. Recently my disposal broke down and I was dragging my feet about fixing it. Then yesterday my toilet broke. Time to get the handyman here. Perhaps I am supposed to be getting a message that I need to pay more attention to self-care and not let "things" such as buying flood insurance slide.

The Good News of Eclipses

I have read the Astrology Zone article many times. I am struck by different commentary each time I read it. If you are a person who enjoys trying to understand your place in the Universe this article is worth the time to read it. I will cut this column short, to encourage you to read it. I will end by sharing the very encouraging insight I learned when reading it again today.

"Eclipses can help you do things you never thought you could do!"

Hmmm! The pushy Aries Ram might just get me going forward in a very positive vein. Yeah!!





Every week I send an email to anyone who wishes to write down their intentions and declare them to me privately so that I can hold that vision for them. All you have to do is write out your intentions on a short form and email it back to me.

I believe that when we declare our intentions we write the possibility into existence. And, when we remind ourselves by affirming them every week, we begin to energetically align ourselves with those intentions so that the universe acts with us to support them to become real. I began this coaching support service for paid clients years ago, and then one day, my Inner Wisdom invited me to share with anyone willing to use it. It's that powerful!

So, today I make the opportunity available to YOU! Simply click on this link >>>> <https://wise-well-women-inc.ck.page/31e28d1fc2>, add your name and email and hit the button that says "Yes, Please!". Then every Sunday you'll receive a short inspirational message with a link to the intention form. All you do is complete the form to activate your vision and intentions.

Some of my favorite messages come from "Ask and It Is Given" by Esther & Jerry Hicks, all about the art of manifesting. Today I opened to this reminder:

"When your desire feels so big that it feels unreachable, it is not on the verge of manifestation. When your desire feels to you like it is the next logical step, then it is on the verge of manifestation."

So, today I ask... how do you feel?

I believe that we most often get to the "next logical step" through a series of baby steps. Generally, you can't, and won't, step into your greatness until you have built confidence in your ability to arrive at this new height, and maintain it, too. Little by little, step by step, you move closer to seeing and feeling new possibilities for yourself.

Eventually, with regular affirmation, your vision starts to feel real to you. That's why participating in this weekly email activity can be so powerful.

There is a progression to the process. One baby step at a time you gain the confidence to step up.

In the language of Esther & Jerry Hicks:

"You can tell by the way you feel whether your vibration is in the place where you are allowing Universal Forces to deliver our desire to you now... or not."

Will you take the next step toward allowing Universal Forces to deliver your desire to you and begin affirming your vision each week?

I hope you will. Your dreams are waiting for you.



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