

Happy  
4th  
OF  
July

# Frequency Friday!

Financial Frequency

ELEVATE YOUR FREQUENCY!



U.S. Small Business Administration



**The COVID-19 Economic Injury Disaster Loan (EIDL) and EIDL Advance programs provided funding to help small businesses recover from the economic impacts of the COVID-19 pandemic. There are two types of COVID-19 EIDL funding:**

- COVID-19 EIDL loan funds may be used for working capital and other normal operating expenses.
  - These loans are not forgivable and must be repaid
  - Requirements vary depending on the size of the loan
  - Loan increases are available until funds are exhausted

**SBA EIDL loans.** During COVID, the SBA gave EIDL loans to businesses. There was a deferral period of 30 months from the date the funds were disbursed before the businesses have to start repaying. 30 months is a long time and some clients are forgetting that they even got funding in the first place! **Don't let that be you!**

You should be receiving emails and letters from the SBA. The SBA recently started sending out collection letters for the past due months if they have not received payment. Take a moment to get on track if you have an outstanding loan! You can create an account and [schedule the payments here.](#)

## Grilled Chicken and Mango Skewers



### Ingredients:

- 3 medium ears sweet corn
- 1 tablespoon butter
- 1/3 cup plus 3 tablespoons sliced green onions, divided
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium mango, peeled and cut into 1-inch cubes
- 1 tablespoon extra virgin olive oil
- Lime wedges, optional

### Directions

- Cut corn from cobs. In a large skillet, heat butter over medium-high heat; saute cut corn until crisp-tender, about 5 minutes. Stir in 1/3 cup green onions. Keep warm.
- Toss chicken with salt and pepper. Alternately thread chicken and mango onto 4 metal or soaked wooden skewers. Brush with oil.
- Grill, covered, over medium heat or broil 4 in. from heat until chicken is no longer pink, 10-12 minutes, turning occasionally. Serve with corn mixture; sprinkle with remaining green onions. If desired, serve with lime wedges.

### Nutrition Facts

- 1 skewer with 1/2 cup corn mixture: 297 calories, 10g fat (3g saturated fat), 70mg cholesterol, 387mg sodium, 28g carbohydrate (16g sugars, 3g fiber), 26g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1-1/2 fat.



# Frequency Friday! Bulletin Board

Upcoming Events with Vibration and Frequency 432!

## Frequency 432 Healing and Wellness Expo

**Hosted by Financial Frequency, join us for a one of a kind event!**

Are you a Holistic Healer, Helper, Wellness Practitioner or Metaphysical Practitioner? You are invited to this One of A Kind Event!



[www.frequency432.us](http://www.frequency432.us)

### Become a Vendor:

Share your innate talents and spiritual gifts with other like-minded vendors, attendees and spiritually-connected individuals. Our next event will take place 11/11/23. Location TBD. E-mail for inquiries.

**Join Us! 11/11/23!**



## Vibration

# 432

ELEVATE YOUR  
VIBRATION

[WWW.VIBRATION432.COM](http://WWW.VIBRATION432.COM)

**JOIN US**

7/8/23 2-4pm:

You are invited to an afternoon of sharing ideas, collaborating with fellow wellness practitioners, helpers and healers to cultivate a community of support for people suffering from PTSD and trauma. Visit [www.frequency432.us](http://www.frequency432.us) to learn more!

### Mission

When PTSD affected my family, I saw the need to bring a holistic approach to helping first responders and children navigate this complicated trauma. When a person is deep in the process of dealing with government authorities and seeking out proper care, good support and guidance are needed.

This is exactly why I created the 501(c)3 non-profit Vibration432, a community network of holistic service providers and the support staff to match PTSD sufferers to alternative services. Our mission is to to heal and improve the lives of anyone suffering from PTSD, Depression or Anxiety.

### Where:

Alton Clubhouse  
13255 Alton Rd.  
Palm Beach Gardens, FL 33418  
Limited space available!  
RSVP to: [info@vibration432.com](mailto:info@vibration432.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

## Money Makes the WORLD Go Round

*The 7/3/23 Full Moon in Money and Big Business-Oriented Capricorn  
Capricorn is All About Money  
Currently Big Business and Money Are in the News  
What is the Mojo Message for Everyday Ordinary Folks?*

**Mojo Alert:** We are on the crest of a Full Moon on July 3. This particular **Full Moon** has a cosmic energy that expressly favors being better informed about the state of money, the economy. and, perhaps most importantly, your personal sense of financial well-being. Included in this newsletter are references to a YouTube video on the topic of money trends that is of potential interest. NOTE: This and other resources are being shared for educational purposes and NOT as financial advice.

### *The Cosmic Money Mojo of This Time*

To begin, I will explain, from a cosmic perspective, why NOW is an opportune time to engage in self-educating yourself in this macro-economics, finance-focused subject matter.

- **July 3;** Full Moon in **Capricorn**. (Full Moons shed light and favor understanding)
- This is the **ONLY** Capricorn Full Moon of the year 2023 (the time is NOW)
- **Capricorn** is the sign that relates to everything big business and money.
- **Pluto** the planet of worldwide transformation has been in **Capricorn** since 2008
- The **world monetary foundations** have been and continue to be transformed

- **Venus, the planet related to personal money,** is currently hooked up with Mars, the planet of action in Leo. This lasts for most of the summer. You can start to educate yourself now and act in the coming months, (particularly when Venus retrogrades in July).
- **July 3rd** in addition to being a Full Moon is a #8 Take Charge numerology day.
- **#8** favors clarity related to issues of power and influence. (As money makes the world go around it is clearly all about taking charge power and influence)
- **Knowledge is power.**

**THEREFORE:** Choose to **Take Charge** and **Empower Yourself** by gaining knowledge\*

\* Caveat: If you are not accustomed to engaging with material related to macro-economics you may find that you feel as if you are being thrown in the deep end of a pool and being forced to doggie paddle to stay afloat. Trust that you will, perhaps, because we are in times that favor understanding, better able to grasp the concepts than you expected of yourself. Also, a helpful approach is to remember to: "Take what you need and leave the rest."



# GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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



A YouTube Video of Interest

SEC Fired a Bazooka at Crypto, Why Bitcoin Will Respond With \$80,000 Price  
<https://www.youtube.com/watch?v=udHeCVe9uUw>

Other Names of Pundits Who Share Resources of Interest and Value

Michael Saylor, Mark Yusko, The Winkelvoss Twins, Crypto Casey, Guy of The CoinBureau. You can search these names on YouTube and you will find many information rich resources

In Conclusion: The Potential for Practical Implications

If you are feeling adventuresome you may want to acquire even a small amount of Bitcoin. Skin in the game is a proven way to up your interest and it also has the potential to advance your financial abundance.

Finally, once (or if) a Bitcoin ETF is approved by the SEC you will be able to hold shares of a Bitcoin ETF in your retirement funds. If you stay informed you will know if and when you can take advantage of this as a meaningful profitable opportunity.

# Nanette Saylor

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

Using a journal, written or art, is a powerful way to honor the phases of the moon. As we enter a Full Moon phase, I encourage you to make some "me" time to use your journal for reflection.

To get started you will need:

a journal / paper

a pen

a comfortable space to sit/lie down

a cup of tea / a beverage of choice

Next, create the "ritual" by lighting a candle or incense or diffusing your favorite essential oil. Take at least 3 deep, cleansing, relaxing breaths.

Next, create the "ritual" by lighting a candle or incense or diffusing your favorite essential oil. Take at least 3 deep, cleansing, relaxing breaths.

Begin with these writing prompts:

- What did I bring into my life in the past two weeks? Did I have any new moon intentions that I gave particular attention to?
- How did this happening or experience or lack thereof make me feel? Was I aligned with it or resistant to it?

The Full Moon asks us to get real with our feelings.

- This full moon I am feeling...
- How is my mood? Are other people affecting me? Thinking of any emotion that I tend to disregard... how can I bring the light of the full moon to it in some way?
- This month I surrender to... Where can I let go and/or what can I release/relax into a bit more?
- I am proud of myself for ... Where have I been stepping into my power? Let it shine!

- Name 3 energetic ties you could release this month to feel more freedom to dream big. This full moon in particular, heightened focus on releasing that which no longer serves you will bring you much desired relief from stress.
- I forgive/release...

Now, you've cleared space to focus on your dreams...

- What dream is calling for you to shine a bright light on it now?
- Imagine yourself experiencing that dream today -- how do you feel?
- Now describe your dream in as much detail as you can imagine -- sights, sounds, smells, tastes. Where are you? Who are you with? What are you experiencing/doing/being?

Remember, the feeling in our body when we imagine an experience is the same as when we actually experience it. When you truly tune your thoughts and visions into your dream you are raising your vibration to the frequency of the dream.

Do this with regularity and you begin living into your dream as if by magic! The best next steps to take will begin to move effortlessly into your life.

Lastly, write an affirmation, or use this one:

Under the light of the full moon, I release \_\_\_\_\_ so that I can feel more \_\_\_\_\_ and live into my dream to \_\_\_\_\_.

If you feel called, complete with a releasing ritual, like burning or shredding the affirmation paper.

And so it is!