

# Frequency Friday!

## Financial Frequency

ELEVATE YOUR FREQUENCY!

### Tax considerations when selling a home

Many people move during the summer. Taxpayers who are selling their home may qualify to exclude all or part of any gain from the sale from their income when filing their tax return.

When selling a home, homeowners should think about:

#### Ownership and use

To claim the exclusion, the taxpayer must meet ownership and use tests. During the five-year period ending on the date of the sale, the homeowner must have owned the home and lived in it as their main home for at least two years.

#### Gains

Taxpayers who sell their main home for a capital gain may be able to exclude up to \$250,000 of that gain from their income. Taxpayers who file a joint return with their spouse may be able to exclude up to \$500,000. Homeowners excluding all the gain do not need to report the sale on their tax return unless a Form 1099-S was issued.

#### Losses

Some taxpayers experience a loss when their main home sells for less than what they paid for it. This loss is not deductible.

#### Multiple homes

Taxpayers who own more than one home can exclude the gain only on the sale of their main home. They must pay taxes on the gain from selling any other home.

#### Reported sale

Taxpayers who don't qualify to exclude all of the taxable gain from their income must report the gain from the sale of their home when they file their tax return. Anyone who chooses not to claim the exclusion must report the taxable gain on their tax return. Taxpayers who receive Form 1099-S, Proceeds from Real Estate Transactions, must report the sale on their tax return even if they have no taxable gain.

#### Mortgage debt

Generally, taxpayers must report forgiven or canceled debt as income on their tax return. This includes people who had a mortgage workout, foreclosure or other canceled mortgage debt on their home. Taxpayers who had debt discharged, in whole or in part on a qualified principal residence can't exclude that debt from income unless it was discharged before January 1, 2026, or a written agreement for the debt forgiveness was in place before January 1, 2026.

♥ Jill



While spending a lovely, fun vacation in Colorado with Jill we had the thrilling experience of seeing a white buffalo. To Native Americans buffalos are symbols of abundance and manifestation. White Buffalos (AKA as Bisons) are one in a million and regarded as a sign of hope and an indication of good times to come. I am choosing to associate our good fortune in seeing it with being given a Cosmic Mojo sign and reminder that we live in a User-Friendly Universe. When we can transcend habitual tendencies to worry and attempt to be on control we are blessed through being able to let go of struggling. May this majestic image be an inspiration to you.

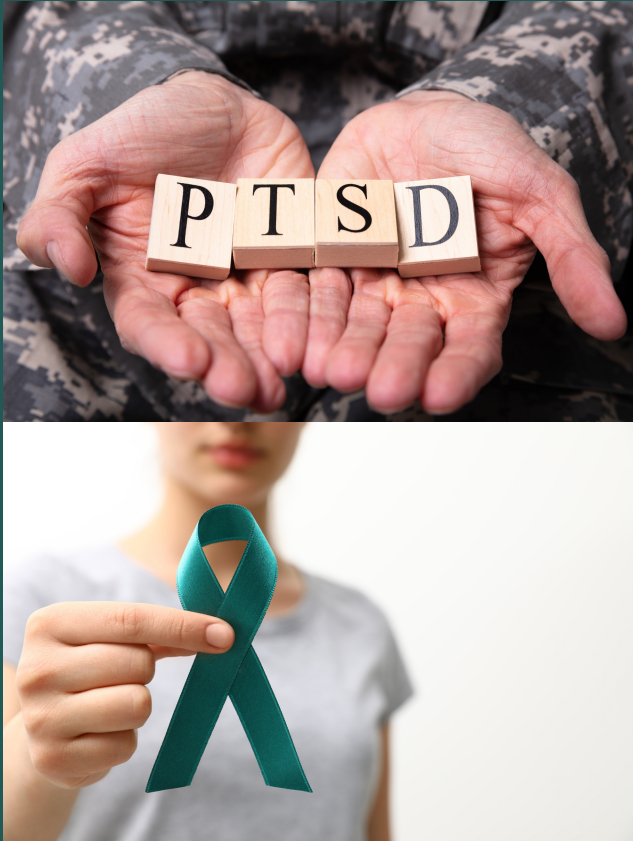
Hattie Parker,

Astrologer, Aura Image Consultant and Author  
of the Cosmic Mojo Column

# Frequency Friday! Bulletin Board

National PTSD Awareness Month

June 2023



Throughout the month of June, we join hands with communities across the nation to shine a light on this significant mental health issue that affects millions of individuals worldwide.

PTSD is a serious condition that can develop after experiencing or witnessing a traumatic event. It can impact people from all walks of life, including Service Members, Veterans, first responders, survivors of abuse, accidents, natural disasters, and others. June is National PTSD Awareness Month and it serves as a vital platform to raise awareness, foster understanding, and provide support to those affected by this complex condition.

Remember, support can make a world of difference to those dealing with PTSD. Together, we can raise awareness, break down barriers, and build a brighter future.



## ARE YOU OR A LOVED ONE...

- Suffering from PTSD or trauma?
- Experiencing anxiety or depression?
- Frustrated with trying medication after medication, without having any results or improving quality of life?
- Looking for alternative ways to treat PTSD, anxiety, depression or other trauma-related conditions?

Vibration 432, Inc, a 501(c) 3 non profit with a mission to heal and improve the lives of those that have experienced trauma, suffering from Post Traumatic Stress, Depression and Anxiety. Visit: [www.vibration432.com](http://www.vibration432.com) to learn more!



# International Yoga Day June 21st!

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

▶ LEARN MORE



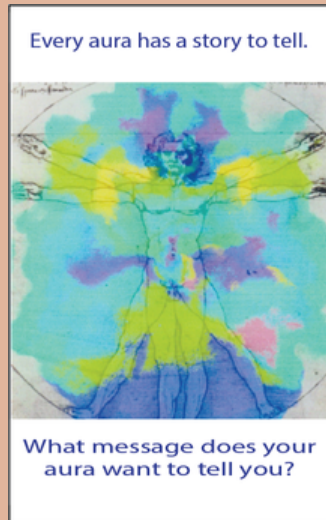
@crystal\_mystic\_goddess



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**

@wellnesscryo

[Cwcryo.com](http://Cwcryo.com)

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!



# GET YOUR COSMIC *Mojo* ON

We are **Spirit** having a human experience

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

## **Red Flag Alert: Cosmic Optical Illusion Ahead** **6/17/2023 A New Moon with Saturn Retrograding in Pisces**



### **Background:**

**Red Flag Alert:** A "red flag alert" signals that caution is advised. The phrase has fascinating origin that dates back to the early 1900's when cars were beginning to take precedence over horse and buggy transportation. If you want to learn about its origin and at the same time partake of a profoundly informative and interesting perspective on cryptocurrency and fiat money I highly recommend you watch the Savvy Finance YouTube video: "The Attack Phase Has Just Begun – Mark Yusko." <https://www.youtube.com/watch?v=8IBnflZ4qG8>

**New Moons:** New Moons are typically considered to be an excellent time generate new ideas and start new projects: See The Phases and "Phases" of the Mojo Moon on the next page. Saturn in Pisces Saturn, rules Capricorn, the zodiac sign of business, careers and success. It typically likes to be a disciplinarian that enforces and reinforces ambition and getting the job done. Pisces energy is compassionate, a concept foreign and confusing to Saturn. To make everything even more complex Saturn turns retrograde early in the day of June 17, 2023. This means that in concert with the New Moon we will have an astrological Optical Illusion. Albeit that all planets actually always move forward as they orbit the sun from the perspective of earth all of the eight planets go through periods of time where they appear to be moving backwards. It can be likened to being what appears to happen when two trains are side by side and from the perspective of the faster train the slower train appears to be going backward. When a planet is in retrograde it influences us to re-evaluate. Saturn will now retrograde for more than five months (6/17 – 11/4/2023). I explain below how you can use this to your career and business advantage.

**Astro Note:** Recently several people have asking me what the heck is happening in the stars that would make for challenging disruption and confusion. Saturn is referred to as being "debilitated" (off kilter) when it is in Pisces, which commenced in early March. As Saturn is related to figuring out how to work with and be content with what is, if it is off kilter and it make sense that it is also setting we, mere mortals, off Kilter. Hopefully now that is in retrograde (rethinking) it will, for everyone's sake, cut us some slack.

### **Guidance for Being Self-Supporting of Your Well-Being**

1. Take advantage of the opportunity to set new goals and plans at this New Moon time. And, however, understand that as Saturn is in retrograde your dreams may not manifest as your think they "should." Nanette Saylor, whom I regard as the Queen of Vision Boards, cautions people to not get overly attached to outcomes. As a regular operating procedure at her vision boarding sessions she distributes the following printed message that she recommends everyone paste on their visionary masterpieces.

**"This or something better now manifests for me in totally satisfying and harmonious ways, for the highest good of all concerned."**

2. When "things" are chaotic and/or not going as you hoped and wished they would (as is very likely to be happening during this Saturn retrograde) choose to look up at the sky and affirm:

**We live in a User-Friendly Universe.**

3. **Stay tuned:** Nanette (see her post on page \_\_\_.) and I will soon be announcing enlightening ways to connect with us to join forces with you in your quest for being all you are meant to be.

# Phases & "Phases" of Moon Mojo

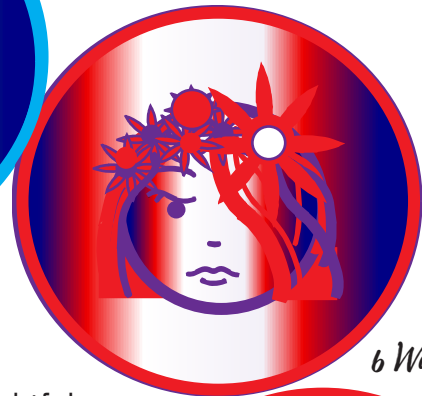
Days favoring  
On-Going  
Evaluation



7 *Last Quarter Moon*



Days favoring  
Assessment &  
Tweaking



8 *Waning Gibbous*

Rest,  
Restore  
&  
Maintain  
June 10 -  
July 16

Insightful  
Course  
Correction  
July 2 - July 9

6 *Waning Crescent*



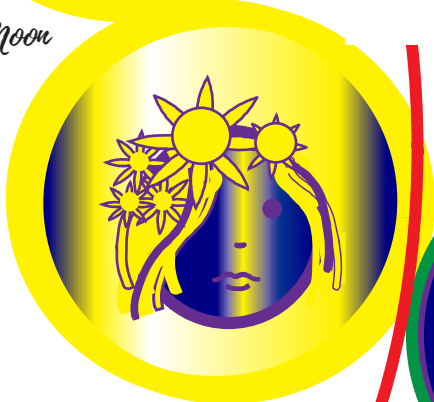
Creative  
Problem  
Solving  
June 17 - June 24

Proactive  
Implementation  
June 25 - July 2

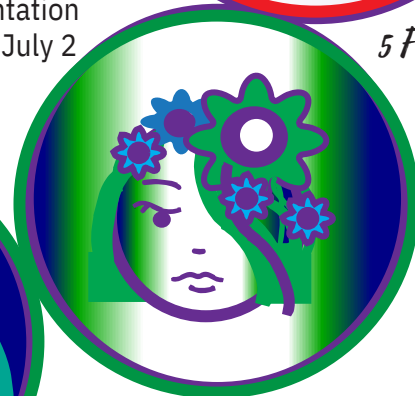


1 *New Moon*

5 *Full Moon*



2 *Waxing Crescent*



4 *Waxing Gibbous*

Days favoring  
Idea Generation  
& Planning



3 *First Quarter Moon*



Days favoring  
Action &  
Implementation

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



### Let Go of Your Need to Control

This guided visualization is a great way to picture a vision or goal, feel your passion for it, and then, let go of your attachment to a specific outcome or timeframe. Let the universal life force energy take over.

This is the perfect opportunity to release your need to “figure it all out.”

Shakti Gawain, author of Creative Visualization, introduced what's known as the "Pink Bubble Technique." After you have completed a visualization, you'll practice releasing your dreams to the universe in a big pink bubble!

I love this technique because it's so light and airy and playful!

Here's the Pink Bubble Technique in Shakti's own words:

***"Sit or lie down comfortably, close your eyes, and breathe deeply, slowly, and naturally. Gradually relax deeper and deeper. Imagine something that you would like to manifest. Imagine that it has already happened. Picture it as clearly as possible in your mind.***

Now, in your mind's eye, surround your fantasy with a pink bubble; put your goal inside the bubble. Pink is the color associated with the heart, and if this color vibration surrounds whatever you visualize, it will bring to you only that which is in perfect affinity with your being. The third step is to let go of the bubble and imagine it floating off into the universe, still containing your vision. This symbolizes that you are emotionally “letting go” of it.

Now it is free to float around in the universe, attracting and gathering energy for its manifestation."

This mediation is super simple and wonderfully effective.

I hope you'll give it a try and report to us on the FB group about your experience and how it feels.

ENJOY!