

Financial Frequency

WHAT'S YOUR FINANCIAL FREQUENCY?

Happy Frequency Friday!



ERTC FRAUD

IRS issues renewed warning on Employee Retention Credit claims; false claims generate compliance risk for people and businesses claiming credit improperly

IRS issues renewed warning on Employee Retention Credit claims; false claims generate compliance risk for people and businesses claiming credit improperly.

The IRS has been warning about this scheme since last fall, but there continue to be attempts to claim the ERC during the 2023 tax filing season. Tax professionals note they continue to be pressured by people wanting to claim credits improperly. The IRS Office of Professional Responsibility is working on additional guidance for the tax professional community that will be available in the near future.

People and businesses can avoid this scheme, and by not filing improper claims in the first place. If the business filed an income tax return deducting qualified wages before it filed an employment tax return claiming the credit, the business should file an amended income tax return to correct any overstated wage deduction.

Businesses should be cautious of advertised schemes and direct solicitations promising tax savings that are too good to be true. Taxpayers are always responsible for the information reported on their tax returns. Improperly claiming the ERC could result in taxpayers being required to repay the credit along with penalties and interest.

To be eligible for the ERC, employers must have:

- sustained a full or partial suspension of operations due to orders from an appropriate governmental authority limiting commerce, travel or group meetings due to COVID-19 during 2020 or the first three quarters of 2021,
- experienced a significant decline in gross receipts during 2020 or a decline in gross receipts during the first three quarters of 2021, or
- qualified as a recovery startup business for the third or fourth quarters of 2021.

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

Thank you for your patience and cooperation this filing season! We have

There are 39 days left (but who is counting) this tax season, so don't delay - send your documents today!

Please e-mail your tax documents to Omie @ ovelez@d-acpa.com or upload here:



Jill



Yoga Frequency with Jennifer Basing 200 hour RYT

Yoga pose of the week

Ustrasana/Supported Camel Pose

Stop the words now.

Open the window in the centre of your chest,
and let the spirits fly in and out.

~Rumi



We hold a lot of tension in our chest, physically and emotionally. Camel pose stretches and opens up the whole front side of the body. Often our body's natural reaction to danger or even stress is to curl inward: rounding our shoulders and upper spine, tucking our chin to our chest...similar to the fetal position. While Camel Pose can seem daunting and takes lots of opener Asana poses to get to this peak pose, this supported version is another option. It takes time to build up to the full expression, so use the blocks if needed and listen to your body when you're ready to work your way into this beautiful pose. Love the journey of exploring your

body and all the magnificent things you can do with it. Listen, connect and breath.

Sometimes there is more beneath the layers. We must listen to the emotional body to support the release. There is Magic in every moment. As in the words of Nanette and Hattie, Just let go and grow!

BENEFITS OF CAMEL POSE:

- **OPENS UP HIPS
STRETCHING
HIP FLEXORS**
- **EXPANDS
ABDOMINAL
REGION.
IMPROVING
DIGESTION
AND
ELIMINATION!**



- **IMPROVES
POSTURE**
- **OPENS CHEST
IMPROVING
RESPIRATION**
- **LOOSENS UP
THE
VERTEBRAE**
- **RELIEVES
LOWER BACK
PAIN**



Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

Visionary Victories: Exploring the Fine Art of Actualizing Your Dreams

Also An Invitation to a FREE Visionary Victory Zoom Call 3/21/23

Spring: A Season to Focus on Getting and Celebrating Getting What You Want

Tuesday March 21, marks the beginning of Spring. It is the day the Sun enters Aries, the sign of the Ram.

The ram is an animal known to be Hell bent on getting what it wants when it wants it. It is the Spring Equinox, the beginning of the astrological New Year and the start of a season characterized by energy intent upon being victorious in getting what it wants. On March 21 there will be a twenty-four hour period when the number of daylight hours will be equal to the number of hours of darkness.

The Aries Sun energy will influence us from March 21 - April 20. During the 30 days of the Aries Sun sign you if you go with the flow to partner with the Universe you will enjoy the energy of expanding light and decreasing darkness. To support you in this we will hold a FREE Visionary Victory Zoom Call on Tuesday

March 21, 2023. The details are listed below

Topic: Hattie Parker's Visionary Victory Zoom Meeting

Time: Mar 21, 2023 07:30 PM Eastern Time (US and Canada)

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83350615960?pwd=VWIPVWpZMG5uQmlvRDNlekhLM2Fxdz09>

Meeting ID: 833 5061 5960

Passcode: 470921

Agenda: Presentation and access to easy-to-use VIBE 432 Let Go and GROW materials to support you in being successful in achieving a Visionary Victory

[Learn More @ www.hattieparker.com/visionaryvictory](http://www.hattieparker.com/visionaryvictory)

About *VIBE 432 and Vibration 432, Inc

VIBE 432 is project of Vibration 432, Inc. the nonprofit founded by Jill DiSalvo to mitigate the devastating effects of deep depression.

*VIBE 432: VIBE Is an acronym for: Visionary Victory through Insight and Breakthrough Energy. The project is in the process of developing materials and resources to support well-being.

Cosmic Crypto Mojo

Current Iterations in Process

Part 1 - "Yes I Can" Insight and Breakthrough Energy (field tested in January 2023)

Part 2 -- Let Go and GROW (field testing April 2023)

The VIBE 432 Part 1 materials have successfully been field tested and proven to support Insight and Breakthrough Energy. The following is what participants in our field test group had to say about the program:

The Vibe 432 Challenge Project came at a pivotal point in my life. I had some big decisions and felt very scattered, anxious, and unanchored. I followed the program using the cards daily, reading the insights, breakthroughs, and cosmic bonus'. I used a journal to keep track. The cards truly matched where my head was at and helped me gain the courage, focus, determination, and belief to follow my heart. Pam G.

I feel I have been blessed to be part of VIBE 432. I want to share about the amazing things that have happened since truly working the system and being up to doing and engaging in the work. To make a long story short. Trust in the Universe (that I have repeatedly been drawing) has helped me have the courage and confidence to know and affirm that the challenges facing me will be okay. I have acted trusting I will get the answers. A financial miracle happened today and it is such a comforting gift.

Mary W.

VIBE 432 - Part 2: Let Go and GROW

The Purpose: To support well-being through encouraging resolve for

- **Courage** to go for what is wanted
- **Commitment** to stay the course
- **Comfort** to support keeping on keeping on

Let Go: Releasing Darkness & GROW: Enhancing Light

Both will be supported using very easy-to-use effective self-healing activities

Learn More @ www.hattieparker.com/visionaryvictory



The Art of Letting Go

Learning to let go is one of the most powerful lessons we can master.

As we develop the "Let Go and Grow" program to complement the "Yes I Can" challenge, I am reminded of this lesson. I remember how hard I tried to figure it out – how I struggled to understand what letting go really meant. And, I remember the absolute freedom I felt when I finally realized that letting go isn't an intellectual process.

Letting go is about forgiveness and acceptance and love – of self and others. Unconditionally.

Letting go means I release my need to figure it out. I take my head out of the game, and allow myself to feel the peace that is.

Letting go comes from simply accepting all that is.

You may be asking... "How do I do that?"

Here's a tool I keep in my self-care toolkit: a ritual called Ho'oponopono.

A big shift occurred for me when I was introduced years ago to this Hawaiian tradition by world-renowned reflexologist Laura Norman. Ho'oponopono, a phrase that means “to make right”, is an ancient ritual originally used to help keep family harmony. In today’s world, we use it as an individual practice to release past grudges, to let go and live at peace with ourselves and those around us.

To put the power of Ho'oponopono into practice in your own life you must first accept that you are the creator of your reality. The ritual of Ho'oponopono invites you to release any judgments that are getting in your way. And it makes no difference if those judgments are toward yourself or others. By reciting this simple phrase with full intention you will find your way to forgiveness and acceptance.

So, find a quiet place to sit or lay comfortably, where you can close your eyes and focus attention on that which you intend to heal. Give compassionate attention to the person you are in conflict with—remembering that the conflict could very well be with yourself.



Send loving energy toward that person as you recite this phrase:



*Thank you
I love you
I am sorry
Please forgive me*



Repeat these words over and over – out loud if you can. Repeat this phrase slowly, with deliberate intention, feeling the words as you recite them.

Release your need to think it through, to justify your actions, to question your intentions, or to wonder if this will work. Allow yourself to clear any questioning or projecting from your mind.

Continue to recite the phrase as many times as feels right for you, or until you can feel a shift into a greater sense of calm.

Simply accept the peace that will come at this moment when you allow it.

From this new place, with this renewed feeling of appreciation, go out into your day with joy!

Repeat this as often as you like, and don't worry if you don't feel as if you've released everything the first time around – this is a practice that requires regular attention.

Do let us know how this serves you. Let's connect to the universal healing that will come when we all learn to let go with love.

Nanette Saylor
Creativity Curator + Possibility Partner
WiseWellWomen.com

#wisewellwomen are #consciouscreators who #createplaylive!
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