



- TEENS & TAXES
- HELP US TO SAVE A WARRIOR
- FREQUENCY 432 HEALTH & WELLNESS EXPO!
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## Teens & Taxes!

Teens and young adults often go into business for themselves over the summer or after school. This work can include babysitting, lawn mowing, dog walking, or other part-time or temporary work. When a teen or young adult is an employee of a business, their employer withholds taxes from their paycheck. However, when they are classified as an independent contractor or are self-employed, they're responsible for paying taxes themselves.

### Here are six things to keep in mind:

1. Everyone, including minors, must file a tax return if they had net earnings from self-employment of at least \$400.
2. If they owe taxes, teens and young adults should file their own tax returns, even if their parent or guardian claims them as a dependent.
3. Teens and young adults can prepare and sign their own tax returns. There is no minimum age to sign a tax return.
4. Parents can't claim a dependent's earned income on their own tax return.
5. In addition to income tax, self-employed people are generally responsible for self-employment tax as well. It's like the Social Security and Medicare taxes withheld from the pay of most wage earners.
6. Teens and young adults can lower the amount of tax they owe by deducting certain expenses.

If your teen earns net income from self-employment greater than \$400, then they should file a tax return to report their income and expenses. They can still be claimed as your dependent as long as they meet the residency, relationship and dependency/support tests.

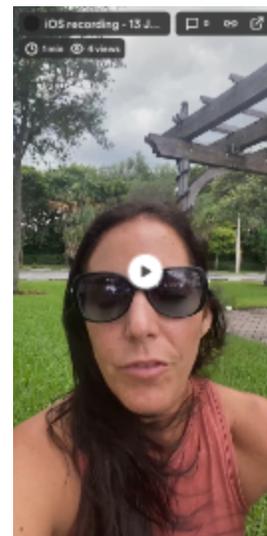
## Help Us Save a Warrior! <sup>®</sup>

Hi everyone, as most of you know I started our 501(c)3 non-profit in 2019, Vibration 432. Our mission is to help heal first responders suffering from Complex Post Traumatic Stress. This week we learned about a fire fighter that has been affected and we need your help!

We are asking for donations to help send this individual for a life-saving and life changing 72 hour program at Save A Warrior - "SAW". I have witnessed first hand how their amazing program can help these heroes at a critical time so time is of the essence! We need to raise \$3,000 in the next 72 hours- no amount is too small and every \$1 will help! Donation link is below! Thank you!!



[CLICK HERE](#)  
to Donate today!





**Nanette Saylor**

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## CHANGE IS POSSIBLE!

I've learned that change is possible, even for those of us who fear it the most, when we add support to anchor new mindsets and behaviors, and we begin with baby steps. I can face my fears by using simple systems of support that give me confidence and courage.

I get to expand my vision for the future into things I couldn't have even imagined a few years ago.

My greatest hope is that we all develop the strength and courage to embrace the power of positive conscious change.

So, how does change begin?

### Commitment

I am certain that life is not intended to be a struggle. Life is intended to be full of peace, love and joy.

After many years and lessons, I can look back and see that my most successful, long term life changes were consciously created when I gave my full attention to living in peace, love and joy. They didn't happen accidentally. I committed to them. I embraced them and stuck with them, no matter what!

And you can, too.

Big or small, I know that every change begins with a willingness to move in a direction that is scary. Commitment is the first step.

This step requires only that you declare out loud, "I commit to change". Repeat this phrase as often as you can until you feel in your gut that this change is no longer frightening. Post the expression somewhere you will see it and be reminded of it daily. Make this commitment a part of your morning ritual.

**"Success is not final, failure is not fatal, it is only the courage to continue that matters."**

- Winston Churchill



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### Choice

Whether you realize it or not, we are making choices nearly in every minute of our lives. You get to make a deliberate choice about eating cookies or veggies, meditating or arguing with your spouse, speaking with kindness and respect or yelling obscenities. Choose one thing to do differently. Choose something that is not comfortable, something that you think you can't do. Do something small, yet scary, and reaffirm that choice every single day until it comes naturally to you. Then, as your confidence builds, your courage will, too, and you can choose something greater to challenge yourself with.

Avoiding taking action is a choice to stay stuck. No choice is also a choice.



### Creation

I believe we are all inspired beings with the power to create anything we give our full and focused attention to. We get to channel the conscious energy of the Great Creator. [This is one of the terms I like to use... please insert whatever reference you prefer that suits your spiritual or religious beliefs.]

Allow yourself to imagine your life experience with the change you desire as if it has already happened. Create a picture in your mind, complete with the sights, sounds, smells and senses that make the picture come to life. Use music, art, food or craft to anchor that vision in your mind. Sit quietly each day, picturing your new life for a few moments. This is the practice of creative visualization.

(For more on this topic, I suggest reading Shakti Gawain's Creative Visualization). Remember, your subconscious will create a vision for you based on your most regular thoughts! Create this image in your mind with deliberate intention. Use it to replace the other automatic (and often less positive) subconscious thoughts that may be consuming you today.



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## Connection

I know for sure, that I am not intended to move through life alone. I believe we are all connected through universal life force energy, and when we activate that connection, the possibilities we can create are limitless. To activate the power of connection, simply reach out to one person you trust, and let that person know that you are stepping into something new. Ask for support. By sharing your intentions, you are activating the connection. Connection does not require any action on the part of the supporter, unless they choose it. If they decide to help in some way, that's a bonus!



## Celebration

Lastly, as you move through your days embracing change, you will feel differently. You have committed to leaving your comfort zone, and moved into what will seem awkward and uncomfortable. This is normal. Allow yourself to accept that your life is changing even if you can't see it yet. Celebrate your success through a simple gratitude ritual by recording five things you are grateful for each day. If you are not already keeping a journal, begin one now, and make a nightly entry into this journal highlighting your gratitude. Most importantly, be gentle with yourself. Practice makes progress. Today is the best day to start.  
Ask. Believe. Receive.

# Turning Tea Time Into a Sacred Ceremony

- from DailyOM  
[www.Dailyom.com](http://www.Dailyom.com)

Drinking tea can be a nourishing ritual that brings inner peace to your body, mind, and soul.

Coffee may be the power beverage that gets us revved up in the morning and fuels us when we're burning the midnight oil, but tea is the drink we turn to when we want to relax and be refreshed at the same time. Black, green, white, herbal, hot, or ice cold, tea is more than a soothing beverage. It can be a ritual, a cultural experience, and even a spiritual practice.

The reverence for tea has inspired ceremony in many cultures. From the spirituality of Chanoyu, the Japanese way of preparing and serving tea, to the sharing of Maté in Latin America, tea rituals are for celebration, ceremony, and relationship bonding. In China, tea rituals are part of many wedding ceremonies with the bride and groom serving their elder relatives in a show of respect and gratitude.



The Chinese art of drinking and serving tea has been a source of inspiration for poetry and song. The Russian custom of chaepitie has inspired a unique style of teapots, caddies, teacups, and cozies. The samovar, a special brewing device, has become the symbol of the Russian tea ceremony and an object of art in its own right. Iced tea, popular in the U.S., as well as other parts of the world, is a modern ritual bringing cool relief on a sweltering summer day.

You can turn your own tea time with a friend into a simple ceremony by preparing your tea with the intention of offering nourishment and good wishes to the other person. When you are seated together, rather than drinking your tea right away, look at one another and express your gratitude and appreciation for your friendship. When you pour the tea, again intend it as an offering. Drink your tea slowly, savoring its flavor and aroma. Let its warmth or its coolness soothe your body. When you are finished drinking your tea, thank your friend for taking part in this nourishing ritual with you. Whether savored in the presence of another or tasted alone, the custom of drinking tea provides a soothing pause in our hectic world. Drinking tea can be a daily ritual that brings inner calm and clarity to the body, mind, and soul.

## ORDER YOURS TODAY!

Each set comes with 3 servings of each of the 7 chakra blends and a tea leaf ball. You can get 2-3 cups of tea from each serving so each package contains 40-60 cups of caffeine-free, chakra healing tea!

All proceeds donated to my new 501(c)3 - **Vibration 432, Inc.**

*Visit for details:* [www.tea4chi.com](http://www.tea4chi.com)



# Cosmic Crypto Mojo

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

## Get Your Cosmic Mojo On Coming Soon a Title Reset to: "Tapping Into Vibration 432"\*



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### A New Focus

(NOTE: Today is a #1 numerology day. It is a good time for a reset. Jill's reset is a new house. I am launching a reset of the title of this article. I will continue to write about the influence of universal energies and the stars and, however it will be reset to have a healing focus.)

### What is Vibration 432?

Vibration 432, Inc. is the name of the 501(c)3 non-profit Jill founded with the mission of making a meaningful contribution to mitigating the suffering that is caused by Post Traumatic Stress..

In the world of music Vibration 432 is explained as the following:

"According to music theory, A=432 Hz is mathematically consistent with the universe. This is known as Verdi's 'A' – named after Giuseppe Verdi, a famous Italian composer. Music tuned to 432 Hz is softer and brighter, and is said to provide greater clarity and is easier on the ears."

- From an article on the Healing Benefits of Music



Deemed as a healing sound this vibration is referred to as the "Miracle Sound." Additionally, it is considered to be the energy of the sound of OM, the peace inspiring chant used in Yoga to set a tone of relaxation and ease.

### PTS, Trauma, and the Focus Reset

This past weekend, related to my role in partnering with Jill in her mission of being of service, I attended a profoundly meaningful workshop on Yoga and Trauma. The workshop was presented by Terri Cooper Space, founder of 305 Yoga, a Yoga Teacher who has been engaged in teaching a trauma healing based subject matter for over 20 years. Terri's perspective is that in today's chaotic world absolutely everyone is traumatized. As a result she teaches from the point of view that everyone can benefit from having a toolbox of coping mechanisms and systems.

One method of promoting self-care and healing of one's self is to engage in helping others. In this vein, as you can read in this newsletter, Jill is inviting people in this community to contribute to making a difference by supporting the funding of a first responder to attend a healing immersion event. It is our hope that the idea of making a difference in this domain will touch the minds and hearts of many. And, however, we also want to be contributing to your trauma healing/self care toolbox.

# Cosmic Crypto Mojo

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

## A Stress Relief Toolbox: To Your Own Self Be Kind

### 1. Listen, and Set the Tone

There is no time like the present to tap into the miracle of healing energy sounds. This link will take you to a full 2 hours of Vibration 432. <https://www.youtube.com/watch?v=IU13sdrLQ-M>

Listening to it for even just a couple of minutes is guaranteed to calm you. Bookmark the link and tap in anytime-anywhere.

### 2. An Opportunity to Learn About You

On the evening of **Friday July 29th 6:30 – 9:00 PM** I will be jointly offering a program on aura imaging at [Soham Yoga](#) in Royal Palm Beach. Aura Imaging offers insights into your energetic strengths and challenges. This is a unique opportunity to be introduced to a new approach to learning about yourself. Learn more and sign up for "The Color of Hope, Health and Happiness" at: <https://www.youtube.com/watch?v=IU13sdrLQ-M>



### 3. Breathe, Om, and Sigh

One of the overriding tenets of this weekend's workshop was that the goal is for us to strive to be self-regulating such that we trust ourselves to respond to life stresses rather than knee jerk react. It is useful to have tools you can use any time you find yourself feeling anxious because your memories, family, clients, associates are triggering stress. First, remember to pause. After taking a moment's pause you can further take charge of your response by taking a deep breath, silently saying OM, and/or consciously sighing before speaking or acting.



### Stay Tuned: More to Come

Going forward we have a number of Vibration 432, Inc. events planned. You are cordially invited to attend these. This includes a volunteer training that will focus on both self-awareness and how to help others. It is scheduled for **Saturday September 24** in Lake Worth. More information will be coming soon. Feel free to call me if you have questions. (732)-859-2134.