



WEEKLY TIPS FOR YOUR WELL BEING

It's National Small Business Week September 13-17th! Make sure to support your favorite local business this week! This year, the Small Business Development Center is celebrating the **Resilience & Renewal** of America's small businesses as we navigated uncharted territory during the pandemic and thankfully most of our small business clients, not only survived, but were able to thrive the past 18 months. I was contemplating the message that I wanted to share in this week's Frequency Friday and then POOF! I received this article in my inbox and wanted to share an excerpt! To read the full article visit: <https://www.stress.org/a-remedy-for-traveling-uncharted-territory>

A Remedy for Traveling Uncharted Territory Resilience Recipes: Stress Proof Your Teaching, Learning and Immune System

*By Sharon Montes, MD FAIS
Contentment Magazine - Fall 2021 issue*

In times of change how do we all continue to be successful learners? How do we develop the reserve of resilience that allows us to recover from past stress, be present in the current moment and have the capacity to engage in future learning with curiosity rather than dread?

I believe that we are entering uncharted territory. The author offers the following resilience recipes:

Intentional Breath

"Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again." - Thich Nhat Hanh

The repetition of intentional breathing several times throughout the day creates new pathways that support our ability to stay calm in body and mind. Anchor these breath practices on an object or action so you do them at least five times/day. For example, notice your breath when you walk through a door; when the phone rings; when you look at or touch a ring, bracelet or watch; when you rub your ear; when you go to the bathroom. Even a mini break of three intentional breaths repeated through the day builds your "choice" muscle, making it easier to choose calm.

Integrated Movement

"Get out of your head and get into your body. Think less and feel more" - Osho

Stress can get stuck in our bodies, especially in our nervous system and in our fascia. (Fascia is the white fibrous tissue that scaffolds, surrounds and connects our muscles, nerve fibers and organs. When we are stressed it contracts and the tissue and organs it surrounds and supports contract too.)

Certain types of movement have the ability to help us release this accumulated physical stress and create a calm alert brain. When we move our body, we send signals that activate our brain – changing the electrical and chemical messages. When we move different parts of our body in different directions, we activate different parts of our brain. When we add rhythm and mindfulness, we create an active, integrated brain that is ready to learn.

Mindfulness and Positive Choice

"Mindfulness isn't difficult; we just need to remember to do it" - Sharon Salzberg

Mindfulness consists of two main techniques:

1. Observing our sensations, emotions and thoughts. Our thoughts bounce from past to future attached to emotions. Frequently worry or fear when our mind travels to the future and regret or anger when our thoughts travel to the past. By cultivating the awareness that we are not our sensations, emotions or thoughts, we have greater ability to be present here and now.

2. Naming – by naming our sensations and emotions we activate a different part of our brain. We are wired to react out of the part of our brain that is focused on survival and defending ourselves. With mindfulness and practice we can strengthen the pathways that act from wisdom and connection.

Gratitude for Be Here Now:

1. Thank yourself 2. Thank person either side of you 3. Thank all that is around you
With choice, breath, movement, and gratitude our perspective and awareness can expand.

*"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."
- Thich Nhat Hanh*

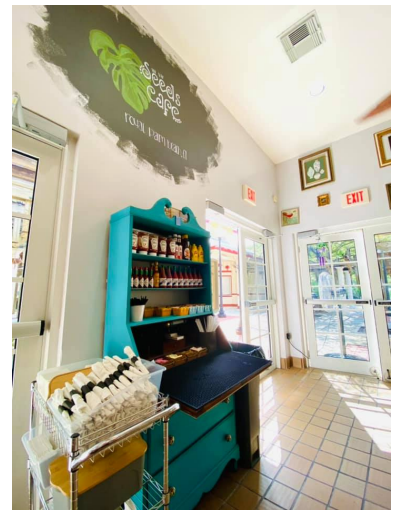
BUSINESS SPOTLIGHT

This week, I am so excited to featured **Seeds Cafe!** Seeds Cafe is located in Veteran's Park in Royal Palm Beach and serve breakfast and lunch Tuesday - Sunday from 8 AM - 3 PM.

They offer dine in, patio dining and to go order options and their menu looks delicious! The breakfast menu features items such as The Sunday Hangover, Breakfast Burritos, Brunch Flatbreads. For lunch they have several options including Philly Cheese Steak, Mandarin Walnut & Southwest Chicken Salad and a Zesty Chicken Wrap! They have a lovely selection of crafted lemonades & iced teas too! Make sure to stop by and check them out!

https://seedscafe.business.site/?utm_source=gmb&utm_medium=referral

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World Suicide Prevention Day
Creating Hope Through Action

September 10

World Suicide Prevention Day 2021 is today, September 10th. According to the International Association for Suicide Prevention (IASP), this has been an important year for awareness around suicide prevention as they have seen increasing visibility, events, action and understanding as September becomes a well known time of year on the global mental health agenda. They have all recently seen unprecedented change as we adapt to a world altered by the COVID-19 pandemic. Mental Health has risen to global priority as the psychosocial implications of social distancing, quarantines and other restrictions become clear. Their theme of 'Creating Hope Through Action' has been both well considered and timely in it's pertinent call to urge people towards action; that we should all feel equipped, supported and inspired to act as we try to prevent more suicides around the world.

To learn more or if you or someone you know are struggling: Visit: <https://www.iasp.info/wspd2021/>

IMPORTANT DEADLINES

SEPTEMBER 15TH

- **S-Corporation: Form 1120-S Tax Returns are due**
- **Partnership: Form 1065 Tax Returns are due**
- **3rd 1040-ES: Estimated 1040 payments are due**
- **Trust/Estate: Form 1041 Tax Returns are due**

OCTOBER 1ST

- **SIMPE IRA** - The deadline for setting up a new SIMPLE IRA plan is October 1st
- **Safe Harbor 401(k) Plan** - The deadline for establishing a Safe Harbor 401(k) is October 1st

OCTOBER 15TH

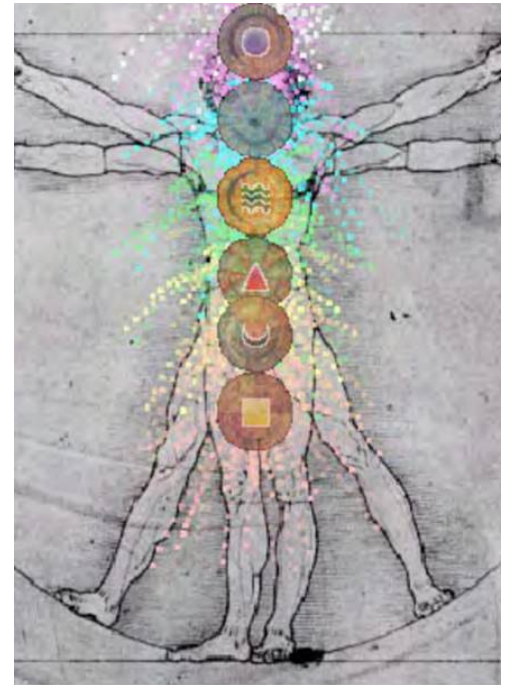
- Extension deadline for Corporate & Personal Tax Returns

*****IN ORDER TO COMPLETE YOUR PERSONAL RETURN IN TIME, PLEASE SEND ALL DOCUMENTS TO US PRIOR TO 10/1/21**

BECOME AN AURA READING APPRENTICE!!!

This is an opportunity of a lifetime for the right person(s)! Learn how to read auras from the Master, Hattie Parker! Hattie is looking to train the right individual(s) how to utilize the Biopulsar-Reflexograph to read auras and help people to see where they may have chakra blockages.. Hattie has over 18 years of experience doing in person and virtual auras. We are looking for the perfect candidates to help read auras to help individuals to literally see their energy.

Contact Hattie today to learn how to become an aura apprentice @ Hattie@hattieparker.com



PPP FORGIVENESS

Need assistance with applying for PPP Forgiveness?

Our office is assisting clients with applying for Round 1 & Round 2 of the PPP Forgiveness. Due to increased security measures, we will need a 15 minute phone call with you to start the process. Click this link: <https://calendly.com/tbunchuk/> to schedule a conference call with Tina so she can assist you with the PPP forgiveness application. Before your appointment, we request that you complete the credit card authorization for the \$150 Application Fee. [CLICK HERE](#)

Cosmic Crypto Mojo

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

GET YOUR COSMIC MOJO ON FLY BEYOND THE RAINBOW WAY UP HIGH!

"If happy little bluebirds fly beyond the rainbow then why oh why can't I?"
Excerpted from Somewhere Over the Rainbow

Cosmic Trending: During the past week Mars, the planet of assertion, has been opposite Neptune, the king of sea, and the planet of dreaming. Oppositions create tugs of war. The king of water has asserted himself and tugged at our heartstrings as we have seen and heard of the terrible destruction in Louisiana and the northeast. On a personal level it may have influenced lack of self-confidence in your ability and/or will to assert yourself to accomplish your goals, wishes, and dreams. It is time for a reset.

Today (9.10) the Sun is directly opposite Neptune, the planet that now shows up in the sky being very close to the asteroid Athena. This particular tug of war, because the Sun sheds light on what can be done, can be very uplifting. Neptune inspires and Athena kicks your butt to do what needs to be done. Mythology describes how Athena was born from the head of her father Jupiter (Zeus). He, who had been told he would be killed by his children, tried to protect himself by eating his children. Uniquely, in Athena's case, he in attempt to be proactive ate her pregnant mother Metus. Athena, who was not to be deterred from being born, emerged from his head. Having light shining on the will to live and flourish is a good thing. It is time to sing the Over the Rainbow with the modification of, "If happy little bluebirds fly beyond the rainbow way up high then so can I."

On Using the Power of the Cosmos for Good: I am off to swim with the dolphins in Bimini. This has been on my bucket list for a long time. I'm counting on the presence of strong willed Athena next to the God of Water to be an asset for the physical and mental demands of the trip. I encourage you to assess where in your life you need support to believe in and act on your dreams. These energies are Universal and available to all. It is time to act. On the compassion side of our natures I encourage you to send healing energy to those who have been devastated by flooding. And, of course, energy in the form of funds is always needed.

A Testimonial on the Benefits of Cosmic Insight:

"I had my first numerology and astrology reading and it was amazing. It gave such insight to so many of my past relationships and knowledge for going forward. I walked away understanding myself better and why I'm here. It was so accurate on events in my life and what my desires are and why. Hattie gave me tools to help heal hurts from my past. She is a beautiful soul with so much knowledge."

- J.C. (a longtime client and friend of Jill)

Crypto Encouragement: Anticipating that, as many financial people do, that 5 years from now everyone-everywhere will be using digital currencies you can surmise that there will be huge growth coming for anyone who gets in early. I credit crypto with inspiring my plans to take my bucket list dolphin swim trip. What dream could you make come true with crypto? YouTube has much educational content. If you are a beginner, YouTube (search Crypto Currency for Beginners) or www.hope.com are good places to start