

# Financial Frequency

WHAT'S YOUR FINANCIAL FREQUENCY?

## Happy Frequency Friday! It's Tax Time!

One of the most FAQ this time of the year is - what do I need to prepare my taxes? Here is a tax preparation checklist to help you collect all of the documents we will need in order to prepare your taxes!

### Tips for Success!

It's hard to believe but this is our 14th Tax Season! We feel very blessed to have grown to over 1,500 clients!

Here is a list of tips to help keep our team to be efficient & organized this year to help. make your tax experience as pain free as possible!

- Please refrain from e-mailing your tax documents to Jill...Please e-mail our new lovely employee, Omie at [Ovelez@d-acpa.com](mailto:Ovelez@d-acpa.com)



- Don't want to e-mail? We can send a link to a secure portal to upload your documents! E-mail [Shyann@shuggins@d-acpa.com](mailto:Shyann@shuggins@d-acpa.com) and she will send you a link

- Text Us! We have a **NEW TEXT # 561-473-4210**

- Have a tax question? Want to check your return status? Text Us!

We kindly ask that if you call us, please give us 24 hours to reply. Multiple calls, e-mails, etc. bottleneck our processes and slows response time.

We are grateful for your confidence, trust & support in our firm and look forward to serving you soon!



### Tax Prep Checklist

- ☐ Copies of last year's tax return for you and your spouse

#### INFORMATION ABOUT YOUR INCOME

- ☐ W-2 forms for you and your spouse
- ☐ 1099-C forms for cancellation of debt
- ☐ 1099-G forms for unemployment income, or state or local tax refunds
- ☐ 1099-NEC (or 1099-K if you're paid through a third-party such as PayPal) forms for you and your spouse for any independent contract work
- ☐ Form 1099-R (for IRA/pension distributions)
- ☐ 1099-S forms for income from the sale of a property
- ☐ 1099-INT, -DIV, -B, or K-1s for investment or interest income
- ☐ SSA-1099 for Social Security benefits received
- ☐ Alimony received
- ☐ Business or farming income—profit/loss statement, capital equipment information
- ☐ Rental property income and expenses—profit/loss statement, suspended loss information
- ☐ Prior year installment sale information—Forms 6252, principal and interest collected during the year, SSN, and address for payer

#### ADDITIONAL INCOME

- ☐ Business income
- ☐ Rental real estate, royalties, partnerships, S corporations, trusts, etc.
- ☐ Unemployment compensation
- ☐ Gambling winnings
- ☐ Scholarships

#### ADJUSTMENTS TO YOUR INCOME

- ☐ Alimony paid for divorces executed prior to 2019.
- ☐ Form 1098-T for tuition paid (or receipts/canceled checks for tuition paid for post-high school)
- ☐ Records of IRA, SEP, SIMPLE contributions
- ☐ Receipts for any qualifying energy-efficient home improvements (solar, windows, etc.)
- ☐ Records of Medical Savings Account (MSA)/Health Savings Account (HSA) contributions
- ☐ Self-employed health insurance payment record

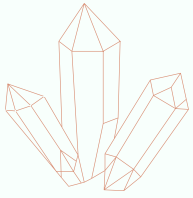
#### DEDUCTIONS AND CREDITS

- ☐ Child care costs: provider's name, address, tax ID, and amount paid
- ☐ Education costs: Form 1098-T, education expenses
- ☐ Forms 1098: mortgage interest, private mortgage insurance (PMI), and points you paid
- ☐ Investment interest expenses
- ☐ Charitable donations: cash/non-cash
- ☐ Medical and dental expense records
- ☐ Records business use of home expenses for self-employed, home size/office size, home expenses
- ☐ Rental property income/expenses: profit/loss statement, rental property suspended loss information

#### TAXES YOU'VE PAID

- ☐ Real estate taxes paid
- ☐ Personal property taxes
- ☐ Estimated tax payments made during the year (self-employed)

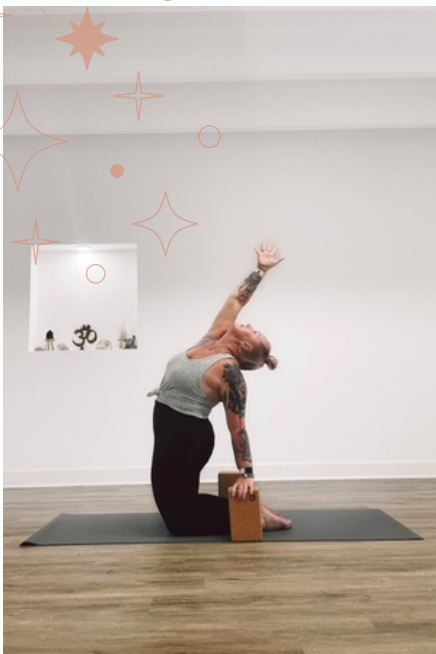
# Financial Frequency



## Welcome to the Team!



Meet Jennifer Basing, she is one of Jill's new team members! Jennifer comes to us as a 200 hour RYT Yoga Teacher since 2019. She currently teaches at Kula Yoga Shala in Jupiter and Om Shanti Yoga School in Tequesta. Jennifer specializes in Sound Healing with Crystal Singing Bowls and Singing in Mantra. Check out the flyer for her Anahata Heart Chakra Workshop in the Newsletter! Jennifer has an extensive history in the Cosmetics Field and also has her own Jewelry Business, Crystal Mystic Goddess. You can follow her on Instagram [@crystal\\_mystic\\_goddess](#) and for her yoga [@crystal\\_mystic\\_healing](#).







# HEART CHAKRA WORKSHOP WITH JENNIFER BASING AND STEVEN GARRITY

Reserve your space at Kula  
Yoga Shala in Jupiter  
<https://www.kulayogashala.com/shchedule>

JOIN NOW

## The Anahata - A Journey through the Heart to Love and Wholeness

Upon examination we often find our hearts buried beneath layers of protection that we've used to keep ourselves safe. Despite our deep longing for love and connection, we often feel disconnected, unloved, and even unlovable. Join us for a journey through these layers to the very center of the heart chakra. Experience meeting yourself, your whole self, with love and compassion. By doing so, you can begin to connect to the inherent wholeness already within you waiting to be seen, expressed, and shared.

During this immersive dive into the heart you will explore various elements of the Heart Chakra discovering the dynamics of Divine Masculine and Divine Feminine energies present within us all that when in balance with self, allow union to Atma Prema, unconditional self-love.

This will be a multilayered experience opening with meditation and mantra, continuing with yin and restorative movement accompanied by sound bath, and closing with yoga nidra and an opportunity to share your experience with others.

The practice will be guided by Steven Garrity and supported by the tranquil and soothing power of sound healing of Crystal Bowls and mantra singing and vocals by Jennifer Basing.

This is the first class of a Series of Workshops focusing on each Chakra.

"What lies behind us and what lies before us are tiny matters compared to what lies within us".

SUNDAY  
FEBRUARY 12TH

1-4:30

REFRESHMENTS  
AVAILABLE

INVESTMENT \$108

IG:@KULAYOGASHALA

# Be Here Now - Grounding in the Present

In my work as a Coach I have become known for supporting women to dream into their futures - to create visions of a joyful life they love. I guide them to play with the possibilities of an imaginary ideal day, ideal business, ideal relationship and more. They create posters filled with pictures that evoke feelings of satisfaction, accomplishment, and love. And though the exercises are based on the concept of "acting as if", we tend to think of these processes in the future.

Co-creating a vision, we explore what's possible, and always discover that there are lots of things getting in the way of those dreams. So, I also support women to learn to let go of everything that they have learned or experienced or collected that is no longer useful or aligned with the vision of their future self. We tend to think of those things as from the past.

In the process, we seem to gloss over the present, because it's not where we are going or where we've come from. We are usually either wishing for something that we see as only accessible someday or we are fixating on something that didn't go well in our past and using it as proof that we can't create our dreams in the future.

It turns out, we tend to want to rush through the present for a reason -- the present is the place between, and in between feels terribly uncomfortable to just about everybody. It's that place that's not before or after - not past or future - just the place in the middle we are trying to get away from fast!

That's really a shame, because the truth is, living in the past or the future robs us of enjoying today. It robs us of fully living in the moment. Focused on the past, we can get depressed and sad about what should have or could have been. Focused on the future, we can get anxious and worried about all the unknowns.

What if we could learn to be here now and live with a more positive belief instead? Eleanor Roosevelt is credited with saying this:

Yesterday is history, tomorrow is a mystery and today is a gift, that's why it is called the present.

How might we cultivate a feeling of gratitude for today?

We might ask, "How do I get comfortable in this space between? Can I anchor myself in the present and feel safe here?"

The answer is "Yes, I Can"! And, in addition to using the VIBE 432 tools, the simplest way to start is to begin to practice "Grounding".

The first grounding technique is a therapeutic one and it begins with paying attention to our breathing. We take a few slow, deep, long breaths and then follow these steps:

- 5: Acknowledge FIVE things you see around you.
- 4: Acknowledge FOUR things you can touch around you.
- 3: Acknowledge THREE things you hear.
- 2: Acknowledge TWO things you can smell.
- 1: Acknowledge ONE thing you can taste.

Then, when you're complete, say "thank you for today". Then check-in and ask, "How do I feel?"

The second grounding technique involves going outside to connect with the earth. This is often called "earthing", too. In an ideal setting, you'll go outside barefoot and connect to the earth - the ground - in the dirt, the grass, the sand or the sea. Multiple reputable studies have confirmed that when we connect our body to the Earth (bare feet on the sand, for example), free electrons from the Earth's surface spread over and into our body and we receive the benefit of a healing antioxidant effect.

Can it be this easy? Absolutely. The best news is, that neither of these techniques take an extraordinary amount of time and there's no cost or fancy equipment to buy. The 5-4-3-2-1 grounding method can be completed in less than 3 minutes. For the full earthing benefit, you'll want to spend 30 minutes outside barefoot, and you can still reap some benefit in just a few minutes. Here in South Florida, we can do this almost anytime!

So, the next time you find yourself rushing through the present moment, feeling uncertain or unstable, I hope you'll try one of these techniques. Then, please let us know how it worked for you over on the FB group.



Nanette Saylor  
Creativity Curator + Possibility Partner  
WiseWellWomen.com

#wisewellwomen are #consciouscreators who #createplaylive!  
Listen to our Podcast - Create.Play.Live.  
Join us on Facebook at The Conscious Creators Cafe'



WISE • WELL • WOMEN

# Cosmic Crypto Mojo

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

## Get Your Cosmic Mojo On

"First Things First" and  
7 Ways to Make First Things First a Life/Business Enhancing Habit

As January, the first month of the year, ends we start February, the second month of the year. 2/2 Groundhog's Day, a traditional inquiry to see if Mother Nature can be counted upon to end winter in a timely manner, happens very soon into the month of February. It tends to take the focus away from taking care of firsts. And, however, this article suggests why you might want to choose to do more to enhance the profound importance of focusing on checking to see if you have given adequate attention to First Things First. Suggested ways of doing this are shared at the close of this column and as these relate to suggestions inspired by my work with Aura Imaging should you want to engage in individualized very personal exposure to Aura Imaging either in-person or virtually please feel free to contact me.

## Groundhog's Day an Ancient Tradition Still Followed Today

Groundhog's Day is an ancient pagan tradition. It hails back to times when the very survival of the human race depended upon community leaders and decision makers accurately reading earth signs to know when to plant seeds for obtaining the best growth results. By design, from the aquarian culture that originated it, it takes place 40 days after the Winter Solstice. Its purpose was to consult nature for a sign related to Mother Nature's intent. The goal was to ascertain whether Mother Nature, who, as we know can be quite unpredictable, was going to deliver the Spring Equinox according to her anticipated and typical schedule.

Trivia Note: The original tradition in ancient Europe involved observing the habits of badgers. Early settlers of the US opted for groundhogs because they were far more plentiful than badgers.

As we know from our lived experience, we no longer need to base our very survival on a weather/planting equation. However, a strong case can be made for the benefits of paying attention to whether or not we have favorable conditions for personal and business growth regarding taking actions to skillfully nurture personal roots which can thought of as the key to taking care of First Things First. Thus, now as we leave month number 1 let us be open to be planning for spring but not forgetting the importance of the beginnings.

## About Roots and the Human Body

In the science of Aura Imaging analysis the first energy center in the body (located at the base of your spine) is designated as the Root Chakra. The word Chakra comes from the Sanskrit language and means Wheel of Light. It is commonly believed, among people who study this science, that the body is made up of hundreds of intersecting light centers. For ease of understanding this paradigm, 7 energy centers are singled out and believed to be most important. They are, thus, given the most attention. Of the 7, the base chakra (the Root Chakra) relates to how safe a person feels in life. As an Aura Imaging practitioner, the first and most important aura analysis indicator I look at is the relative strength or weakness of the Root Chakra.

I have offered Aura Imaging services for almost 2 decades. The technology I use to do this reveals an accounting of the 7 main chakras. It is unequivocally and consistently true that for at least over 80% of the hundreds of images I have taken that the root chakra most frequently registers as the lowest number. Your aura is generated unconsciously. It is commonly held your unconscious beliefs strongly influence how you function in life. Thus, I can confidently suggest that most people will benefit from being proactive in enhancing the strength of their root chakra. Thus, for everyone's benefit at the close of the first month of 2023 I make suggestions for carrying the importance of "First Things First" forward as we move through the year.



# Cosmic Crypto Mojo

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



**7 EASY LOW TO NO BUDGET WAYS TO STRENGTHEN YOUR ROOT CHAKRA OR THERE IS NO SUCH THING AS HAVING YOUR ROOTS BE TOO STRONG AND BE AWARE STRONG ROOTS CAN BE A KEY ELEMENT FOR MANIFESTING BIG SUCCESS**



1. HARNESS THE POWER OF THOUGHT. MAKE A REGULAR HABIT OF TELLING YOURSELF: "I AM SAFE."
2. FURTHER TO HARNESSING THE POWER OF THOUGHT: MAKE IT A REGULAR HABIT OF TELLING YOURSELF: "I LIVE IN A USER-FRIENDLY UNIVERSE. I PARTNER WITH THE UNIVERSE TO REALIZE MY HIGHEST GOOD."
3. GO BAREFOOT IN THE GRASS, BEACH AND EVEN JUST IN AND AROUND YOUR HOUSE.
4. WHENEVER YOU FEEL UNGROUNDED OR WHEN YOU NEED TO MAKE AN IMPORTANT DECISION, THINK ABOUT THE BOTTOM OF YOUR FEET AND THEN DECIDE.
5. BRING MORE OF THE COLOR RED (THE COLOR OF THE ROOT CHAKRA) INTO YOUR LIFE. (PERHAPS INCLUDING WEARING RED UNDERWEAR - HMMM)
6. BOUNCE UP AND DOWN (BEGIN SEATED WITH YOUR ROOT CHAKRA GROUNDED ON THE BALL) ON A LARGE ATHLETIC MEDICINE BALL.
7. CALL UPON INVISIBLE SUPPORT FROM NATURE. CHOOSING TO BE CONSCIOUSLY AWARE OF HOW TREES HAVE HUGE ROOTS SYSTEMS UNDER THEM A KEY TO MAKING THE SAFE OVER THEIR TYPICALLY VERY LONG LIVES.

