



Frequency Friday

Weekly Tips For Your Personal Well-Being

Do You Wish to be Wealthy..or Affluent?

“Money Isn’t Everything, But Everything Needs Money” - Unknown

Have you ever considered whether you would prefer to be wealthy or affluent? I can hear you asking, “Aren’t they the same?”

Well, if we look at the etymology of “wealth”, we learn that it is derived from the Middle English “wele” and Old English “wela”, meaning “well-being.” Wealth of course provides the means for our well-being, but this can be viewed through a purely materialistic lens. The etymology of “affluent” on the other hand, is derived from the Latin “affluere”, meaning “I flow.” Don’t you love the notion of being “in flow”?

PositivePsychology.com defines “Flow” as *“one of life’s highly enjoyable states of being, wrapping us entirely in the present, and helping us be more creative, productive, and happy.”*

In psychology, the term was popularized in 1975 by psychologist Mihaly Csikszentmihalyi. It is the state of being that athletes call “being in the zone,” the state that they seek to deliberately create to achieve optimum performance. While we may be successful business people, how honestly can we say that we are always “in the zone,” and achieving “optimum



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performance?” Traditional Chinese Medicine (TCM) intrigued me from an early age. TCM is focused on the circular movement of qi or chi, meaning life-force. It brings to mind being “in flow”, as in TCM, the lack of well-being is understood to occur when there is some deficiency or stagnation of chi. So while we may seek to be wealthy in our businesses, what we really need is to be affluent in our lives. Deepak Chopra sums this up best when he says: *“Affluence includes money but is not just money. It is the abundance, the flow, the generosity of the universe, where every desire we have must come true, because inherent in*



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having the desire are the mechanics for its fulfillment."

It is this concept of being in flow or affluent that led me to create Financial Frequency. As I work towards being in the flow, I want to share with you, my cherished clients, the tools that I have found and am finding useful. I have created Tea for Chi, sharing with you healing herbal teas that assist in our physical well-being. I have partnered with a Business Coach and an Astrologer, Aura Reader and Numerologist, and am honored to bring their tools to you to help with your business and personal growth. I sincerely believe that these tools can assist us in achieving flow in our lives.

I hope that being in flow, being affluent, resonates with you. It is so much more than being wealthy. To me, being affluent conjures up the image of a continuous flow between ourselves, the universe, and others. Whereas creating wealth may inspire us to share that wealth with others, being affluent brings us into a natural state of not only receiving but also giving. I love these words of writer and poet Kahlil Gibran, reminding us why it is important to be in flow....

"Money is like love; it kills slowly and painfully the one who withholds it, and enlivens the other who turns it on his fellow men."

May we all be in flow!



Morning Rituals to Help You Win Your Day

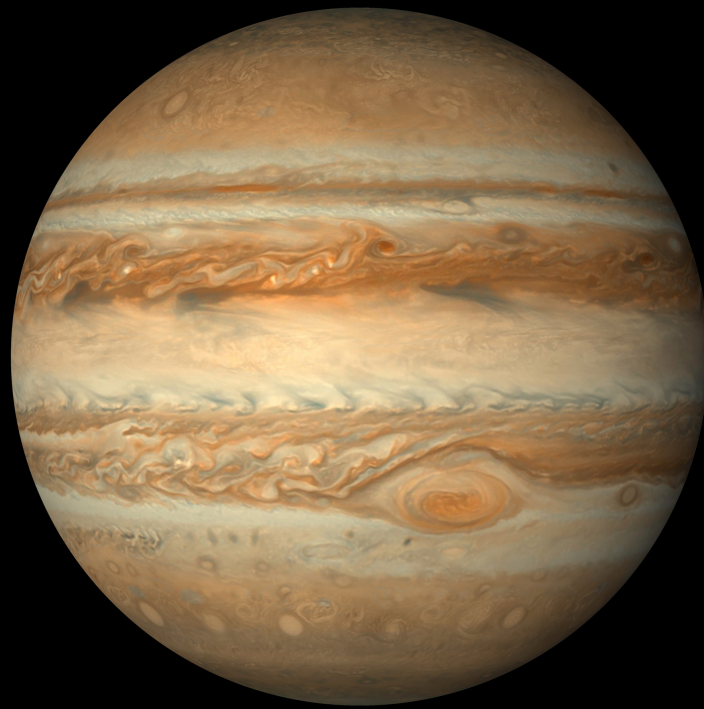
Tim Ferris, NY Times best selling author of *Four Day Work Week*, says these 5 morning rituals help him win his day. With 2 young kids, I know how hectic mornings can be, but I have committed to following these rituals for 30 days and I am beginning to see the results! I have found that building these rituals into my morning bring me a discipline of achievement. I flow into my day (and flow is a good thing!) with a sense of accomplishment, ready to achieve more. I hope you will join me in following these rituals!





1. **Make your bed:** Ferris says that completing our first task of the day shapes a mindset of getting things done. This simple task also reinforces the idea that the little things in our lives matter. I also highly recommend the book *Make Your Bed* by US Navy Seal, Admiral William H. McRaven.
2. **Meditate for 10 - 20 minutes:** do you know what Oprah Winfrey, Katy Perry and Ariana Huffington have in common? Apart from being badass women, they meditate every day. Sounds like a recipe for success to me! I have recently been introduced to Transcendental Meditation and have signed up for a 4 part course. Stay tuned for a report on my experience with TM!
3. **Do 5 to 10 reps of something:** jumping jacks, push ups, sit ups - just move to get the blood flowing. Exercise reduces levels of our stress hormones, such as adrenaline and cortisol, while stimulating the production of endorphins - chemicals in our brains that are our body's natural painkillers and mood elevators.
4. **Prepare Titanium Tea:** I know, I love my coffee too, but this recipe is energizing and according to Ferris, also helps with fat loss. His recipe is a blend of black tea, green tea, coconut oil, turmeric and ginger. He shared his recipe with Dr Oz and you can see the short video [here](#).
5. **Journal for 5 minutes in the morning and evening:** journaling has a myriad of benefits, including inspiring creativity, boosting memory and relieving stress. If writing doesn't come naturally to you, it may be a difficult routine to build. Ferris suggests that you begin each day with recording 3 things for which you are grateful, 3 things that would make your day great and 3 daily affirmations (such as, "I am healthy," or "I am filled with joy.") At the end of the day, he suggests that you list 3 amazing things that happened during the day and 3 things that could have made your day better.





Get Your Cosmic Mojo On

with Astrologer Hattie Parker, MS,Ed.

COSMIC MOJO ALERT: In December 2020, Jupiter, the planet of luck, changed signs from "take care of business" Capricorn (an earth sign) to "revolutionary" Aquarius (an air sign).

ASTRO INSIGHT: This signals to us that in 2021, there is immense potential for us to be making significant changes in the arena that Jupiter rules. Thus, we enter 2021 with the potential to revolutionize the way we think (air) about luck.

Prevailing wisdom tells us as we think so shall we be. It is time to think positively about how we want to transform our luck and make our positive outlook our reality. Perhaps it may mean changing from thinking of ourselves as wealthy, to wanting to be more favorably affluent (see lead article).

COMMENTARY: Jupiter will remain in the sign of Aquarius for approximately one year. This is good news for 2021! We have a full year to be making revolutionary positive changes in our collective and individual relationship to luck. As a cautionary note, be aware that Jupiter enters Aquarius in partnership with Saturn, the disciplinarian planetary influence in the zodiac. The very positive Jupiter potential will very likely be most successful in delivering our desired good luck, if we are diligent in both thinking and *actively doing* what we need to do to fulfill our hopes and dreams. To gain the greatest advantage of this favorable astro-energy, we need to move full speed ahead from January to mid-June, as in mid-June Jupiter turns retrograde. As the "re" in "retrograde" suggests, retrogrades are times of re-set. In mid-June, we will likely find ourselves slowing down to re-consider and tweak our efforts, after having laid the groundwork for achieving our long-term goals during the first months of the year. The time to act is NOW!