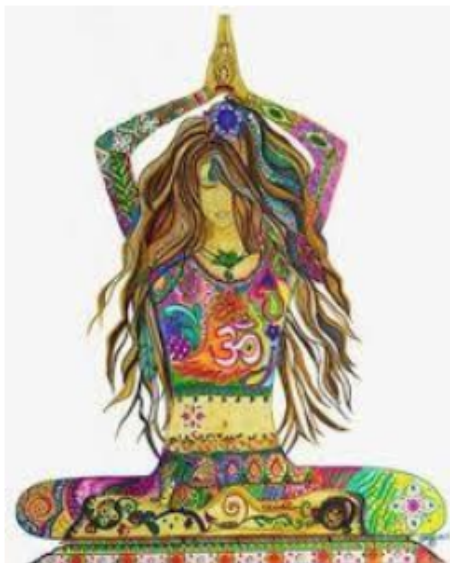




- FREQUENCY 432 HEALTH & WELLNESS EXPO!
- IRS INCREASES MILEAGE RATE TO 62.5 CENTS/MILE
- PLAYING IN THE DISCOMFORT ZONE WITH NANETTE
- FEATURED BUSINESS SPOTLIGHT ON PAGE 3
- COSMIC MOJO - SUMMER SOLSTICE PREVIEW
- HARNESSING JUNE'S MOON ENERGY & EXCEEDING EXPECTATIONS

## Save the Date!



We are so excited to bring together people - holistic healers and metaphysical practitioners and everyone connected to spirit!

Scan the QR Code or [CLICK HERE](#) if you are interested in becoming a vendor!.

## July's Frequency Friday

We will not be having our Frequency Friday Zoom call on July 1st do the 4th of July Holiday. We look forward to resuming our sessions on August 5th @ 3:00 PM

## Frequency 432 Health & Wellness Expo

Hosted by Financial Frequency & Cosmic Insight  
Join us for this one of a kind event!

Friday, 11/11/22

Time & Location: TBD

**We are so excited to bring together people - holistic healers and metaphysical practitioners and everyone connected to spirit!**

**Questions? E-mail: [info@vibration432.com](mailto:info@vibration432.com)**

**Vendor Booths still available!**

- 4' Table with tablecloth & 2 chairs
- On screen advertising

**Scan this QR Code (Right)**



*All proceeds donated to Vibration 432, a 501(c)3 non-profit with a mission to heal those who have experienced trauma, suffering from PTSD and work to support first responders with PTSD as a part of our focus group.*

## IRS Increases Mileage Rate for Remainder of 2022

The Internal Revenue Service announced on June 9th an increase in the optional standard mileage rate for the final 6 months of 2022. Taxpayers may use the optional standard mileage rates to calculate the deductible costs of operating an automobile for business and certain other purposes.

For the final 6 months of 2022, the standard mileage rate for business travel will be 62.5 cents per mile, up 4 cents from the rate effective at the start of the year. This new rate will take effect July 1, 2022.



**Nanette Saylor**

[www.wisewellwomen.com](http://www.wisewellwomen.com)  
[createwithnanette.com](http://createwithnanette.com)

## Playing in the Discomfort Zone

The prospect of change looms large and scary for many of us. Opening the door to new possibilities always requires taking a step in a new direction.

As a Creativity Coach, it is my purpose to support you to move through fear so that you create a new reality for yourself, especially when you are uncertain and unsure. What possibilities might you create for yourself that are even bigger and brighter than you ever could imagine? **Do you believe we create our reality by our thoughts and actions?**

I believe anything and everything is possible. We create possibilities by our choices in every moment.. Sadly, we usually make choices based on unconscious patterns and old stories because they are what we know. In the coaching world we call these "limiting beliefs". These are the things we hold on to as "truth" because they've played out before, or they are story we've accepted from people of influence. These limits may be personal, cultural, or environmental, and they sound like "Everyone in our family goes to college!" or (never does), or "You'll never make money as an artist, so get a "real" job!" or "You can't sell your house—it's the only safety net there is!", and so on...

Learning to imagine what's possible beyond these limits is a skill worth practicing.

We know that change comes to those who make choices that feel risky. Transformation requires change. This will make us to feel uncomfortable much of the time. I like to call this playing in the Discomfort Zone. I believe that living our dreams requires us to get used to creating in this space. It requires us to regularly challenge our limiting beliefs. The truth is that fear of discomfort often leads us to avoid choices that could c

So, how do we get used to operating in The Discomfort Zone?

Many of us have heard the expression, **"What would you choose if you knew you couldn't fail?"**

Allow me to ask, have you ever truly reflected on this question? What risk does the answer require of you?

This is a perfect journaling prompt to start exploring on your Discomfort Zone journey!

Journaling is a powerful practice for playing with possibilities. You can write anything into being on the pages of your journal. The wilder and crazier the better! This is the perfect place to let go of the limits of "reality".

What if gold fell from the sky? What might you create with it? Imagine that into being!

Change our lives in ways you never thought possible.

Let's practicing letting go of limits on the pages of your journal. Below are a few more prompts that may support you to make powerful choices and take new actions in any area of your life. Remember, play with these possibilities. Allow yourself to imagine beyond what you know.

10 things I can create today are... (i.e. an invention, a new recipe, a song.)

I believe I can positively create change – what's the first thing I want to do?

If I don't make this choice now/take action now, how much will my life and my business be impacted? What will my life and my business look like in 3 months, 6 months, 12 months when I take this new action/make this wild choice or consistently play with new possibilities?

What test will I have to pass to give myself permission to take the next leap of faith?

What am I holding on to that is giving me this false sense of security? What am I afraid will happen if I let go of whatever that is?

(continued on Page 3)

## Playing in the Discomfort Zone - continued

What's the first thing I'd let go of if I had no attachments? What might I create in its place?

Name one thing you'd love to try that scares you. (10 things if you're feeling adventurous!) How do you feel? Can you feel the Discomfort Zone?

It will happen when you've pushed yourself a little further than you typically might. I'm not inviting you to scare yourself to death or do something crazy. I'm simply inviting you to stretch a bit. You've entered the discomfort zone when you feel a little bit queasy and a little bit giddy at the same time – it's a cross between anxiousness and excitement.

I hope you'll play with this possibility. This sensation is a clear sign that you're on the right track. And next time, when you stretch outside of your comfort zone, instead of retreating, I hope you will stick with it and celebrate!



### FEATURED BUSINESS SPOTLIGHT



561-478-4780

[PALMBEACHMORTGAGEGROUP.COM](http://PALMBEACHMORTGAGEGROUP.COM)

Looking for a mortgage broker?? If you're looking for a home loan anywhere in Palm Beach County, Palm Beach Mortgage Group is here to help! They treat each customer as an individual, not a number. They don't place you into a loan profile formula created by the banking industry. They use "common sense" and will help you obtain the best loan possible. They represent a wide range of "A" rated lenders with first quality rates to private "hardship" lenders.

Suzanne has been originating home loans since 1985 and established Palm beach Mortgage Group, Inc. (as a Co-Owner & Founder) in 2001. She takes enormous pride in providing top-notch service and loan options for her clients, which is reflected by her outstanding reputation and reviews. An extremely knowledgeable expert in her field, Suzanne knows how to customize a loan to fit the specific needs of each and every borrower.

A true professional, she is known throughout the area and maintains a reputation for excellence in working with realtors, builders, and clients alike. In addition, she is committed to going the extra mile to help people to reach their goal of home ownership by obtaining the best mortgage possible

Because they have the ability to connect you with the lender that best fits your needs, and are able to get you the best rates on all types of loan programs including: 30yr mortgage, 20yr mortgage, 15yr mortgage, 10yr mortgage, 1yr ARMS, 3yr ARMS, 5yr ARMS, Conventional, Jumbo, Home Equity Lines, VA and Commercial. Whether your situation calls for Full Documents, No Documents, Non-Owner Occupied (Investor) or Multi-Family, a mortgage broker from Palm Beach Mortgage Group Inc. can connect you with a lender that fits your needs!



# Cosmic Crypto Mojo

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



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## Get Your Cosmic Mojo On Over the Moon: A June Frequency for Exceeding Expectations

Preview-Next Week: Summer Solstice (6/21/22): The beginning of the  
Astrological Second Quarter of 2022

Three month planning timeframes are familiar and used by many businesses, entrepreneurs and professionals. Quarterly taxes, business planning cycles, and sales goals are often planned in three-month timeframes. In the astrological calendar equinoxes and solstices mark three-month timeframes. They have the potential to be useful planning tools and yet typically not factored into practical life planning.

The Moon influences our deepest feelings and passions. The power of emotions to influence outcomes is well known. Paying attention to the cycles of the Moon in the context the change of the seasons can offer us added energetic (frequency) boosts for harnessing the benefits of going with the flow of nature.

### Harnessing June Moonshine in 2022

Is there a goal, project, situation, or call for action for which you would like to be able to **exceed even your own expectations**?

The June Full Moon happens on June 14, early in the morning. Astrologically, this is a Sagittarius Moon. It is a Sagittarius Moon that receives its light from a Gemini Sun. This week's mojo is intended to alert you to being aware of the frequency and power of this highly charged combination of energies. It is shared to inspire and enLIGHTen you to take advantage of this that I am alerting you to think of as **exceed expectations** energy.

### The Power to Perform: An Imagined Celebrity Astrology Example

To gain an imagined sense of these two energies (Sagittarius and Gemini) working cooperatively with each other you might think of what it would be like for Angelina Jolie, (Gemini) to be working with Tina Turner (Sagittarius) to produce a world-wide humanitarian star studded concert. I recently saw "Tina" the musical on Broadway. Tina is portrayed as an unstoppable powerhouse inspired to overcome all obstacles guided by her commitment to a Buddhist path. If you are familiar with Angelina Jolie's passions you are aware she has been a fierce champion of many far-reaching humanitarian causes. No doubt the pair would each give it her all, and by the very nature of who they as people and professionals, they would undoubtedly produce above and beyond results. Both of these emissaries of their respective signs share a passion for making the world a better place. Working with a singular cooperative focus we can easily imagine they would **exceed expectations** in producing impactful results

# Cosmic Crypto Mojo

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

This upcoming lunation is the last Full Moon of the Spring and the first Full Moon of the Summer. Sagittarius, the sign of the Moon, is ruled by Jupiter, the planet of expansion and spirituality. This Full Moon is called a Strawberry Moon because strawberries are harvested at this time of year. In a more astrologically inclined culture it could rightfully, because Jupiter is the planet of spirituality, be called a "Spiritual Moon." Thus, it is a Full Moon that can uplift and charge your spirit.

## Moonshine for the Soul

On the eve of June 13th and continuing in the morning of June 14th the Full Moon will be sharing its light with us. It will loom large in the sky. This Moon is called a "Supermoon," because in its travels it is orbiting at the closest point to Earth and thus it looks large. I encourage you to plan to engage with this powerful energy on Monday (6/13). Call on the Full Moon to super charge your spirit. Utilize the light of the Moon to shed light on and insight into what it is you truly want for your life, knowing that the moonlight can inspire you to achieve what you want and more. Be creative; have fun; partner with the Moon with the intent of being empowered to exceed expectations.

Next week we will examine how the energy of the coming 3-month cycle that includes Cancer (nurturing), Leo (taking charge), and Virgo (attending to details) can be energies that will guide and support your intention to **exceed expectations**.

## CELEBRATE FREQUENCY FRIDAY WITH AN AURA + NUMEROLOGY + ASTROLOGY READING WITH HATTIE!

I have had several readings with Hattie since I first met her in 2020 and the information and guidance that I have gained through the various tools that she uses has been invaluable!

- **Aura Reading**

Aura Reading is literally the practice of capturing the aura of an individual in a picture. It is done by specific cameras that can catch and present the aura colors in a photograph.

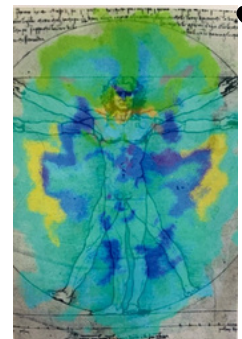
- **Astrology**

It is the study of the movements and relative positions of celestial bodies interpreted as having an influence on human affairs and the natural world.

- **Numerology**

Numerology is an ancient study that draws meaning from different numbers, number combinations, letters, and symbols in your life.

**BOOK NOW**



Schedule your session @  
Soham Yoga - Available  
every Friday!