



# SPIRITUAL UPLIFTS



*February Newsletter 2018*

## *Queen Of our Heart Tea Party at Spiritual Uplifts*



**Saturday February 10th  
from 1:00 pm to 4:00 pm**

We welcome you to join our annual Valentines Tea Party. We will be celebrating the heart. Enjoy some tea while exploring the intrigue of our heart. This event includes: delightful tea treats, heart painting readings with Lynn, love numerology with Kim, tea leaf readings and a create your heart project. Limiting seating. Please call to reserve 904-292-4555

**Our store Fairy Tansy is offering you  
“Tansy Dust”**

Whenever you spend \$100.00 on retail you will receive a **\$10.00 credit**.



Our system will remember your purchases so it can add up over time.



# Spiritual Uplifts

## Crystal Light Bed and Bio-Mat

Crystal light bed



Combination of two crystal healing bed and bio-mat

Bio-mat



**Heals: Emotional blockages, headaches, negative thinking, helps with blood pressure, joint pain, weight loss, decreases stress & fatigue...and much more.**



**Call to set your appointment today.**

**Sessions: 1/2 hour/\$40.00, 45 mins/\$60.00, 1 hour/\$80.00**

**Discount packages: 5 sessions \$160.00 1/2 hour  
5 sessions \$ 240.00 1 hour**

**Every Wednesday and Friday  
Donna Long is available for**



## Readings by Lynn

My name is Lynn owner of Spiritual Uplifts. I've been reading tarot cards for over 30 years professionally. I work through the cards using clairvoyance, soul reading and mediumship. I am also a Reiki Master, Coach, and Minister. My earliest memory of seeing spirit was when I was 4 years old. I have been studying Metaphysics since 1990. For most of my life I lived in a small state called Rhode Island. Rhode Island is 45 minutes from Salem, Massachusetts. I made many trips back and forth to Salem discovering the true histories and the wonderful growth of spiritualism. Most of my work was taught through the White Light Book Store in Cranston, Rhode Island. As I learned more about my spiritual gifts, I discovered they started to from when I was a child. I believe everyone is Psychic, some more sensitive than others. My contact with spirit has helped clients through the healing process associated with the loss of de cease loved ones, divorce, new ventures and finding oneself. I am dedicated to helping others identify and eliminate obstacles standing in their way in all aspects of life, including personal growth and relationships.

"Enjoy, feel good and live for today"

Readings: 1/2 hour \$65.00 1 hour \$80.00 Anything after an hour is \$2.00 per min. Set your-  
self up for the year and pay ahead: 5 readings and a 1 hour healing for \$320.00 (when paying ahead the  
sessions have to be scheduled a month or more in advance ) **Due to high volume clients. We asked that  
you at minimum wait 6 months before your next reading. Ideally it should be a year. Thank you for un-  
derstanding.**

Lynn Pritchard



## Message from Lynn



### Love

Everyone wants the warmth and companionship of someone else. We believe that love is what creates harmony and understanding. But is that what love really is? Love is not something you do with someone else. Love is never between two people. It is what happens within you. You do not need be enslaved to someone else. Love is knowing who you are claiming self confidence and self admiration. Its knowing your passions in life and discovering more and more of unlocked hidden treasure of oneself. Once we love ourselves we will radiate love. What you put out is what you will attract. It's the same as law of attraction. If you are desperate and have no confidence in your worth then that's what you will attract. When we have judgement about someone we create blockages from real love finding us. Just saying I love myself is not enough. So in order to get rid of blockages that stop you from meeting that special someone you need to fall in love with yourself first.

Steps to fall in love with you:

1. Get to know yourself. How do you fall in love?
2. Are you a good receiver or giver? Why do you lack the other?
3. Acceptance. What area do you feel you need work in?
4. Do you love and trust the wrong people? Does this keep repeating itself in your life? Does any-

one from childhood remind you of these people ?

4. Right down 10 things that you love.

My answers:

1. I have to wait until my wall comes down before I can consider love. It takes a while but when I do its unconditionally.
  2. I am a giver and a receiver. For the longest time I had trouble receiving. One day a friend of mine who has a business wanted to give me a free service. I told her I felt uncomfortable and did not allow her to give me anything free. She said to me "Why don't people realize that sometimes others want to give as well. I never realize how unfair I was being by not allow her to give. So now I am better at receiving.
  3. I sometimes judge others for things I myself did in the past. I have to remember that we all go through stages. The reality is that we are all the same.
  4. Yes, but once I recognize what was going on I stop. My dad has been one to gain my trust and then out of no where he will leave and treat me as if I do not exist. Since I have learn this I have come across more stable people in my life who love and respect me.
1. I love my grand kids, children, new child daughters in-laws, son-in law, and employees.
  2. I love my husband
  3. I love my brothers and all of there family
  4. I love my friends, clients, colleagues who value and respect me.
  5. I love my animals
  6. I love mornings.
  7. I love to read books. (not self help. Has to be a good story)
  8. I love to watch a good movie
  9. I love my home
  10. I love meeting new friends.



## Monthly insight

### February Full Moon

**Because the full moon falls on January 31st and on March 1st there is no full moon for February.**

Last Quarter: February 7th 10:54 am

New Moon: February 15th 4:05 pm

First Quarter: February 23rd 3:09pm

**Moon cycles for Love**

**Dark moon means it is time to take a rest from looking for love**

**Waxing moon means it's time for attracting love.**

Crystals for love

Emerald is pure love and guards against lust for others. Emeralds were thought to lose their color if your lover was unfaithful.

Malachite releases away hurtful memories. Malachite works quickly and diligently to clear away painful heartache and make way for new love.

Rhodocrosite brings true authentic love into your life. Help you to love yourself first.

Heart shaped crystal - attract loving energy, shows love to another, as well as energies

***This month study at Spiritual Uplifts***

**Crystal of the month:** Rose Quartz invites love into your life. Shows you how to love yourself and bring love to you.

**Book of the month:** Heart thoughts by Louise Hay

**Oil of the month:** Jasmine oil gives an uplifting effect by helping with depression, anxiety, scars, and wrinkles.

**Quote of the month:** "I am deeply loved and love deeply in return"

**Ask about our monthly membership receive the items above for \$29.95 once you sign a 6 months membership.**

**Set the romance for love. In your diffuser use the following: 1 drop of jasmine oil 1 drop of orange oil**

**1 drop of patchouli**



## Classes

**Saturday 3rd Healing Event from 1:00 pm to 3:00 pm.** This healing event is to give you a chance to meet our practitioners and experience different healing techniques. Cost \$10.00 love offering

**Sunday 4th Mediumship with Maeda Jones from 1:00 pm to 4:00 pm.** This is a class to learn mediumship. Experience and new students are welcome. We will combine the philosophy of mediumship and hands-on experience. Cost: \$25.00.

**Saturday 10th Queen of our Heart Tea Party from 1:00 pm to 4:00 pm.** Come have deserts, tea, reading, and craft. More information on page 1.

**Sunday 11th from Vision boards with Kim. From 1:00 pm to 4:00 pm.** If you missed the first one you do not want to miss the second one. Let Kim supply your vision board while showing you how to set it up to get what you want for the new year. \$10.00

**Sunday 18th 2 ½ hour Mediation from 12:30 to 3:00 pm** Learn to improve your meditation with basic steps, using different breathing exercises, mantra, and visualization. I plan to help get you to a higher conscious At the end of the session you will get a message from Lynn. Snacks are provided

**Saturday 17th Free class of the month Crystals for children ; Learn what crystals that help and are good for kids.**

for the half hour break. Cost: \$25.00

### Ongoing weekly Classes

**Every Sunday** Yin yoga with Natalie 4th, 11th, 18th, and 25th from 11:00 am to 12:00 pm

\*If you are interested in our classes we ask that you please call 904-292-4555 to sign up ahead of time. Due to the high volume in students we need to make sure we have enough space. We want to give everyone our full attention and not overload our classes. Some classes may require you pay ahead. Thank you



# Tarot Class for Beginners

(Limited space sign up ahead)

You will be given assignments to help you learn the meaning of the cards. I will be adding mythology, numerology, colors, and different spreads including the tree of life. At the end of each class, I will pair everyone up to practice with each other. Six week course each class is \$45.00 or pay ahead for all 6 and get a discount \$240.00, non-refundable. Pre-registration is required with a \$45.00 deposit that will be applied toward your classes. 5 students minimum requirement. You also get 10% off on one deck of tarot cards. Lynn Mumford/Pritchard will be teaching this class

Dates: March 1st, 8th, 15th, 22nd, 28th, and April 5th

Time: Thursdays from 7:00 pm to 9:00 pm

Name \_\_\_\_\_

Email address \_\_\_\_\_

Phone number (\_\_\_\_) \_\_\_\_\_

Circle which way you like to pay    per class    pay in full

Office used only:

Deposit paid \_\_\_\_\_

1    2    3    4    5    6    paid in full \_\_\_\_\_

(Date paid)



## Herbalism with Jennifer Lake

The class will introduce you to the world of plant medicine, as well as learning how lifestyle can be used to maximize the human body's potential. You will be taught how to effectively prepare basic herbal medications and treatments for yourself and your loved ones. We will be covering everything from human anatomy, botany and the actions herbals can take on the body.

10 weeks for \$750.00 with supplies and text books included. If you pay in full ahead you get a \$50.00 discount totaling \$700.00 for the whole series.

You can pay in two payments \$360.00 deposit and then \$360.00 with a \$30.00 discount. Non-refundable

Dates: You can choose either Tuesday or Saturday.

Tuesday starting on the March 27th, April 3rd, 10th, 17th, 24th, May 1st, 8th, 15th, 22nd, 29th

Time: 7:00 pm to 10:30 pm

Saturday starting on March 31st, April 7th, 14th, 21st, 28th, May 5th, 12th, 19th, June 2nd 16th.

Time: 9:30 am to 12:30 pm

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Paid in full \_\_\_\_\_ Paid deposit \_\_\_\_\_



Send the focus to find the special someone with a love candle several different types sold at Spiritual Uplifts.



## Numerology with Kim

What will February bring us? First, this month follows the energy of cooperation 2018 brings this year, as this is a 2 month. This month, you may see yourself listening more and helping others. Have a difficult decision to make? Don't be surprised to find help that will point you in the right direction.

You might notice instances in this month that test your patience. So often, we want things to happen immediately and become frustrate when they don't occur instantly. The number 2 brings a passive energy into our life, reminding us that if we want a certain outcome, we need to be the tortoise, not the hare.

The number 2 is also the number of romance, support, and compassion. No wonder Valentine's Day is celebrated in February. Find out about your love number at our Queen of Our Heart Tea party on Saturday, February 10, 2018.

## Spiritual Uplifts Green Nook

With Lynn

### Spearmint

The goddess Persephone who was faithful to her marriage, found out that her husband, Hades, fancy two beautiful nymphs, Minthe and Leuce. To keep him faithful as well she decided to change Minthe into a lowly plant (spearmint) and Leuce into a white poplar tree.

Growing spearmint

Spearmint resembles peppermint, only spearmint grows faster. Mint can be the easiest growing plant. At spring time scatter seeds once the ground is warm. Keep seeds moist until they to grow into little thinly plants. You can also start them out of a pot or Spearmint can be a great add on to your garden.





# February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Healing 1 pm to 3 pm
4 Yoga w/Natalie 11 to 12 pm  Mediumship with	5	6	7	8	9	10 Tea party 1 to 4 pm
11 Yoga w/Natalie 11 to 12 pm Vision board with Kim 1 to 4	12	13	14	15	16	17 Free class Learn about crystals for chil-
18 Yoga w/Natalie 11 to 12 pm 2 1/2 meditation 12:30 to 3:30 pm	19	20	21	22	23	24
25	26	27	28			



## Sun's Eye

### Love Drawing Spray



Traditional blend of concentrated essential and fragrance oils used to enhance our ability to create and attract love.

Use it to encourage love and positivity.

Sold at Spiritual Uplifts

Salt lamps &  
Selenite lamps

Available at Spiritual Uplifts

Great prices



For updates and any changes visit our website at

[www.spiritualuplifts.com](http://www.spiritualuplifts.com) or

join us on Facebook at

[www.facebook.com/spiritualupliftsnewage-](http://www.facebook.com/spiritualupliftsnewage-)

## HOROSCOPE

Aries - Your social skills are enlightened at this time. Make new friends.

Taurus - You will make more of an effort to get the love you want.

Gemini - A good time to ask that special someone a question.

Cancer - Relationship new or old, can evolve to a more spiritual level.

Leo - Self-awareness can come through flashes of insight or through feedback from personal interactions.

Virgo - Giving and receiving instructions can suffer from lack of clarity and misinterpretation.

Libra - Enjoy life. Be around friends and family.

Scorpio - Business dealings should run smoothly with this being the ideal time to sign contracts and enter into negotiations.

Sagittarius - Be more sensitive and patient to avoid arguments you probably won't win anyway.

Capricorn - This is a time for hard work because you will feel like you are wasting time if you are relaxing or partying.

Aquarius - You should feel motivated to reach your goals and can be assertive and direct in getting what you want.

Pisces - Your energy and initiative is best used by expressing what you want and what your goal; are to get the ball rolling.

In **2018**, Mercury will be only be retrograde during the date ranges of:

- March 23 to April 15
- July 26 to August 19
- November 17 to December 6

**DURING THIS TIME THERE IS PROBLEMS WITH COMMUNCIATION, TRAVEL DELAYS, CONTRACTS, AUTOMOBILES, AND ELECTRONICS. Make sure all contracts are signed before. Allow extra time for travel and avoid signing any contracts. Try not to make any final decisions.**

Retrograde means moving in the opposite direction of flow. That is why we feel out of sort during mercury in retrograde. I usually load up on crystals that helps make the transition easy. For instance Cherry quartz is good for anxiety, vision, healing, Amazonite is a soothing stone good for see both sides and different points of view. During this