



SPIRITUAL UPLIFTS



March Newsletters 2018

Our Fifth Year Anniversary Party

Spiritual Uplifts would like to thank everyone for their loyalty that has helped create a beautiful place where we can meet like-minded people. The store was opened five years ago. People doubted what we could accomplish but we did. We now have a beautiful store and a wonderful well educated staff. *Thank you again everyone for the loyalty you have shown us, it has been our pleasure to serve you!!!!*

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.

Your credit can be used for classes or retail.





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 yourself 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 understanding.

Lynn Pritchard



A horseshoe is for good luck , increase wealth and protection against evil.



Our Fifth Year Anniversary Party

Come help us celebrate our fifth year anniversary party. The first 30 people will get free fairy dust. There will be tables set so you can see and have demonstration of our new products. Seeing it's a new year you can enjoy having a numerology reading with Kim cost \$20.00. In addition, we will have "Perception Aura Readings," something new that was given to Lynn by spirit. cost \$10.00. A 30% off table, our crystal bed with be \$20.00 for 15 minutes. Healers will be available on site \$20.00 for 15 minutes, and free classes. Enjoy what Rhode Island calls "dough boys" AKA Funnel cake and drinks for a \$1.00 donations for St. Jude's hospital.

Free Classes

1:00 pm to 1:30 pm	Demonstration of Wood burning with Meranda
1:30 pm to 2:00 pm	Medical Herbs with Jennifer
2:00 pm to 2:30 pm	Crystal class with Lynn
2:30 pm to 3:00 pm	Healers circle with Spiritual Uplifts Healers
3:00 pm to 3:30 pm	Candle magic with Lynn
3:30 pm to 4:00 pm	Magical herbs with Katie



The Irish say tie a bunch of mint sprigs around your wrist to cure an upset stomach.



Message from Lynn

What is a psychic? What is a medium?

A medium has the abilities to reach the higher realms and communicate with people who have passed on. A psychic can use their senses to see the past, present and future. Most mediums are more likely born seeing spirit. It took me owning a store to realize that everyone is psychic but not everyone is a medium. I always thought everyone could do both, but I think some people are just reading the person aura.

I feel there is a misconception about psychics and mediums. Being intuitive does not mean we can read your mind. Some of us can accidentally hear what people are thinking but not all the time. Just because someone is a psychic or medium does not mean that they are immortal. It does not mean we know all. It means we are highly sensitive and we can receive messages from the other side. The information we get is by chance. There is no planning. We either ask spirit for the information or we receive impressions from the client's aura. If we receive and answer from spirit then we give it. People have come into the store putting me on the spot to ask what I see around them. Of course, they do this because of what they see on television. An experienced psychic knows how to shut off the spiritual world so they can live a healthy, happy life in the physical world. We can get impressions from people but for the most part we would go crazy if we kept it on all the time.

When you ask a medium to give you something specific like "What was the name my father used to call me?" It takes a lot of energy rather than if the spirit had just given the information on their own. You see when a spirit gives a message it's not always clear. They talk in full sentences but sometimes we only get parts of it. We count on our client to put it together. However it can be much

clearer if the spirit is just giving the

information without pressure.

When someone passes on their physical body dies but their spiritual body lives on. However, they are on a another plane, which has a higher vibration. A medium has to be able to bring their vibration up to speak with them. Most the time mediums are already in a higher vibration, which is the reason why they can also see spirit.

During one of my readings a lady asked me the pet name her husband used to call her. He misunderstand, and he gave me the pet name she call him. So she sad "no, that's not it." Thank God her son was there. He said "mom that's the name you use to call dad." She said "oh yes, that "right." As a receiver you have to be open minded because you can easily miss something. Once you say "no" to a psychic you can easily shut down. Look at this way. You are at work and your client is just there to listen and wait on you. There is another person you are getting information from for your client. That person only speaks a foreign language. You can only understand some of what they are saying. Every time you are saying what the person is telling you your client tells you "no," that is wrong". Now how would that make you feel ? It makes you want to leave, right? Not an easy job, Is it? Although sometimes you get lucky and the spirit is a good communicator and the read is easy. Remember its not the medium that is good its whether your decease love one is a good communicator. Mediums are just the conduit.

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A common belief during the middle ages was that a person who carried the rare four leaf clover would have the ability to see fairies.



Message from Lynn

What is a psychic? What is a medium?

Continues:

The hard part is when the psychic or medium is not getting good feedback or the client is being deceptive. The client can easily throw the reader off to where the reader can become physically sick. In most cases the receiver is in denial. Later they realize the reader was correct. At that point the reader has already lost information to give to the client because of the negativity that was created from the receiver. Trust me we want to be right as much as you want us too.

A psychic is someone who not only can predict but can receive information from the person's aura. But the one thing that's hard is "time frame" because spirit does not understand time. I remember this one lady kept asking me "When I am going to sell my house". "I said March 19th". It was 3 years later but it was March 19th. I started to stick to just giving numbers for time. It actually worked out well. I had one lady asked me "when am I going to meet someone". "I said the number 10." She was not happy with that but 10 days later she meet someone.

Can a psychic tell if someone is lying to them? Not always. If I am starting to suspect that the person is lying spirit will show me a vision of what really happened, while they are talking. However most the time spirit will show me later.

Both psychics and mediums premonitions can affect there character. For instance, most the time in mediumship the spirit will come to you the night before the reading to meet you. (not always but sometimes.) Or you will just start acting like the spirit. For instance, not too long ago I was doing a mediumship reading for a family. That morning before they came in I was blasting the radio all the way to the store. When I got into the store I started to sing out loud "I'm coming out! I want to let you know!" There were customers in the store all looking at me strange. I never sing out loud. As a matter fact, I cannot sing so you can image the experience my customers had. I learned to take notice of things that happen before a reading and give the client the information. I

found out the family's deceased love one loved music and always sang.

With psychics its more of what they feel. For instance, say a psychic walks by someone in a store and just starts feeling a sadness come over them. Most likely the person they walked by is going through something sad.

Experienced psychics and mediums understand that we are never supposed to read anyone without their permission. Sacred law says if we get information on someone without them coming to us (which can happen sometimes) we must give the message to God. (God or divine, whatever you call it. I call it God. Its all the same) God will make the decision on how that message is delivered. If we are supposed to give the message to that person God will send the person to us.

Most important, readings can be educational, enlightening, and fun. If you decide to get a reading go with an open mind. Be respectful to your reader and you will be surprised of how uplifting a reading can be. I hope this gives people a better understanding of psychics and mediums.

Hope you all have a great time at our anniversary party

Love you Lynn



Classes

Citrine attracts prosperity



Thursday 1st Tarot one from 7:00 pm to 9:00 pm. Six week beginners class. You can miss no more than two classes. Sign up sheet are at the front desk.

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.

Sunday 11th Past life Meditation with Lynn from 2:00 pm to 4:00 pm Journey to your past to clear up unwanted cords and release karma. There will be relaxing meditation and two guided past life regression meditations. Cost \$15.00

Saturday 17th Anniversary Party from 1:00 pm to 5:00 pm. Free classes, raffle, discount table, healers, readings, etc. read more on page 1

Sunday 18th 2 ½ hour Mediation from 12:30 to 3:30 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 for the half hour break. Cost: \$25.00

Tuesday 27th Herbalism Tuesday from 7:00 pm to 9:00 pm or Saturday 9:30 am to 12:00 pm. Read more on page 7.

Saturday 31st Pendulum Class with Lynn from 2:00 pm to 4:00 pm Learn how do use the pendulum. The pendulum is not just for asking yes or no questions. You will learn how useful your pendulum can be. Locate people on the map, do readings, treasure hunting, win prizes and more. Cost \$15.00

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



Numerology with Kim

Over the past two months, we have been working hard, focusing on ourselves by setting goals and creating plans to fulfill our ambitions. The great thing about the Universe is that it rewards our dedication by giving us time to have some fun, which is what you'll see this month.

March brings us the energy of the number three. The number 3 symbolizes creativity, self-expression and optimism. Don't be surprised if you find yourself in a more cheerful mood or exploring your creative side this month. Enjoy this time off and congratulate yourself on the work you've accomplished.

As I research the numbers each month, I am fascinated by how the numbers correspond with the events and climate of the times. March is a great example of this! The main event that occurs in March is the beginning of spring. Springtime brings the warmer weather, drawing us outdoors to enjoy nature. Don't we feel happier when the sun is shining and the weather is nice?

Spiritual Uplifts Green Nook

With Lynn

A shamrock is a young sprig, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity. The name shamrock comes from Irish searing, which is the diminutive of the Irish word for plant and means simply "little plant" or "young plant."

Sharmrocks grown as house plants.

They are easy to take care of. They grow better in bright light rather than sunlight. Keep the temperature cool and get plenty of fresh air. Keep soil moist.



Monthly Insight March

St Patrick

St. Patrick was actually captured and taken as a slave by Irish pirates from his home in Britain. He lived on a mountain, herding sheep for 9 years and it was here he got his first vision from God. He later escaped back to his family in Britain. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Leprechaun story

A young man caught a leprechaun. He then made the leprechaun reveal where his hidden treasure was. The leprechaun show him a tree and said the treasure is here. The young man realized he would need a shovel and some digging gear. He knew if he left the area he would never find the tree. So he came up with an idea to tie a red ribbon around the tree. He made the leprechaun promise to not take down the ribbon. The young man left than came back with his gear and every tree in the forest had a red ribbon tied to it.

Carry an emerald crystal on
Friday for luck



March Full Moon

March has two full moons. The second one is the blue moon. Because the blue moon is next to a 28 day cycle its consider to be a goal moon. It's also a time for great power.

Full Moon	3/1	7:51pm
Last Quarter	3/9	6:20 am
New Moon	3/17	9:12 am
First Quarter	3/24	11:35 am

This month study at Spiritual Uplifts

Crystal of the month: Emerald - promotes love, money, reason, and wisdom.

Book of the month: "Health Matters" 8 Steps That Can Save Your Life –and You Family's Health. By Taylor Grant

Oil of the month: Wintergreen - Pain relief, arthritis, prevents infections, promotes healthy hair and skin.

Quote of the month: "A handful of skill is better than a bagful of gold." — Traditional Proverb

Used the mixed below for a diffuser.

For shamrock lovers

3 drops of lime

3 drops of rosemary

3 drops of lemon

3 drops of spearmint



March 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	5	6	7	8	9	10
11 Yoga w/Natalie 11 to 12 pm Past life regression with Lynn	12	13	14	15	16	17 Anniversary Party 1 to 5 pm 
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 Yoga w/Natalie 11 to 12 pm	26	27 Herbalism with Jennifer 7 to 9 pm	28	29	30	31 Herbalism w/ Jennifer 9:30am to 12 pm Pendulum class



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 or join us on Facebook at www.facebook.com/spiritualupliftsnewage-

HOROSCOPE

Aries - Rewards for job well done.

Taurus - Written words are safer than broken ones.

Gemini - Gamble with love and you will not be sorry.

Cancer - Any project you put your heart into will be successful.

Leo - Trust what you see not what you hear.

Virgo - Surprise comes in all sizes but you will find the smallest are the best.

Libra - Generosity is nice but avoid going too far.

Scorpio - A relationship will change to a new one.

Capricorn - Let go of all blockages and be yourself again.

Aquarius - People are depending on you, Don't let them down.

Pisces - All the ambition comes to reality. Your energy is getting stronger.

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 time I also journal. How that we are out of retrograde I will take my journal out and go over lessons I made during retrograde period.