



SPIRITUAL UPLIFTS



New classes this month!



We have a 10-week Herbal Certificate class starting April 28th.

We changed the date because we are waiting to set up the front counter to sell herbs. We also have a wood-burning classes with Meranda. Learn how to wood burn properly so you can make beautiful projects with picture frames, furniture, and more. We also have new retreats coming up.

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



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



Message from Lynn

Colors and light influence our health and well-being. We feel happier on sunny days than on dark ones. Every change in color, however subtle, influences our emotions in ways difficult to describe, and corresponds with specific hormonal activities and specific parts of frequency. This occurs subconsciously in our daily lives.

We sleep at night to stimulate the pineal gland, which produces melatonin. Color is an essential aspect of all life, just as food, water, and air.

Awareness of color helps you to balance your physical, emotional and spiritual well-being. This is because each color is associated with specific attributes, which are harnessed by using that color in an effective way, such as meditation.

You can choose any color in the spectrum to aid your meditation, depending on the result you want.

Color Meditation

1. Be prepared for 20 to 30 minutes meditation
2. Relax the body. Find a comfortable spot
3. Concentrate on your breathing.
4. Visualize a color around you from head to toe
5. Do this for each color on the next page.

Violet	Deep peace, compassion
Purple	Self-knowledge and inner wisdom
Blue	Expression and communication
Green	Love, peace
Yellow	Sense of self-worth
Orange	Creative potential
Red	Strength, life force

Bath

A warm, relaxing soak in a fragrant bath can ease the cares of the day and soothe tense muscles. Dilute 4 to 8 drops of essential oil in 2 teaspoons vegetable oil or bath soap. Add to bath water and mix well.

Before bed bath

- 2 drops of ylang ylang
- 5 drops of lavender

Energizing Bath

- 3 drops of peppermint



Green Calcite is can be a wealth crystal sometimes work on luck, but this stone works by dissolving old beliefs or patterns that might be preventing the flow of wealth into your life.



Classes

Thursday 19th Advanced Tarot Two from 7:00 pm to 9:00 pm. Must have taken Tarot one. Sign up sheet are at the front desk.

Saturday 7th 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 8th Mediumship with Maeda Jones from 1:00 pm to 4:00 pm. This is a class to learn mediumship. Experienced and new students are welcome. We will combine the philosophy of mediumship with hands-on experience. Cost: \$25.00.

Saturday 14th 1:00 pm to 4:00 pm. Make your own bath bombs with Jennifer. Learn how to make your own bath bombs. Cost includes supplies. Cost \$20.00 with supplies

Saturday 21st Wood Burning 101 with Meranda 2:00 pm to 4:00 pm. Learn the basics of Pyrography. Learn the tricks of trade of wood burning. We will be going over how to use the proper tools for wood burning. Supplies provided. Cost: \$35.00.

Sunday 22nd 2 ½ hour Meditation from 12:30 to 3:30 pm Learn to improve your meditations with basic steps, using different breathing exercises, mantra, and visualization. I plan to help get you to a higher consciousness. At the end of the session you will get a message from Lynn. Snacks are provided for the half hour break. Cost: \$25.00

Saturday 28th Herbalism with Jennifer from 9:30 am to 12:30 pm. 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 textbooks included. You can pay \$75.00 per class, or pay ahead in full and receive a \$50.00 discount, totaling \$700.00 for the whole series. You can also pay in two payments: \$360.00 deposit and then \$360.00 with a \$30.00 discount. Non-refundable. **Learn herbal pain aliments. Text books, supplies, homemade aliments to take home are included.**
Ongoing weekly Classes

Every Sunday Yin yoga with Natalie 8th, 15th, 22nd, and 29th 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 of 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



Saturday 28th Herbalism with Jennifer 10 weeks Herbal Certificate

Saturday, April 28 at 9:30 AM - 12:30 PM

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. You will be making herbal remedies in very class.

Call includes: supplies, and textbooks are included. You can pay \$75.00 per class, 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. Nonrefundable.

Name _____

Email Address _____

Phone number _____

1 2 3 4 5 6 7 8 9 10 Paid in full date _____

Paid half Date _____

Circle the what they are paying. Please date when they pay in full or half.



Numerology with Kim

I hope everyone had an enjoyable month exploring their creative side and expressing themselves. The Universe provided us this break in order to rest up for the work to be done this month.

April brings us the motivational energy of the number 4, which is the number of organization, discipline and hard work. Now that Spring Break is over, students are back at school, making the final push towards finishing the school year. Others are striving to finish important tasks before the summer holiday begins. This is also the time of year most people begin "Spring Cleaning."

With this hard work comes the risk of being overwhelmed, which can lead to procrastination and laziness. Since we know that this will be a productive month, make a plan to keep yourself on track and calm, knowing that your hard work will be rewarded. Four also brings the energy of consistency, so focus on keeping up your normal routine. This is not the month to make big changes: that time will come soon.

Spiritual Uplifts Green Nook

With Lynn

April Lilies

In ancient Egypt the lily is associated with Ishtar, also known as Astarte, who was a goddess of creation, fertility and virgin. Christians affiliate the Lilly with the Virgin Mary.

Lilies need cool, porous and well-drained soil. Lilies should be in direct sun all morning with partial shade during hot afternoon hours. Plant lilies bulbs 12 to 18 inches apart. Most lilies are used for borders. Lilies do not require daily watering, but when watering, make sure you water deep enough to reach the bulb.





Moonstone carries the energy of the new moon at the height of its power, stimulating psychic perception, vision and dream work.



Monthly Insight April

March 20-21 was the mid point of the winter and summer solstices. We now have 12 hours of night and 12 hours of daylight. This is a time of high energy. Nature is waking up. April is where everything wants to start growing. New tree buds, seeds, are germinating and animals are getting ready to birth their young.

Spring cleaning

Spring clean your garden, home and self.

Gardeners clear away the debris of winter from the base of plants, allowing room for new growth.

Spring clean your home. Clean out hidden places like under the sofa, and behind the refrigerator. Clean out old clothes you do not wear.

Spring clean your body. Drink a cup of herbal tea to cleanse the body. Call Spiritual Uplift to schedule a hour healing with Donna or Lynn. Use Spiritual Uplifts' crystal bed to help cleanse and eliminate aches

April Full Moon

April full moon is the pink moon. It's a good time for planting.

Last Quarter:	April 8th	3:18 am
New Moon	April 15th	9:57 pm
First Quarter	April 22nd	5:46 pm
Full Moon	April 29th	8:58 pm

This month study at Spiritual Uplifts

Crystal of the month: Sunstone is an abundance stone. It encourages independence and originality, is inspirational in revealing talents, and attracts fame and unexpected prosperity. It is an excellent "good luck" crystal for competitions.

Book of the month: The Essential Guide to Crystals, minerals, and stones. By Margaret Ann Lembo

Oil of the month: Bergamot Essential Oil may be helpful in use during periods of depression, sadness or grief, and it is known for its ability to help combat oily skin and acne.

Quote of the month: Getting rid of a delusion makes us wiser than getting hold of a truth.



April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Healing 1 pm to 3 pm
8 Yoga w/Natalie 11 to 12 pm Mediumship	9	10	11	12	13	14 Make your own bath bombs 2pm to 4 pm
15 Yoga w/Natalie 11 to 12 pm	16	17	18	19 Tarot 2 7-9 pm	20	21 Wood Burning 101 2-4 pm
22 Yoga w/Natalie 11 to 12 pm 2 1/2 meditation 12:30 to 3:30 pm	23	24	25	26 Tarot 2 7-9 pm	27	28 Herbalism w/ Jen- nifer 9:30am to 12 pm
29 Yoga w/Natalie 11 to 12 pm	30					



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: When interacting with others, the key is to listen.

Taurus: Reset relationship goals to set more balance in your life.

Gemini: You need patience, moderation, and research to choose the best opportunities.

Cancer: Rushed thinking can make you short-tempered and aggressive.

Leo: You will make new friends or go on a date with someone new.

Virgo: Your inner balance and focus means you will not be distracted from your plans.

Libra: There may be some distance or separation in close relationships.

Scorpio: You can enjoy increased sensitivity in sexual relations with your partner.

Sagittarius: Powerful forces are working behind the scenes to promote your higher level.

Capricorn: Confusion around communication. Slow down.

Aquarius: Big changes coming up this month. You will feel better.

Pisces: You might find yourself doing things twice. Review past work.

In **2018**, Mercury will 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 ARE PROBLEMS WITH COMMUNICATION, 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 sorts 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, and healing. Amazonite is a soothing stone good for seeing both sides and different points of view. During this time I also journal. Now that we are out of retrograde I will take my journal out and go over lessons I made during retrograde period.