



SPIRITUAL UPLIFTS



July 2018

Healing Retreat Part Two: “Mindfulness” Expanding Consciousness

Aligning your wellbeing by changing how things flow in your life.

In this retreat we will work on yourself based on letting go, connecting with your inner child, and creating an environment that is healthy and prosperous. Day two we will work on self. You will explore your inner child while learning how to do your own shadow work. Learn how to deal with stress, excessive energy, and moving forward. Day three is working on your environment. Get rid of blockages that you have accepted in your environment that have a hold on your spiritual growth. You are the only one in your way, so now is the time to connect with your environment to make the flow of life feel free, happy and prosperous.

Food, snacks and drinks are included and you will receive the following: One leather journal, one crystal heart, abundance grid, and laminated handouts. Total package: \$350.00 per person. Limit 8 to 10 people. Reserve your space early with a \$50.00 deposit. Schedule and dates on page 2.

Dates: Friday, August 24th, Saturday, August 25th & Sunday, August 26th

**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.



Healing Retreat Part Two: "Mindfulness"

Expanding Consciousness

Aligning your wellbeing by changing how things flow in your life.



<p>DAY 1: Friday August 24th</p>	<p>Eat dinner before coming 7:00 pm to 8:00 pm</p> <p>8:00 pm to 9:00 pm</p>	<p>Meet and greet Snacks provided: chicken wings, rice, crackers and cheese, drinks and desert Meet and greet Palm reading with Lynn Kim will do numerology readings</p>
<p>DAY 2 : Saturday August 25th</p>	<p>10:00 am to 10:30 am 10:30 am to 11:00 am 11:00 am to 12:00 pm 12:00 pm to 12:30 pm 12:30 pm to 1:00 pm 1:00 pm to 1:15 pm</p> <p>1:15 pm to 2:30 pm</p> <p>2:30 pm to 4:30 pm</p> <p>4:30 pm to 5:30 pm 5:30 pm to 6:30 pm 6:30 pm to 6:45 pm</p> <p>7:00 pm to 8:30 pm</p>	<p>Breakfast: Oatmeal, muffins, fruit, and yogurt. Everyone will settle in Meditation /Journal Release blockages and cut cords Connect with your heart-shaped crystal. 15 min break before we start the next lesson</p> <p>Learn to find the blockages in your home/ protection Learn to find the blockages at work/ protection Food break Learn about therapeutic baths. Create your own bath oil Shadow work & releasing exercise Soul retrieval Break</p> <p>Medicine wheel. Be healed by your animal guides. Receive a message from spirit</p>
<p>DAY 3 : Sunday August 26th</p>	<p>10:00 am to 10:30 am 10:30 am to 11:00 am 11:00 am to 12:00 pm 12:00 pm to 1:00 pm 1:00 pm to 1:15 pm 1:15 pm to 1:45 pm 1:45 pm to 2:30 pm 2:30 pm to 3:30 pm 3:00 pm to 3:30 pm 3:30pm to 4:30 pm</p>	<p>Snacks provided: Everyone gets settle in. Intensive charka cleanings and alignment. How we should look at others How money energy works Learn about different foods that feed the brain Meditation</p> <p>15 min break Angel painting reading with Lynn Food Break Vision boards for the future</p>



Aura Imaging At Spiritual Uplifts

Reports that come with the Aura picture:

Aura chakra report

Bio-Data report (yin/yang)

Personal Aura colors report

Energy level report

Qualities, actions, and personalities report

Social life

Career and finances

Bio-feedback report

Body, mind, and spirit report

Aura color overview report

Stress level report

Mind/body

Relationships and intimacy

Health, well-being and growth

Pricing:

Aura Imaging Picture \$25.00

Standard Chakra Report \$25.00

Standard Aura Picture \$35.00 6 pages

Full Aura Picture Reading \$50.00 21 pages

Crystal bed \$45.00 for half hour

\$80.00 for hour

5 one hour sessions for \$320.00.

Spiritual Uplifts
Metaphysical Store



Crystal Bed

Spiritual Uplifts now offers a unique crystal bed therapy/treatment, combining the power of the Amethyst Bio-Mat and Crystal light therapy bed.



Amethyst Bio-Mat

Improves sleep patterns
Blood circulation
Muscle tone relaxation
Elevates Metabolism
Toxins
Headaches
Joint pain/stiffness
Allergy Symptoms
Calorie count
Decreases Stress & fatigue
Inflammation
Blood pressure



Crystal Light Bed

Deeper states of meditation
Physical healing sensations
Own body healing systems
Energy levels
Emotional blockages
Headaches
Negativity and its return
Self imposed burdens & addictions
Chakra imbalances
Anxiety & tension
Unconscious behavior holds
Recovery time from injuries



Spiritual Uplifts

Now sells

Mountain Rose herbs

Certified Organic

30 different kinds of herbs





Charka soap
Sold at Spiritual
Uplifts



Keep your chakras align and balance with Spiritual Uplifts Products.

Spiritualuplifts.com
904-292-4555

The seven chakras are the centers in our bodies in which energy flows through. Blocked energy in our seven chakras can often lead to illness, so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. Spiritual uplifts sells many products to help keep the chakras heathy.

Healings with Donna Long Wednesday and Friday

It's time to take care of yourself. Come release blockages and unwanted energy. Have a glowing experience with Donna when she calls in the angels to work on you.

*Chakra Balancing and Energy clearing & 7 Archangel healing
Cost \$20 for 10 minutes or*

Appointments are available:

*½ hour \$65.00
1 hour \$80.00*

Call for appointment 904-292-4555



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 deacee 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 \$75.00 1 hour \$125.00 Anything after an hour is \$2.00 per min. Due to the high volume of clients, we ask that you, at minimum, wait 6 months before your next reading. Ideally it should be a year. Thank you for understanding.

Lynn Pritchard



Vita Juwel Bottles

Gem Water with a “fresh from the spring quality and taste. This method made it easy to prep gem water hygienically, naturally, and sustainably the vita juwel way.

Now sold at Spiritual Uplifts



Message from Lynn

How to attract what you want.

The movie “The Secret” says that The Law of Attraction is a concept that everything in your life was attracted by you. You can change your thoughts to attract what you want. The easiest way to put this is that your thoughts and words are your energy. No one person is perfect: we all have our doubts. We live in the physical world so it’s easy for our energy to keep changing from positive to negative. You would not be normal if you were positive all the time. This is how we learn.

Our clients have been able to see how energy changes with our new aura camera. When a client is getting a picture the colors may change with their thoughts. We have to keep their hand on the biosensor for a couple of minutes for their reading to be accurate. This camera is evidence of how energy is all around us and that what we think and say affects how the energy feels and works for us. The colors show what kind of energy the client projects.

Although attracting what you want is more than just changing your thoughts. You need to change how you believe in yourself. For instance, if you are someone that doesn't understand your self-worth, what do you think the probabilities are that you will receive that million dollars you asked the universe for?

Chances are you will receive what you feel you are really worth. Henry David Thoreau said “It is what a man thinks of himself that really determines his fate.” If you feel you have been trying to use the Law of Attraction and it’s not working for you, then it’s time to take a good look at yourself. We all have to work on ourselves: no one person is perfect. Manifesting money is hard because if you have never had a million dollars then it’s hard to convince your conscious that you will receive a million dollars. What I do is think about the most money you ever had. For instance, say you had \$20,000 in the bank at one time. You have had \$20,000.00 so your conscious is familiar with that amount and is able to see you receiving it again. Remember what it felt like to have the money in your account. Now visualize it being in your account again. Keep visualizing the \$20,000.00 going in your account again and again, doubling it each time.

Another important part of the Law of Attraction is not just asking for what you want but visualizing it happening. Visualization is creating a mental movie in your mind. When you visualize your brain reacts by sending electrical impulses to correspond with the muscles associated with whatever you are visualizing. Visualizing is simple.



Message from Lynn continued:

Remember as a small child sitting on your big wheel (everyone had a big wheel) picturing yourself as a Nascar Driver driving in a race. (Okay so maybe the race car driver was just me, but you get the picture). That's how you visualize what you want to attract. Another important factor is I didn't become a race car driver because I was pretending. So when you are visualizing just look as if you are seeing your future. Don't confuse daydreaming with visualization. Daydreaming is a random collection of thoughts that is used by our mind to escape the present moment. These images are often related to fear or attachments. Visualization is actually the same process, but you have more control. You use your imagination to consciously see what you want.

In addition, the Law of Attraction is not just about attracting material stuff. The predominant energy that we project around us creates the people in our life, good and bad. For instance, people will come and go out of your life. All of a sudden the person you have been hanging around with all through high school stops talking to you. Did you say something wrong? Did you do something that hurt them? Even if you did say something that made them upset with you it just means they are on a different frequency than you. Chances are you will talk to them again, either when they catch up to your frequency or you catch up to theirs. Long term marriages go through this all the time. The more each person in the relationship evolves they have to start all over again to get to know each other. You do not have to be perfect. Just realize that your thoughts and words create your world.

Here are some ways you can attract what you want.

1. Vision board: Create a vision board that has picture of what you want to attract. (Kim has a class on Sunday 8th)
2. Say positive affirmations.
3. Write the intention of your manifestation as if you already have it. Then visualize yourself getting what you want.
4. On the full moon, write down on a piece of paper your seven wishes as if you already have them, then burn the paper.
5. Meditation: Kelly Howell has meditation tapes that help you manifest what you want.
6. Clear your energy and find yourself again with our healing retreat

Love you all Lynn

Have a wonderful fourth of July!!!



Classes



We now have healing salts that benefit various skin and neuro-muscular conditions..

Now sold at Spiritual Uplifts

Sunday 1st 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 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 Vision Boards with Kim 1:00 to 3:30 pm. Need help focusing on what you want to attract to your life? Come design your personal vision board and manifest your goals and desires. Supplies and materials included. Seating is limited. Please call to reserve your space. (904) 292-4555. Cost: \$10.00.

Friday 13th, 14th and 15th Healing retreat part 2. Information on page 4.

Saturday 21st Wood burning with Meranda from 1:00 pm to 4:30 pm In this class we will learn to transfer images as well as some neat and cost effective ways to stain and seal your projects. An assortment of images will be provided for you to choose from. Since we will be working stain please wear appropriate clothing. Cost \$35.00

Saturday 28th Free Class: How to Use Essential Oils from 3:00 pm to 3:30 pm Learn how different essential oils are used.

Saturday 28th Past life meditation with Lynn from 4pm to 6pm Journey to your past to clear up unwanted cords and release karma. There will be relax-

ing meditation and two guided past life regression meditations. **Cost \$15.00**

Sunday 29th 2 1/2 hour Meditation Workshop with Lynn from 12:30 pm 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 consciousness. To start will Lynn will walk you through meditation and then play recorded meditations. At the end of the session you will get a written message from Lynn. Cost \$25.00 with snacks

Ongoing weekly Classes

Every Sunday Yin yoga with Natalie 11:00 am to 12:00 pm.

Crystal Class six-weeks. Sunday July 1st, 8th, 15th, 22nd, and 29th and August 5th. From 4:30 pm to 6:30 pm. This is a six-week course where you will learn to use the crystals through meditation, crystals for the chakras, create your own wand, house protection, heal animals, people, medicine wheel, astrology, wire your own crystal necklace, and make a dream catcher. There is a total of six classes. \$45.00 each or pay ahead for all 6 and get a discount of \$240.00, non-refundable. Pre-registration is required with a \$45.00 non-refundable deposit that will be applied toward your classes. 5 students minimum requirement.

*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 for your understanding and we appreciate your business.



Spiritual Uplifts Numerology with Kim

As we study the numbers each month, we realize how the Universe is constantly working for us. Think about the last few months: we've been constantly on the go, right? April had our noses to the grind, focusing on the work to be done. June had us focusing our time and energy on others, whether it was family, friends, or our community. The Universe knows how hard we work and rewards us often. July is a great example of this.

July, as the seventh month of the year, brings us the solitary energy of the Number 7. This month, you may feel the need to spend time alone. Take advantage of it! This is the Universe's way of rewarding you for our dedication. Unwind, do what makes you happy and recharge. Seven is also the number for learning, so this is the perfect month to embrace your intellectual side: Read that book you've always want to read, visit that museum, or take that class that you've been meaning to take (like our Crystal Class!).

Consider July your half way point. Reflect on what you've accomplished so far and what you have left to do. But most importantly, take time for yourself! You'll thank yourself (and the universe) later.

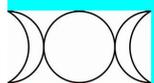
Have a great month!

Spiritual Uplifts Green Nook with Jennifer

In the heat of July one plant comes to mind, Peppermint. Most people know what peppermint is, it's artificial counterparts are all over our grocery shelves.

In the form of tea it can be enjoyed warm in the winter, and the iced tea gives us the illusion of cool. Once it's in our bodies, it's great at soothing our digestive systems. It's also great for pain relief, which is why it's so often found in topical balms and ointments for muscle pain relief.

The essential oil is great for many things, but remember that it gets hot while it feels cold. So, use it sparingly. When searching for ways to repel bugs the peppermint oil mixed in coconut oil makes you feel cool and bugs can't smell human underneath the strong odor menthol. Mix as much peppermint oil in coconut oil as you can personally stand, and go enjoy the fireworks.



Spiritual Uplifts' Magical Moon with Meranda



July's full moon is commonly known as the "Buck Moon," for at this time the antlers of the buck are at their full growth. Bucks shed their antlers yearly in the winter. (Side note: Females shed their antlers in the spring, hence Santa's Reindeer were all girls). Other known names for July's full moon are "Thunder Moon," appropriately named due to the frequent thunderstorms during the month, and "Wort Moon," a term used for Herbs. At this time of year many like to harvest their herbs for drying. Also, "Hay Moon," to signify the time of year to gather and collect the Hay harvest.

3:51am July 6th Last Quarter (waning gibbous)

10:48pm July 12th New Moon (waning gibbous)

3:52pm July 19th First Quarter (waxing gibbous)

4:20pm July 27th Full Moon (waxing gibbous)

Lunar Eclipse July 27th 3:30pm-5:13pm (full eclipse 4:21pm)

Due to the timing of the Eclipse it won't be visible for those of us in North America. However it will be quite the site in the Middle East, Africa and Central Asia countries. The next visible Lunar Eclipse for us here in the US will not be till January of 2019. Don't forget you can always check your local news stations online for possible videos. Don't forget to put your crystals out for charging.

Just because we cannot see the Eclipse doesn't mean we cannot feel its affect or its energy. Just like when it's cloudy and you can still feel the Moon's energy, you can do the same during the day of an Eclipse. For instance you can still make that eclipse water!

You can make Eclipse water the same as you would make Moon Water. Get yourself a clear glass jar with a closing lid. (I prefer to use mason jars for water I may ingest and old Yankee candle jars for water for magical purposes)

Next simply sit it outside in a safe place where the energy can do its thing.

What can Moon water or Eclipse water be used for?

Honestly, anything you use regular water for. I personally like to have what I call a "Moon water Shot" weekly. I feel it tastes way better than regular water and gives me a boost of energy. I use moon water in any rituals I use water in. I believe it gives it a little extra boost energetically. Eclipse water is my go to when I feel I really need an extra hand in whatever working I'm performing.

Some people like to add moon or eclipse water to their bath to help relax, or meditate on something they may want to bring to fruition.



Spiritual Uplifts' Monthly Insight

July is a powerful month for representing independence. July 4th was the day that our founding fathers adopted the Declaration of Independence. Imagine how our fathers, whom put their arms together to fight for their freedom so they could have the right to make their own decisions, while knowing that they didn't have the numbers in the states nor the military to fight against the British. However, with courage they still signed the Declaration and fought for our country. Thanks to them we have our independence. They understood what our creator wanted for all of us. Always know that you are free, and opportunity awaits you.

This month study at Spiritual Uplifts

Crystal of the month: Garnet – inspires courage and protection in your soul with its powerful energies.

Book of the month: “Everyday Clairvoyant” by Cyndi Dale. Now she shares true personal stories and practical advice on how intuition can help you with everything from everyday concerns to major life decisions.

Oil of the month: Tea tree oil - mindfulness and balance for self.

Quote of the month: The light will shine every day. So do not miss one. Channeled by Lynn.



July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Yoga 11 to 12 pm Mediumship with Maeda Jones 1 pm to 4pm	2	3	4	5	6	7 Herb class 9:30 to 12 pm Healing Event 1pm to 3pm
8 Yoga 11 to 12 pm Vision Boards 1 pm to 3:30 pm Crystal Class 4:30 to 6:30	9	10	11	12	13	14
15 Yoga 11 to 12 pm	16	17	18	19	20	21 Herb class 9:30 to 12 pm Wood Burning 1pm to 4:30 pm
22 Yoga 11 to 12 pm Crystal Class 4:30 to 6:30 pm	23	24	25	26	27	28 Herb class 9:30 to 12 pm Free essential oil class 3:00 to 3:30 pm Past Life Meditation 4-6 4pm to 6pm
29 Yoga 11 to 12 pm 2 1/2 hour meditation 12:30 pm to 3 pm Crystal Class 4:30 pm to 6:30	30	31				



HEAVENLY SCENT IONIZING DIFFUSERS

Breathe easier and more deeply! The Heavenly Scent Ultrasonic Ionizer is a device that was invented to purify the air. Instead of using fans and filters, the Heavenly Scent ionizing diffuser creates negative ions that help remove microscopic particles from the air. It helps make a room healthier, especially for those suffering from asthma, allergies, impaired immune system or respiratory ailments, by reducing the amount of allergens and viruses entering the lungs. Sold at Spiritual Uplifts



Salt lamps &

Selenite lamps

Available at Spiritual Uplifts

Great prices starting from \$20.00



For updates and any changes visit our website at www.spiritualuplifts.com or join us on Facebook at

www.facebook.com/spiritualupliftsnewagestore

HOROSCOPE

- Aries** - Feel good about a relative unexpected kindness this month.
- Taurus**— Treat any conflicts as a chance to resolve and fix things.
- Gemini** - Ask for what you want, expect nothing and you will receive a lot.
- Cancer** - Generous people are around you. Some will go out of their way for you.
- Leo** - Have fun with the activities around you. Don't deny any true desires.
- Virgo** - People will miss you if you do not show up.
- Libra** - Romance is in the air. Show your love and be bold.
- Scorpio** - Use extra care in what you say and do. People are listening.
- Sagittarius**— Don't argue. Allow people to have their own opinion.
- Capricorn**— People will be addressing you with issues that are not really important.
- Aquarius** - Your atmosphere is pleasant. Enjoy and share the good vibes.
- Pisces** - Feel unbelievably lucky no matter what happens.

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

- July 26 to August 19
- November 17 to December 6

DURING THIS TIME THERE IS 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 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. Now that we are out of retrograde I will take my journal out and go over lessons I made during retrograde period.