



SPIRITUAL UPLIFTS



August 2018

This month we have two educational and enlightening workshops.

2-day Study of Basic Palm Reading & Working with the Tree of Life

August 18th & 19th

You will learn the basics of palm reading. In between the different lessons you will also learn the Tree of Life and how you can read it and make the changes to transform your life. There will be some crafts, food, lecture and workshop practices. Lunch, snacks and supplies included. Cost \$250.00

3 Day Healing Retreat: "Mindfulness" Expanding Consciousness

August 24th, 25th, and 26th

In this retreat you will work on yourself based on letting go. Get rid of the blockages that you have accepted in your environment that have a hold on your spiritual growth. Lunch, snacks and supplies included. Cost \$350.00

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.





2-day Study of Basic Palm Reading & Working with the Tree of Life

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Healing Retreat: "Mindfulness:" Expanding Consciousness

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

In this retreat you 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 the 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, an 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 as this event fills up fast. Schedule and dates on page 3.



Healing Retreat: “Mindfulness”

Expanding Consciousness

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

| | | |
|---|---|--|
| <p>DAY 1 Friday 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 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 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 settled 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



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





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 a minimum, wait 6 months before your next reading. Ideally, it should be a year. Thank you for understanding.

Lynn Pritchard



Products sold at Spiritual Uplifts

Mood enhancing Aromatherapy products designed to enhance the effect of colour energy through use of essential oils.



Message from Lynn

Core values

What are your core values? Core values are what help us decide what we feel is right or wrong. Everyone has his or her own philosophy on life. We have each developed fundamental values that we set for ourselves personally. Values are psychological not physical but still can affect your physical life. (A value is a belief, mission, or philosophy that is meaningful) Your values are your driving force. Once you recognize them, they can be the most powerful tools to help you be the person you want to be. Most of our core values come from parents, environment, religion, backgrounds, education, etc.

Society as a whole takes a big role on our beliefs. Often you hear humanity using the word "sin" for situations that they feel goes against their values. I found three definitions for the word "sin." The first one states, that a sin is "any act regarded as such a transgression, especially a willful or deliberate violation of some religious or moral principle." The second definition of the word "sin" is "any reprehensible or regrettable action, behavior, lapse, etc.; great fault or offense." In the Hebrew language the word "sin" means, "To miss the target". I agree with the second one. Our sins are things you do that are morally offensive or even repulsive to you. However, you have free will to believe what you feel is right and this should come from you

and you only.

Values are the things we always talk about and cherish in our life. Your values are your expressions that define you. They are how you as an individual see the world. For example, if you value friendship than you would never want to do anything intentional that may hurt your friend. If you were the type of person who values living on the wild side, you would take pleasure in not following rules.

When we do something against our values, we feel guilty and create negative energy. What you believe about yourself and how you conduct yourself as a person reflexes what you get back from life. For example, if you believe in hurting someone else to get ahead and get what you want, then you are creating what you will get back in life.

Find what motivates you in a positive light. If you feel that your values are not in a positive light then you need to work on your self-confidence. Learning to love thy self can give you the self-assurance you need to success in this lifetime.



Classes

Saturday 4th 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 5th 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 11th Herb of the month with Jennifer from 12:30 pm to 1:30 pm. Jennifer will choose one herb each month to discuss for one hour. Cost \$15.00

Sunday 12th 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 *Due to high demand, you must sign up ahead of time by calling (904) 292-4555.

Tuesday 14th Sleep Class with Jennifer from 7:00 pm to 9:00 pm. Sleepless nights plague our culture and modern medicine rarely offers anything other than drugs. Learn how to use herbs and essential oils to help you improve your sleep naturally. A few lifestyle changes and some herbs can be very effective in helping you achieve the restorative benefits of getting natural, restful sleep. We will be making sleep spray, natural sleeping pills and tea for you to take home and use. Cost: \$75.00

Saturday 18th Free Oracle class from 3:00 pm to 3:30 pm. Lynn will teach the basic of reading the oracle and how to choose one best for you.

Saturday 18th & 19th 2-day Study of Basic Palm Reading & Working with the Tree of Life on page 2.

Tuesday 21st Soap Class with Jennifer from 7:00 pm to 9:00 pm. In this class you will be using melt and pour soap to make watermelon soap. You will be learning how to design and make soap that looks like art, but is still soap. You will make each stage and help design the scent. Cost: \$75.00.

Friday 24th, 25th, and 26th Healing Retreat: "Mindfulness" Expanding Consciousness more information on page 2 and 3.

Tuesday 28th Magic Teaspoon with Jennifer from 7:00 pm to 9:00 pm. Learn to use the herbs for cooking. Most people do not realize the medicine that is already sitting in your kitchen spice rack. Come and learn the healing powers of the common herbs we use to make our food taste amazing and how you can put them together in your food for taste, healing and relaxation. Cost: \$25.00

Ongoing weekly Classes

Every Sunday Yin yoga with Natalie 11:00 am to 12:00 pm.
**No class on the 12th and 19th.

Sunday 5th Crystal Class week 5, "Healing with the Crystals" from 4:30 pm to 6:00 pm This week we will be using wands, spheres, and palm stones to do healing on people and animals. Cost: \$45.00

Sunday 12th Crystal class week 6, "Crystal that work with dreams" from 4:30 pm to 6:00 pm During this class we will make a dream catcher. Cost: \$45.00

*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



Spiritual Uplifts Numerology with Kim

As we reach the end of our numbers, I am once again amazed at how the Universe works for us. In July, the Universe provided us time for ourselves. This break wasn't just a reward for all of our hard work, but a time to reenergize for the work to come. I hope everyone is feeling refreshed, because now it's time to get motivated!

In order to finish our work for this cycle, August brings us the motivational energy of the number 8. This number is one of my favorite numbers because it is the number of success and ambition. The energy of 8 gives us the boost we need to finish what we set out to accomplish during this cycle. Organization will be important this month, not only to finish your goals, but to prepare yourself for the next cycle.

8 is also the number of confidence, power and finances, making August a great month for making financial and other important decisions. Don't be surprised to find yourself feeling more confident this month- just be careful that you don't use this newfound power to intimate or dominate others.

I hope you all have a productive month!

Spiritual Uplifts Green Nook

Aloe Vera plant care by Lynn

Aloe has been one of the most used medicinal plants for thousands of years. This is a succulent plant which means it adapts to arid conditions and is characterized by its fleshy water-storing tissues. Treat like a cactus and use cactus potting soil mix. Make sure the pot has plenty of drainage holes because the plant cannot tolerate standing water.

How to use an aloe plant:

Break a leaf off the Aloe Vera plant, as close to the stem as possible. Now hold the leaf in place with one hand on the top layer of skin as you carefully slide a sharp knife between the top layers of the leaf of the plant. In between the leaf should be an aloe gel. Gently rub the moist aloe inside on a sunburn or other mild skin irritations to moisturize the skin.



LADIRA soap is detoxifying, creates a superior, luxurious lather, is a gentle exfoliate and will leave you refreshed with silky, smooth skin.



Magical Moon with Meranda

Commonly known to most Native Americans as the “Sturgeon Moon” for the massive fish who are at one time were plentiful in the Great Lakes and Lake Champlain. Other known names are the “Wheat Moon,” “Green Corn Moon” and Moon when all things ripen (Dakota Sious).

Last Quarter: August 4th 2:18pm

New Moon: August 11th 5:58am

First Quarter: August 18th 3:49am

Full Moon: August 26th 7:56am

Lughnasa: August 1st

In August, the gift of the Harvest is given by the Sun God Lugh, while the sun is in Leo. This is honored at the festival of Lughnasa(dh) or Lammas and Spells of prosperity that builds on your blessings in life should be performed. Include symbols and acts of gratitude to strengthen your spells.

On a dish collect some various foods that are healthy and will provide nourishment for the outside animals. (Nuts, Fruits, Vegetables, Seeds, Etc.)

With the harvest season upon us we have plenty to be grateful for. We honor the death of the crops, which are understood to be living things and we give thanks for the sacrifice they have made so that we all, Humans and Animals alike may live.

Offerings to those who need it most are always a great way of paying things forward. We don't often think about the native wildlife and their needs. However we enjoy seeing them out and about.

Jennifer's summer recipe

In the heat of summer most people in this part of Florida are enjoying spending time cooling off in the many beaches, rivers and natural springs we have. In fact, the most sought after natural remedy this time of year is sunburn relief.

When you get home pour a very cool bath and add the following:

2 cups apple cider vinegar

1 cup Epson salt

Make a tea bag with the following herbs:

Lavender, Calendula, ginger

Run your bath and place the tea bag or just the loose herbs and soak for a minimum of 30 minutes.

If your skin is still very hot to the touch use a cotton ball to apply apple cider vinegar to your skin to further draw out the heat.

After burn treatment:

1 cup aloe gel

30 drops Lavender oil

10 drops each:

Ginger (Inflammation), Cajuput and Cypress (Pain relief)

Remember to drink plenty of water too.



Spiritual Uplifts Monthly Insight

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*

August 1st is Lamma's day, which is the beginning of the harvest. People would go to church to celebrate the first corn to be cut. August 1st was also considered Thanksgiving in Britain. This is a time to be thankful. On Lamma's day fortunetellers predict marriages and terms of relationships. In the old days they would celebrate Lammas by having a fair. Couples would unite for the first time during this festival which last 11 days. At the end of the 11 days if the couple did not work out they would part.

This month study at Spiritual Uplifts

Crystal of the month: Peridot is a stone that represents loyalty and faithfulness. Enhances rebirth and renewal.

Book of the month: A to Z Horoscope Marker & Interpreter by Llewellyn George. For nearly 100 years, astrologers the world over have trusted the "A to Z" as their primary textbook and reference for all facets of astrology. Now this classic guidebook is bigger and better than ever, with over 100 pages of new material and an even easier-to-use design.

Oil of the month: Geranium oil is used as a holistic treatment to improve your physical, mental and emotional health. It helps treat acne, reduce inflammation and anxiety, and more.

Quote of the month: "Knowing is not enough; we must apply. Wishing is not enough; we must do." – Johann Wolfgang



August 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|-----|-----|------------------------------|---|
| | | | 1 | 2 | 3 | 4 Healing Event 1pm to 3pm |
| 5 Yoga 11 to 12 pm Mediumship 1 to 4pm Crystal class Healing with crystals 4:30 pm to 6 pm | 6 | 7 | 8 | 9 | 10 | 11 Herb of the month 12:30 pm to 1:30 pm |
| 12 No yoga class 2 1/2 hour meditation from 12:30 to 3:30 pm Crystal class Dreams & crystals 4:30 pm to 6 pm | 13 | 14 Tuesday night herbal creation class: Sleep class 7 pm to 9 pm | 15 | 16 | 17 | 18 Palm reading retreat From 12 pm to 6 pm Free Oracle Class 3 to 3:30 |
| 19 Yoga 11 to 12 pm Palm reading retreat From 12 pm to 6 pm | 20 | 21 Tuesday night herbal creation class. Soap class 7 to 9pm | 22 | 23 | 24 Retreat 7 pm to 9pm | 25 Retreat 10 to 7pm |
| 26 Retreat 10 am to 5 pm No Yoga class | 27 | 28 Tuesday night herbal creation class. Magic teaspoon with herbs 7 pm to 9 pm | 29 | 30 | 31 | |



Now carrying eco-friendly greeting cards.



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/spiritualupliftsnew-

HOROSCOPE

Aries -Relationships should go well but avoid lowering your standards.

Taurus -Stay calm and patient as you are given more responsibility.

Gemini -The good stars this month will bring greater clarity and help resolve any confusion or misconceptions.

Cancer -The normal challenges and strains of life will seem to fade away.

Leo - Exciting opportunities for personal and professional success to improve your sense of security and stability.

Virgo - This is a good time for music, dancing art and going to the movies.

Libra - If life is feeling stagnated it's a good time for a big change.

Scorpio - Beware of how your emotional state affects other people.

Sagittarius -Meet new friends this month. All relationships are balanced.

Capricorn -You can find new ways of doing old things.

Aquarius -Shop wisely this month. Do not over do it.

Pisces -You feel generous and can also expect favors or some good for tune yourself.

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.