



SPIRITUAL UPLIFTS



September 2018

This month at Spiritual Uplifts.



Meet Elka Boren Healer, Teacher and Shaman. Elka has a unique connection to Source energy and is able to call in potent spiritual healing energy through all cellular levels of the body on behalf of her audiences and clients. She works with this Source energy and helps people return to their natural state of wholeness. As blocks are energetically removed from the subtle and the physical bodies, there is an acceleration of powerful natural healing processes.

**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.





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-feed back report

Body, mind, and spirit report

Aura color overview report

Stress level report

Mind/body

Relationship 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



Spiritual Uplifts

Crystal Light Bed and Bio-Mat



Combination of two crystal healing bed and bio-mat

Crystal light bed



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/\$45.00; 1 hour/\$80.00

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





Learn one herb a month. The first Saturday of the month from 3:30 to 4:30 pm with Jennifer. \$10.00

This month's herb on page 9



Herbal creation class with Jennifer. (The first Tuesday of every month) Make soaps, candles, herbal medicine, and more from \$15 to \$35 For this creation go to

Spiritual Uplifts

Now sells

Mountain Rose herbs

Certified Organic

30 different

kinds of herbs





Spend the weekend with a Shaman

Elka Boren will be here this month. **All Elka Boren sessions and classes are cash only.**

Private healing include removing stuck energies. Create a stronger alignment with purpose and divine self; integrate physical, emotional and mental bodies.

Friday 14th Private healings 10:30 am to 6:00 pm

1/2 hour \$75.00 1 hour \$125.00 1 1/2 hour \$175.00

Friday 14th Egg Aura cleansing & Manifesting circle from 7 pm to 9 pm.

Elka will perform a powerful healing egg cleansing on each participant. This healing removes physical, emotional, mental, and spiritual blockages from you auric field. Cost \$35.00 cash only

Saturday 15th Private healings from 10:30 am to 6:00 pm

1/2 hour \$75.00 1 hour \$125.00 1 1/2 hour \$175.00

Sunday 16th Private healing 10:30 am to 2:00 pm

1/2 hour \$75.00 1 hour \$125.00 1 1/2 hour \$175.00

Sunday 16th 7 Archangel Healing with Elka from 3pm to 5 pm. Get your certification and training learning the 7 archangel healing with Elka cost \$350.00

Monday 17th Private healings from 10:30 am to 6:00 pm

1/2 hour \$75.00 1 hour \$125.00 1 1/2 hour \$175.00

Monday 17th Past life circle from 7:00 pm 9:00 pm

Elka will create a circle to do past life interpretations on each participant. Learn how you can use these memories to remove blockages. Cost \$35.00 cash only

Tuesday Private healings 10:30 am to 6:00 pm

1/2 hour \$75.00 1 hour \$125.00 1 1/2 hour \$175.00



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



All natural Citrine Tumble. Rare fine
Citrine is a merchant stone. It attracts good luck
and success.



Message from Lynn

Take my Six-month challenge

Clean the clutter emotionally, physically, and in my environment.

The word oppression means to suppress mentally or emotionally. There are different ways of collecting clutter. Clutter comes in different forms. Emotional clutter becomes emotional baggage which then creates barriers that leave you feeling stuck and loss. On a physical level you may be smoldering yourself with too much work. This can affect your physical body, leaving you feeling light headed and fatigued. Next is your environment. Are you organize? Is your home overwhelmed with stuff? Is there just not a space for all your things?

Although you are strong enough to handle any situation, when you take on too much you are defeating yourself. You become a prison of your own efforts. There could be too many over-whelming commitments that are putting a strain on you. When we are overly exhausted it erases all our emotions, making it impossible to exert any power or to express ourselves. You will even find yourself hesitating to complete things. At any rate taking on too much can force you to concentrate on things that you barely have the strength to pursue.

My business has flourished over the past six-years. Trying to keep everything going has been a challenge. I have decided to make some necessary changes in my life to build a healthier and prosperous life. Take this challenge with me. Every month in my message. I will come up with a task that will

get you closer to cleaning out the clutter. Join me and we can make the changes together.

First month: Task One

1. Think about what makes you procrastinate in getting things done. What are your interruptions? Write this down. Now come up with 5 solutions. (If you need my help email me.)
2. Make a list of the clutter you would like to clean. Emotionally, physically, and in your environment.
3. Get your energy healings at least twice a month.
4. Write down 5 motivational affirmations. Tape them to your bathroom mirror and say them each day.
5. Add two healthy foods to your daily diet.

Remember to challenge yourself. Each month may seem a little harder but we can do this together.

Love you all Lynn.

Y



Classes



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

Now sold at Spiritual Uplifts

Saturday 1st 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

Saturday 1st Herb of the month with Jennifer. From 3:30 pm to 4:30 pm. Each month she will going over one herb. This is a great way to ready learn each herb individually. In this class Jennifer will be going over the uses for Lemon balm. Cost \$10.00

Tuesday 4th Herbal creations with Jennifer. From 7:00 pm to 9:00 pm. She teach and have you make your own remedies for headaches. (this class will be the first Tuesday of the month) cost \$25.00

Saturday 8th Essential oil Roller-ball class from 2:00 pm to 4:00 pm In this class, we will be exploring some of the most common essential oils and how to combine them into simple blends. You will choose and make a set of personalized blends for rollerballs that can be for what you need. Cost \$25.00

Sunday 9th 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.

Friday 14th , 15th , 16th, 17th, and 18th Private healings with Elka. More information on page 5

Friday 14th Egg cleansing ritual with Elka from 7 to 9 pm cost \$35.00 More information on page 5

Sunday 16th 7 Archangel certification with Elka. More information on page 5

Monday 17th Past life circle with Elka. From 7 pm to 9 pm More information on page 5.

Thursday 20th Tarot Master Class If you have taken tarot one and two with Spiritual Uplifts, you are invited to take our Tarot Master Class. More Information on page 10.

Saturday 22rd Cleansing ritual 3:00 pm to 3:30 pm Come in and learn how to cleanse your home.

Saturday 29th Psychic Attunement from 2:00 pm to 4:00 pm. The attunement increases your awareness and channels your gifts. In addition, you receive energy work and a message from Lynn. Cost \$25.00

Sunday 30th 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 recording meditations. At the end of the session you will get a written message from Lynn. Cost \$25.00 with snacks

Ongoing Weekly Classes

Every Friday Yin Yoga with Natalie 10:30 a.m. to 11:30 a.m.

Every Sunday Yin yoga with Natalie 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

Do not pay for happiness just enjoy it.



Spiritual Uplifts Numerology with Kim

At last, we have arrived at the final number of our cycle, as September is the ninth month of the year. The number 9 truly is a special number, as it contains the energy of all of our previous numbers. On its own, 9 represents completion and ending. This makes sense, as we will see the end of the summer season (ok, maybe not us in Florida, but the rest of the country will feel this!), as the autumn officially begins on September 22nd.

This month, we are completing our remaining tasks for this cycle, so don't be surprised if you feel busier than usual this month. Take comfort in knowing that your efforts will be worth it, as the 9 also represents reward. You will see the benefit of all of your hard work and energy over the last few months. Remember, your reward can be material, spiritual, or both.

I hope everyone has a great month!

Spiritual Uplifts Green Nook with Jennifer



With the fall garden season closing in this month there's a great little plant that is handy to have in the garden as well as medicinal applications. Borage is a lovely plant is used in the garden as a companion plant for your tomato plants. It's used in modern herbal medicine for kidney and bladder ailments, sore throats and to reduce fevers.

Historically, we know that its uses reach back all the way to a Roman naturalist named Pliny. He wrote about how it made men merry and cheerful. In medieval Europe, the leaves and flowers were steeped in wine to help melancholy.

The plant is easy to grow and is safe to use as a tea infusion, or added to your favorite wine. You can bake with it or use as decorations to your favorite dishes. The flowers can also be candied and used to make desserts.

Do not pay for happiness just enjoy it.



Tarot Master Certification Class

If you have taken tarot one and two with Spiritual Uplifts, you are invited to take our Tarot Master Class. This class is focused on symbolism and how well you read the cards.

The class comes with the following: Symbolism booklet, Tarot Card coloring book, Make your own runes, Create your own tarot card, and The Master Tarot Certification from Spiritual Uplifts.

Dates: Thursdays, September 20th, 27th, October 6th, 13th, 20th, and 27th.

Time: 7:00 pm to 9:00 pm.

Cost: \$45.00 per class. Pay all six classes ahead and receive discounted price of \$240.00 (must pay balance in full first week of class).

Yin Yoga with Natalie

Now being offered Fridays at Spiritual Uplifts!

Explore new spaces in your body and tap into intuition with a chill, grounded yoga practice that will leave you feeling rejuvenated and balanced. Open to all ages and all levels. This is a slow flow, meaning no sweat!

Fridays, 10:30 a.m. to 11:30 am. & Sundays 11:00 a.m. to 12:00 p.m.

Cost: \$10.00 per person

Bring a mat (or purchase one in store), Water, and a light blanket.



Spiritual Uplifts Magical Moon

Equinoxes shows us balance between dark and light. Mabon dances with astrological sate of Libra. This means everything is balance. Finish commitments, responsibilities, and goals. It's a time to reap the rewards of your successes.

Plan a ritual to for thanking the elder. Give a gift to someone one who has been there for you.

Last quarter	Sept 2nd	10:37 pm
New Moon	Sept 9th	2:01 pm
First Quarter	Sept 16th	7:15 pm
Full Moon	Sept 24th	10:45 pm

This month study at Spiritual Uplifts

Crystal of the month: Emerald is the stone of successful love. A stone of infinite patience and brings healing to all levels of being.

Book of the month: In Cyndi Dale's book, *The Spiritual Power of Empathy*, she teaches the reader to connect more deeply with your loved one. She also gives simple techniques for screening and filtering information from other people. Learn how to tap into your natural intuition to discern not just what people say with words, but what they leave unspoken.

Oil of the month: Peppermint oil has many uses. It helps ease muscle pain all over the body. Use it when you are spending time outside to repel mosquitoes and many other bugs. Put it in a diffuser necklace in order to boost concentration and control symptoms of ADD at work and at school.

Herb of the month: In herbal creation class we will be exploring Feverfew. It's invaluable for helping to prevent and lessen the severity of migraine headaches as well as tension headaches.

Quote of the month: "Don't cry because it's over, smile because it happened." – Dr. Suess

Spiritual Uplifts Monthly Insight:

September here in Florida is planting season. Even if you don't have a piece of land to keep a big garden, keeping plants in the house has many benefits from improving the oxygen levels to improving your sleep and the overall mood of the house. For example, African violets help to improve spirituality and provide household protection. Spider plants absorb negative energy and ivy encourages fidelity and fertility. If keeping plants isn't something that you love, don't forget that you can give them as gifts for loved ones too. Roses symbolize lust, love and romance but the colors of the roses mean different things:

White: Peace, love and new beginnings

Yellow: Joy and happiness

Orange: vitality and energy

Pink: innocence and friendship

Purple: power and passion

Ivory: romance and steadfast, mature love.



September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Healing 1 3 pm
2 Yoga w/ Natalie 11 to 12 pm	3 cld	4 Herbal crea- tions with Jennifer 7-9	5	6	7	8 Essential oil roll- -ball class 2 pm to 4pm
9 Yoga w/ Natalie 11 to 12 pm Mediumship with Maeda 1 pm to 4 pm	10 Cld	11	12	13	14 Yoga 10:30- 11:30 Elka Boren private healings 10:30 am to 6 pm	15 Elka Boren private healings 10:30 to 6pm
16 Yoga w/Natalie 11 to 12 pm Elka Boren pri- vate healings	17 Elka Boren Private healing 10:30	18	19	20 Tarot Master class 7-9	21 Yoga 10:30- 11:30	22
23 Yoga w/Natalie 11 to 12 pm	24 Cld	25	26	27 Tarot Master class 7-9	28 Yoga 10:30- 11:30	29 Psychic Attune- ment 2 pm to 4 pm
30 2 1/2 hour meditation 12:30 to 3:30						



Healings with Donna Long Tuesday, Wednesday and Friday

It's time to take care of yourself. Come release blockages and unwanted energy. Let Donna surround with the light when she calls in the angels to work on you.

*Chakra Balancing and Energy clearing & 7 Archangel healing
Cost \$20 for 10 minutes
1/2 \$65.00*

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 - Find a new passion with money potential.

Taurus - Too much of a good thing might create a problem or disagreement later.

Gemini - Listen closely and pay attention to what a loved one is showing you.

Cancer - The next day maybe more pleasant if you don't overthink things.

Leo - Make full use of a slower pace and having more time to address enjoyable details.

Virgo - Give priority to treating yourself well.

Libra - There are plenty of others who share your vision and desires.

Scorpio - Take time to get reorganized and back in touch with everyone.

Sagittarius - Your generous impulses are overlooked or misunderstood, let it go.

Capricorn - Embrace your responsibilities and be gracious.

Aquarius - Be patient and agreeable and see what develops.

Pisces - People feel safer with you to open and share their feelings.

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