



SPIRITUAL UPLIFTS



October 2018

Special Events this month

Natural Body Care Class: Saturday, October 13, 2018 from 12:00 pm to 6:00 pm. This class will give information about how you can take care of your body naturally and how to make a variety of day to day teas, tinctures, extracts, and salves. This is a true body care class. This class provides a deeper understanding of how our bodies heal and how to be a true friend to your body. Cost: \$75.00

2-Day Magical Cat Workshop: Saturday, October 20, 2018, 10:30 am to 6:00 pm and Sunday, October 21, 2018, 1:00 pm to 6:30 pm. Explore different areas of magic, creating your own traditions. You will learn to how to use a book of shadows, create an altar, candle magic, enchantments, including a full moon ritual on the last day. Lunch, snacks, and supplies included. Cost \$250.00 and comes with a leather journal. Ask front desk for the schedule on what we will be doing in this class.

Harry Potter Divination Halloween party: Saturday, October 27, 2018 from 12:00 to 6:00 pm. All Muggles are welcome. Learn divinations, numerology readings, readings, raffle and more. Cost \$15.00 More information on Page 2.

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.



Ask how you can receive our Spiritual Uplifts' Chocolate with every email.



Harry Potter Divination Halloween party . All Muggles are welcome.



Welcome to Hogwarts! We are excited to welcome first-year students. We have a compelling curriculum this year. Our objective is to help you build a strong foundation in wizardry magic. The school of magic opens **Saturday, October 27th from 12 to 6 pm.** Our location is in a secret portal at Spiritual Uplifts. Spiritual Uplifts Metaphysical Store is where muggles go to study magic. When you arrive at Spiritual Uplifts, look for Platform 9 3/4 that will take you directly to the castle. Once you arrive we will use the sorting hat to tell you what house you belong to. You will then receive a house pin handmade in Ireland. Next, you will be assigned to a classroom where you will learn different divinations including tea leaf reading, pendulum, tarot cards, Chinese astrology, runes, dice, crystal ball, numerology, etc. This is a great time to figure out where your niche lies. Once the bell rings, you must go to your next class. At any time during or after school, you are welcome to go to Honeydukes and help yourself to a bag of candy. In addition, there will be refreshments at the Three Broomsticks. Party Cost: \$15.00

You will get to vote on each classroom. In addition to this, we will be selling raffle tickets starting October 6th for a crystal ball. (cash only) The raffle winner will be announced at the Halloween party at 6 pm.

Kim will be available to do numerology readings for \$25.00. (please try and sign up ahead)

Donna will be doing healings \$20.00 for 10 minutes.

Aura pictures will be available starting at \$25.00.

Hot dogs, dough boys, drinks and snacks will be sold for a \$1.00 donation each. All donations go to St. Jude's Hospital. If you would like to wear a costume you can, but it is not required.



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, 45 mins/\$60.00,
1 hour/\$80.00**

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



Learn one herb a month on 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 month's creation go to page 9.

**Spiritual Uplifts
now sells
Mountain Rose
Certified Organic Herbs
30 different kinds of herbs.**





Readings by Lynn

My name is Lynn and I'm the 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



I have been studying Metaphysics since 1990. For most of my life I lived in 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 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 deceased 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



Leather journals
sold at
Spiritual Uplifts



Message from Lynn

Take my six-month challenge

Clean the clutter emotionally, physically, and in my environment. Month number 2

The assignment last month was to come up with solutions to procrastination. When we procrastinate, we know what we need to do, but we don't do it, or we wait until the last minute. It's not because we are lazy, disorganized, or we do not care. It's because we hold some kind of fear in our subconscious. I know I am always late with my newsletter because I want it to be unique and perfect. I realize that I worry about what people will think of it, and that's why I am always late. I have most recently learned to delegate the work so I can finish it. Even then, I am going over their work.

Last week we made a list of clutter we want to clean out. Before you start, take your list and write how long each task on your list will take. For instance, one of my goals is to clean out the books in my home library. I figure that will take me 20 minutes at the most.

How to start your task:

Start with the shortest first. Do one task at a time and check them off as you finish. Make sure you are reasonable with how much you get done in a day. If the tasks are big, try one task in two days. Schedule the hours on your calendar to dedicate your energy to the task.

I always get two boxes and one trash bag. One box is for what I am keeping, the other box is for goodwill, or any other donation. I use a trash bag for what I am throwing away. I found that when I used a box, later I would take stuff out of the box and not throw it away. This method works even if I am just re-decorating or cleaning a corner.

The healthy foods I chose were apples and broccoli. Apples to me are not that bad but broccoli I could do without. I choose to take the apple and broccoli and make a

morning smoothie.

If you were not able to find five motivation affirmations you can share mine. I would take the affirmations below and cut them out to hang in your bathroom mirror. This way, you say them every morning.

1. I am full of energy and live my life to the fullest.
2. Motivation comes to me easily and also successfully.
3. I believe in myself and ability to do anything that I choose to do!
4. I wake up with a peaceful mind and a grateful heart.
5. Today will be what it is. I will be who I am. And there will be beauty in both.

Next month we will focus on unhealthy relationships and organization.

1. Write down at least three unhealthy relationships you may have. It may not be that bad but just needs to be sorted out. If someone is making your feel drained or unhappy, you need to know how to make it healthy or let go.
2. What would you like to organize in your home? Make a list. Next month I will show you organizing tips that I have used for years to run my family household and business.

For any questions, please go to my website and email me. I will gladly help with any questions relating to the six month challenge. Love you all.

—Lynn Pritchard



Classes

Saturday 6th 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 6th Herb of the month with Jennifer. From 3:30 pm to 4:30 pm. Each month she will go 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 Ginko. Cost \$10.00

Sunday 7th 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.

Tuesday 9th Herbal creations with Jennifer. From 7:00 pm to 9:00 pm. This month we will be exploring the various uses of the Dandelion with a focus on what it can do for your liver, both to maintain it's function as well as how it can be used to help the liver heal from the day to day toxins that can damage it over time. In class you will be learning how to make pills and making a liver-detoxing formula to try at home. Cost \$25.00

Saturday 13th Natural Body Care Class with Jennifer From 12 pm to 6 pm. Learn to use different herb to take care of the body. More information on page 1 and page 10. Cost \$75.00

Saturday 20th Magical Cat Class from 10:30 am to 6:00 pm. More information on page 1.

Sunday 21st Magical Cat Class from 1:00 pm to 6:30 pm. More information on page 1.

Saturday 27th Halloween Party. 12:00 pm to 6:00 pm Welcome to Hogwarts! We are excited to have all the first years. Details on page 2.

Sunday 28th 2 1/2 hour Meditation Workshop with Lynn from 12:30 pm 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 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. Snacks included. Cost \$25.00.

Ongoing Weekly Classes

Every Friday Yin Yoga with Natalie 10:30 a.m. to 11:30 a.m. *No Yoga on October 19th and October 26th.

Every Sunday Yin yoga with Natalie 11:00 am to 12:00 * No Yoga on October 14th and October 21st.

Tarot Master Class 4th, 11th, 18th, 25th, and November 2nd is make up day. From 7:00 pm to 9:00 pm. This class has already started. However if you have taken tarot one and tarot two you can still start. You have to complete all 6 classes to get a tarot master certification.

*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

Throughout this year we have explored the meanings and attributes of the main numbers of Numerology, 1-9. We learned that these numbers can play an important role in what we will accomplish and experience in this lifetime. Typically, when determining what particular number pertains to us, we reduce the numbers down until a single digit remains. At times, when reducing our numbers, repetitive numbers emerge. Some refer to these numbers as “Master Numbers.”

What are Master Numbers? A “Master Number” is a number that repeats in sequence, when calculating one’s life path number (11, 22, 33, etc.). The belief is that these numbers, in addition to having the energy of the reduced number, are highly charged and contain more potential than other numbers. The appearance of a “Master Number” in one’s life path indicates an opportunity for learning. However, these additional lessons often come by way of tests, stressful situations, and trials.

The most common “Master Number” is the number 11. A person with an 11/2 indicates someone who can bring spiritual awareness to others. Most 11s are teachers and peacemakers. (Remember that 2 is the number of cooperation.) A 22/4 life path is an individual who builds for the benefit for mankind. As you’ll recall, a 4 life path is a provider. Lastly, a 33/6 life path is someone who gives of themselves, bringing compassion and understanding to others.

It is important to note that the appearance of a “Master Number” in one’s life path calculation does not mean that one is superior to others. Rather, they have come into this lifetime to not only fulfill their contract, but also to help mankind.

Curious about your life path number? I will be offering numerology readings during our Halloween party on October 27th.

Spiritual Uplifts Green Nook with Jennifer

After a hotter than normal September, October should cool off enough to replant your kitchen herbs that have died back or were lost completely due to the hot summer conditions. You can find some great herbs around town at local nurseries that are ready to be planted either in your homes, planters outside, or in your garden.

Most common kitchen herbs were originally used as everyday medicines or as preventative care, so feel free to liberally apply herbs to everything that you cook. Your food will taste better and you can improve your health at the same time.

Basil: nausea, gas pains, soothing the bowels.

Fennel: all parts of the plant can be eaten. Used to ease digestive tract spasms and help digestion.

Marjoram: Used for soothing the digestive tract and is effective as a mild diuretic as well.

Oregano: Possible medicinal uses of oregano include treating respiratory tract disorders, gastrointestinal (GI) disorders, menstrual cramps, and urinary tract disorders.

Thyme: Can be used to improve eyesight, treat common virus’s such as colds. Soothes sore throats and coughs. Topically, it can be helpful in reducing acne outbreaks. The essential oil is used to ease asthma attacks and open airways. By Jennifer Lake



Smudge pots available at
Spiritual Uplifts



Natural Body Care Class with Jennifer

Would you like to learn how to increase your vitality, strengthen your immunity, relieve stress, and prevent/improve your overall health? You can immensely improve your quality of life using food, lifestyle, and herbs. In this class you will explore how the body functions, learn how you can take care of your body naturally and steps to protect your health and quality of life. This class provides a deeper understanding of how our bodies heal and how to be a true friend to your body.

You will be making a variety of items to take home with you such as tea blends, food spices, basic lotions and balms. In addition, you will learn how to make a variety of day-to-day teas, tinctures, extracts, and salves. This is a true body care class and is for everyone.

Date: Saturday 13th

Time: 12:00 pm to 6:00 pm

Cost: \$75.00

Yin Yoga with Natalie

Wow! It's now Fridays as well as Sundays.

Explore renew 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!

Every Friday and Sunday 11:00 am to 12:00 pm * No Yoga on October 14th, 19th, 21st and 26th.

Cost: \$10.00 per person

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



Cooking blessing

Put your hands over the simmering pot and repeat three times.

Three angels came from the east.

Bringing blessings upon this feast.

The first said, "I banish all negativity."

The second said, "May you never thirst."

The third said, "May you never hunger."

In the name of the three.

So mote it be.

With your hand (or wooden spoon) make the sign of the equal-armed cross (see illustration above) over the cooking pot, then tap the spoon or your fingers lightly on the stove, saying:

This work is sealed. Blessings of Vesta upon us.

By Silver Ravenwolf. (And they say witches do not believe in angels (-:))

This month's study at Spiritual Uplifts

Crystal of the month: Phantom quartz is a powerful crystal for clearing blockages: auric, mental or emotional. It helps recover and heal memories from this life or past ones. Phantom quartz aids people who are self-critical to let go of self-limiting talk and recognize their potential. This crystal helps ease tight muscles and supports the skeletal system. Helpful to treat osteoporosis and fragile bones.

Herb of the month: Ginger is best known for its anti-inflammatory properties, which means it combats chronic ailments such as diabetes, cancer and heart disease. Ginger is also a great digestive aid, calming indigestion and reducing nausea. Ginger is also safe for women during all stages of pregnancy.

Oil of the month: Cedar is commonly used to ease sinus congestion and as a natural bug repellent. Cedar can be used for children and adults with ADD and ADHD to help focus and concentration. It can also be used for asthma, sleep, stress and anxiety relief.

Book of the month: "Crystals, Minerals, & Stones" by Margaret Ann Limbo. This is a great gemstone encyclopedia. It helps you identify the stones that you already have and is a great resource to look up stones that you would like to have.

Quote: "You are never too old for free candy." by Gwyneth Lake



Now selling Certified
Organic Teas

\$2.50 each

October Insights:

October's name is derived from the Latin *ôctō*, which means "eight." Although it was the eighth month in the old Roman calendar, it became the tenth month in our current Gregorian calendar after the inclusion of January and February. Anglo-Saxons referred to October as "Winterfylleth" (*Wintirfyllic*, in Old English). It was known as this because this month's full moon was regarded as the beginning of winter.

October's birth stones are tourmaline and opal, and the flower is the calendula. Everyone knows October for Halloween, but are you familiar with Halloween's origins?

Halloween has its roots in the ancient Celtic festival of Samhain. Generally pronounced "sow-in" in standard Irish dialect, this day marked the end of summer harvest and the beginning of a cold, dark winter. (Certainly not something that you have to worry about it in the Sunshine State!) The Celts celebrated their new year on the first of November. They believed that, on the night of the new year, the boundaries between the living and the dead became blurred.

It was believed that Druids could channel the energy of the spirits that traveled over on Samhain eve to make. They built large bonfires where people gathered to commemorate the event and pay homage to Celtic deities. The Celts wore costumes of animal skins and told fortunes under the night sky. An old story states that people would dress up to frighten away evil spirits, which is why we still wear costumes on Halloween. Peyton Moore - Woods

Pumpkin seed runes

To make your pumpkin runes wash the seeds in a colander with cool water and allow them to dry thoroughly. With a fine-tipped black indelible felt marker, draw the rune signs on each seed (on only one side). Hold the seeds over a dish of ice and ask for the blessing of water. Hold the seeds over a lit candle and ask for the blessing of fire. (Be careful—don't burn yourself). Draw a circle the size of a dinner plate on a piece of poster board. Put the seeds in a colorful dish or pouch.

Formulate question carefully. You can pull one pumpkin rune to determine the answer, or you can shake all the pumpkin runes in your hands and drop the on poster board.

Rules:

Seeds with the rune pattern up should be read. Seeds with the rune pattern not showing are not to be read (or can be read as hidden influences, but this takes longer.)

Runes close to the center of the circle show what is happening now. Runes farther away from the center show situations moving in or moving out of your life.

Runes close together tell a story, and can be read much like a sentence. Runes far apart may not relate to the same situation.

Runes outside the circle show forces that circle your life at this time. You can use these forces or discard them – this is your choice. Sliver Ravenwolf Halloween book pg 81. Typed by Lynn Pritchard



October full Moon

The October full moon is called the “Traveler’s Moon.” While the leaves fall from the trees, the earth’s green grass dries up and plants go dormant. Our ancestors had to stock up on provisions and make plans for the colder winter, for some did not survive through the cold weather. In our modern world that people take for granted on a daily basis, there is always the assumption that whenever we need something, it will be there. While our ancestors knew how important it was to be grateful for what they had. Samhain is Oct 31, known as “All Hallow’s Eve.” This is the time to celebrate the cycle of death and rebirth. It’s time to connect with the ancestors and honor those who have died. Samhain is when the veil between our world and spirit realm is weakened, so it’s the perfect time to contact the deceased.

Last Quarter 2nd 5:45 p

New Moon 8th 11:47 p

First Quarter 16th 2:02 p

Last Quarter 31st 12:40 p by Lynn Pritchard

Soul Cakes Recipe

1. Preheat oven to 350°F.
2. Cut the butter into the flour with a pastry blender or a large fork.
3. Blend in the sugar, nutmeg, ginger, cinnamon and allspice; beat eggs, vinegar, and milk together.
4. Mix with the flour mixture until a stiff dough is formed. Knead thoroughly and roll out 1/4-inch thick.

An All Hallow’s Eve Ritual honoring & connecting with the your ancestors by Lynn Pritchard

Connect with the your ancestor, giving gratitude for life and abundance. This tradition comes from Africa & Asia. Clean the four corner of the room using a selenite wand or clear crystal at every corner. Next, sage the room, allowing all negative energy to leave the room. If the room still does not feel right, go to my website, under “sage” and there is a ritual you can use to clean it thoroughly. Any ritual around family always starts with a feast. Grapes, apples, soul cakes, bread, cider, etc. Decorate your alter with family photos and heirlooms. You can add letters, postcards, or even a family tree chat. Visualize yourself celebrating with family.

Read the following out loud.

Ancestor hear my voice, know my heart,

I think of you at the season’s start

Descendant from your honorable tree,

I am proud member of your human

Family,

Come to me from beyond the veil,

Share the wisdom that you entail,

Please bestow your gentle blessing,

And accept these humble offering. (the offering is grapes or food. After the ritual, place the food under tree.)



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Healing 1 to 3 pm Herb of the month 3:30 to 4:30 pm
7 Yoga w/Natalie 11 to 12 pm Mediumship with Maeda 1 pm to 4 pm	8 Cld	9 Herbal creations with Jennifer 7-9	10	11	12 Yoga w/Natalie 11 to 12 pm	13 Natural body care class 12 to 6 pm
14 No Yoga	15 Cld	16	17	18	19 No yoga	20 Magical Cat 10:30 am to 6 pm Free candle magic class
21 No Yoga Magical cat 1 pm to 6:30 pm	22 Cld	23	24	25	26 No yoga	27 Harry Potter Halloween party 12 to 6 pm
28 Yoga w/Natalie 11 to 12 pm 2 1/2 hour meditation 12:30 pm to 3:30 pm	29 Cld	30				



Healings with Donna Long 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

1 hour \$80.00

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/spiritualupliftsnewagestore

HOROSCOPE

Aries - Be considerate towards people's hearts.

Taurus - Do not make any commitments until retrograde ends.

Gemini - Be more serious about how much time you spend with others.

Cancer - Allow family members to come to your first before you give them advise.

Leo - They may not be your bread and butter. However they can help take the load off you.

Virgo - During the full moon is good time to make good with a friendship that went sour.

Libra - Honesty can include good intentions. Make it good.

Scorpio - You radiate charm and people will find you.

Sagittarius - Something small breaks your way and later turns out to be something big.

Capricorn - New career or social opportunity makes your life much better.

Aquarius - If you feel stuck this is the time to perfect your approach and techniques.

Pisces - Your happiness will be contagious, and people will see the beauty in you.

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

- 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, and healing. Amazonite is a soothing stone that is 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.

By Lynn Pritchard