



SPIRITUAL UPLIFTS



November 2018

Mark your calendar.

Happy Thanksgiving! We are closed for Thanksgiving but will open early Black Friday morning at 9:00 am.



Black Friday 23rd; breakfast, sales, free calendar. Read more on page 3

Saturday 24th; sale and make your own Christmas ornaments. Read more on page 3.

Sign up to hold your spot for the Healing workshop retreat part one December 7, 8 and 9th. \$50.00 deposit. Ask front desk for details. Fill out our Christmas wish list so family members can shop for you.

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.



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



Black Friday Specials

Hour of operation 8:30 am to 7:00 pm.

Breakfast with Spiritual Uplifts starting at 8:30 am to 10:30 am. Pancakes, fruit, danish, coffee, and juice. Donations \$5.00 or more all proceeds go to St. Jude's Hospital.

Free 2019 pocket astrologer calendar with the purchase of \$30.00 or more. (your cost must be \$30.00 or more after any sale discounts. **(Limit one per customer)** calendar is a \$8.00 value

15 % off all Crystal Garden Essential oils

Buy six votive candles and get one free. (regular price is 3 for \$5.00)

Buy three organic teas and get one free

Free gift wrapping for Spiritual Uplifts products

70% off table with crystals, books, incense, etc.

Palm reading with Lynn \$20.00 starting at 10:30 am. (cash only)

Crystal bed \$20.00 for 20 minutes.

10 % off on any Apophyllite clusters

Free Classes: Crystal class, and Essential oil Class (times on website)

Saturday Specials

Hours of operation 9:00 am to 7:00 pm

Make your own spiritual Christmas ornament. Ages 2 to adults. Children's table will be separate from the adults. Kids 6 and under are free. Ages 7 to 15 \$5.00 16 and up \$10.00.

70% off Discount table. (Already priced.) Books, incense, crystals and more.

Free gift wrapping for Spiritual Uplifts products.

Palm reading with Lynn \$20.00 (cash only).

Crystal bed \$20.00 for 20 minutes

10 % off Amethyst clusters

Both Friday 23rd and Saturday 24th 10% off service and workshop packages with Lynn. 7 day intensive, workshop retreats, and soul coaching. Including Crystal bed. Readings not included.



Gemstone oils, Sun's Eye oils can be used to scent your home, car, or body. We offer aromatherapy lockets, bracelets, diffusers, and aromalamps.



Christmas wish list.

Create a wish list so people know what you want for Christmas from our store.

Once you fill this out, our front counter person will give you a number so when you send someone in the store to get you gifts that person will give us the number and we will give them your wish list.

Name _____ Number _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



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

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



Message from Lynn

Take my six-month challenge

Clean the clutter emotionally, physically, and in my environment. Month number 3

How is everyone doing? Feeling healthier? If you have gotten behind on this challenge it's not too late to start all over again. Sometimes it is hard to face what we have to change. But even if you just apply some of the modifications you will see a tremendous amount of positive transformations in your life.

Last month we learned to clear out clutter. Letting go of objects in your life can be challenging. For instance, that beautiful antique that you love sits in a box in your storage closet, because it either does not fit the décor of your home or you have no room for it. Well maybe there is a museum, or antique store that would gladly take that off your hands. Is the antique piece sentimental? Then take a picture of it and let it go. Now you have room in your home for something useful or something that tells a new story about your next journey.

In addition, last month you should have written down at least three unhealthy relationships. Relationships at times can be hard. I find if I have to work too hard to keep a relationship then it's not worth my time and effort. Below is an exercise to help sort out which relationship you need to let go of and what is a keeper.

1. Go over each person you listed. Now fold the paper into two sides. Write the word good on the right side and bad on the left side. List all the good things and bad things about each person.
2. Next, weigh the bad and the good. It doesn't matter how many you have listed bad or good. What matters is how much of the bad is affecting you personally.

Here are some different types of relationships that could be on your list.

Leather journals
sold at
Spiritual Uplifts



First let's talk about unhealthy relationships that you cannot get away from.

This would be a co-worker, relative, spouse, etc. I find that if spirit is keeping this person in my life there is a lesson there. Most likely there is a reflection that you need to see in yourself. For example, maybe it bothers you that your dad is too judgmental. Take a look at yourself.

Chances are you are too judgmental and this is the way spirit is trying to show you. This is not always the case. Spirit could be getting you ready to help someone or preparing you for a new boss. The best way to handle an unhealthy relationship is for you to listen and be respectful. No progress would ever take place if you lose your temper or judge them without giving them a chance. Try to look at the situation from their perspective even if you do not agree. Compromising makes it easier to find what is really going on.

Next is the relationships we must let go of. These are relationships you have tried and tried to the point where it has drained you. You just feel that you have outgrown them and they hold you back. It just means they are on a different frequency than you are. Most important, when cutting-loose a relationship try ending on a good note. You never know if someday you may meet them again and need their respect in a different situation. On the other hand some people may take it bad whether you try to end on a good note or not. That's when it's best that you get out how you feel so there is no left over residue.

We will talk more about relationships next month. Focus on your list. Try to work on what you can. Also, take another look at the clutter. Include the closets, cupboards, and garage. Anything that needs to be repaired 98% of the time you will not fix it. Get rid of it. Holding onto things because of guilt is the worst. When I say guilt I mean a deceased family member or friend left you something. The item may not fit the décor of in your home so it holds you back from decorating the way you want. It may be in a box for years to pass on to someone else. In the mean-



My friend Missy and I used to shop a lot. I loved her philosophy. She would say “If I can live without it then there is no need to me to buy it.” So I came up with my own system to help me decide how to purchase items. I have three words I use; the item must be of need, value, or replace. Then I purchase it. (The only time I have trouble with this is when it comes to my grandchildren. its “no-holds-barred. (I am still working on this. I think it’s my lesson lol.)

Next month we will go through what you want to organize. I have a friend who is an organizer. I asked her to teach classes at my store. She said everyone’s organizing needs are different, which makes sense. So I will give you different options next month. Meanwhile work on getting rid of that clutter so you can not only breathe but have a healthy lifestyle. If you have any questions you can email me at spiritualuplifts@gmail.com

Have a great Thanksgiving!! Love you all Lynn



Classes

Saturday 3th 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 3th Herb of the month with Jennifer. From 3:30 pm to 4:30 pm. Each month she will go over one herb. The herb is Comfrey, Cost \$10.00

Sunday 4th 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 6th Herbal creations with Jennifer. From 7:00 pm to 9:00 pm. This month we are going to be exploring herbal vitamins and discussing how some simple additions to your diet can improve your nutritional health. You will be making an herbal broth in class and discussing how to integrate the herbs into your diet. Cost \$25.00

Sunday 18th Reiki 2 from 12:30 pm to 7 pm Reiki two is taught in one session Level two opens additional energy centers and connects you to a greater volume of Reiki Energy. During this session you will learn additional healing techniques that assist with heart, liver, digestive system, allergy and other disorders. In addition, you will learn astral projection, and long distance healing. Total cost \$100.00

Friday 23rd Black Friday breakfast an sales.
More information on page 3

Saturday 24th Make and ornament ages 2 and up. Kids 6 and under are free. Ages 7 and 15 \$5.00 16 and up \$10.00. More on page 3.

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 11:00 a.m. to 12:00 pm.

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

Sign up ahead for our Release and Recharge December 7th, 8th and 9th. Spiritual Retreat part one.

*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

When most people think of Numerology, they think of their birthday and their individual Life Path number. While our Life Path number is the most consistent number in our life, there are other numbers that play a role in our journey. A great example of this is our names. Transforming the letters in our names into numbers can provide us with more understanding about the energy we brought into this lifetime.

Take the month of November. Broken down, November brings the energy of the number 4. As we learned earlier this year, the number 4 is grounded energy, bringing organization and planning. It is also the number for traditions.

Additionally, November is derived from the Latin *Novem*, which means “nine.” When we calculate the numerical value of these words, they both come to the number 6, which is the family, community service and responsibility number.

The energy of both numbers certainly relate to this time of year, beginning of the holiday season. For most, this month is a time not only to spend time with family enjoying and creating family traditions,

Spiritual Uplifts Green Nook

As the weather (finally!) begins to cool down, November is an excellent time to begin growing cool season vegetables. Lettuce is a hardy vegetable that does well during our temperate autumn season. Master gardeners recommend butterhead, leaf, and romaine varieties for Florida gardens. Turnips, broccoli, beets, and carrots can also round out your vegetable garden.

If you prefer fruits, strawberries thrive in Florida’s November weather. Visit your local nursery for a clean, disease-free plant and set it in your garden early in the fall. Strawberries planted at this time blossom in the beginning of winter and produce fruit from the end of winter to around May. Watch out for squirrels, though! They love these sweet treats.

Consider planting basil, thyme, and rosemary for your herb garden. These sturdy herbs thrive in cooler weather, and taste delicious on your Thanksgiving turkey. (Or turkey, if you’re vegetarian.)

Peyton Moore-Woods



Spiritual Uplifts

Magical Moon for November.

Native Tribes called November's full the Beaver's moon. Because in November the swam was froze and they could put out beaver traps out so they have warm fur for the winter.

New Moon Wednesday 7th, 11:02 am

First quarter Thursday 15th, 9:54 am

Full Moon Friday 23rd, 12:39 am

Last quarter Monday 26th, 7:19 pm

Plan a ritual for getting rid of negative thoughts and vibrations.

Use a orange and black candle, sandalwood incense, holy water and Turquoise.

Create affirmations to exchange for the negative thoughts.

Lit your candle, and your incense. Splash some of the holy water on yourself and say your affirmations out loud. Then say "I release all negative thoughts and maintain the thoughts from the highest good. I love all and all that comes in contact with me are positive and healthy relationships. My vibrations expands to unlimited blessings!

This month's study at Spiritual Uplifts

Crystal of the month: **Snowflake Obsidian** - clears energetic blocks, help you connect with your guides, animal totems, and past life work.

Herb of the month: **Peppermint leaf** - soothes irritable bowel syndrome, nausea, skin conditions, headaches, cold, and flu.

Oil of the month: **Ravensara Oil** An herbaceous, woody blend that is excellent for centering and grounding. It aids with sinus and bronchial congestion and helps fight against bacterial infections.

Book of the month: **The Magick of Reiki by Christopher Penczak** In this groundbreaking examination of Reiki from a magickal perspective, the history, mythos, variations, and three degrees of Reiki are discussed in depth. Christopher Penczak suggests ways to integrate Reiki and magickal practice, such as using Reiki energy for psychic development and with candle magic, crystals, herbs, charms, and talismans.

November Insight.

November is a time for gratitude. The holiday “Thanksgiving” is the reason behind this wonderful energy.

In 1620 the Pilgrims arrived at Plymouth Rock. In 1621 the Pilgrims signed a peace treaty with Massasoit, Chief of the Wampanoag tribe. Later they invited Massasoit and the Wampanoag to a 3 day festival celebrating their good harvest which later was consider the first “Thanksgiving”.

We celebrate “Thanksgiving” with festive meals, football, parades, family, and friends. It’s a special time to give thanks for the good things and for the good people around us.

For all of our Scorpio and Sagittarius friends, November’s birthstones are yellow topaz and citrine. These are excellent stones for activating your Solar Plexus and Navel chakras, as they communicate with your fiery creative energies. Yellow topaz is also known as the “friendship stone.” The birth flower is the chrysanthemum, which represents cheerfulness and abundance

Lynn Pritchard / Peyton Moore-Woods

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

Cost: \$10.00 per person

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



November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Healing 1 to 3 pm Herb of the month 3:30 to 4:30 pm
4 Yoga w/Natalie 11 to 12 pm Mediumship with Maeda 1 to	5 Cld	6 Herbal crea- tions with Jennifer 7-9	7	8	9 Yoga w/ Natalie 11 to 12 pm	10
11 Yoga w/Natalie 11 to 12 pm	12 Cld	13	14	15	16 Yoga with Natalie 11 to 12 pm	17
18 Yoga w/Natalie 11 to 12 pm Reiki 2 12:00 to 7:00 pm	19 Cld	20	21	22	23 Yoga w/ Natalie 11 to 12 pm Black Friday	24 Black Friday sales continue Free classes
25 Yoga w/Natalie 11 to 12 pm 2 1/2 hour med- itation 12:30 pm	26 Cld	27	28	29	30 Yoga w/ Natalie 11 to 12 pm	



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*

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 - Love might be stronger and more serious.

Taurus - Avoid major relationships commitments until November 16th.

Gemini - Get more creative and playful without getting reckless.

Cancer - Complete something you genuinely love, or spend more time with a special someone.

Leo - Social activities might become less elegant and less unpredictable.

Virgo - Love becomes more serious in relationships, careers, etc.

Libra - Someone surprising may be open to your presentation.

Scorpio - Don't over think it. Personal time is necessary.

Sagittarius - Something small could break your way and turn out later to be big.

Capricorn - Deep friendships come later. Also keep interest to self.

Aquarius - Be a good listener and stay objective.

Pisces - Love gets intensive in quieter, deeper, less obvious ways.

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