



# SPIRITUAL UPLIFTS



## December 2018

### Mark your calendars!

Spiritual Uplifts Healing Retreat Friday, December 7, 2018 to Sunday, December 9, 2018

We are giving you permission to take care of yourself. Take this workshop to pay attention to your deepest needs. **RECHARGE MENTALLY, PHYSICALLY, AND SPIRITUALLY.** Our main focus is giving you a safe place to use the proper tools to help release blockages, karma debt, cord cutting, clear chakras, and meridians. **CREATE A HEALTHIER PATHWAY TO CONNECT WITH HIGHER SELF.** During this time Lynn's full attention will be given to the class. This workshop is for people whom live in Jacksonville or out of state. The workshop will be at the store and we will provide three meals, snacks, and drinks. Hotels are priced separately. We will provide you with a menu and a list of hotels with pricing. You will also receive 1 Lemurian crystal, journal, laminated handouts, a full crystal grid, and 10% off all services and retail during the time of the event.

**Total package \$350.00 per person. Limit 8 people. Reserve your space early with a \$50.00, non-refundable deposit. 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.



## Retreat schedule December 7, 8th and 9th

<p><b>DAY 1</b>          4:00 pm to 5:00 pm          5:00 pm to 6:30 pm          6:30 pm to 7:00 pm          5:00 pm to 9:00 pm</p>	<p>Dinner          Meditation to relax          Design your own journal/with Kim          Kim will do numerology readings          Aura painting readings with Lynn          Journal</p>
<p><b>DAY 2</b>          10:00 am to 10:30 am          10:30 am to 11:00 am          11:00 am to 12:00 am          12:00 pm to 12:30 pm          12:30 pm to 1:00 pm          1:00 pm to 1:30 pm          1:00 pm to 3:00 pm          3:00 pm to 3:30 pm          3:30 pm to 4:00 pm          4:00 pm to 5:00 pm          5:00 pm to 6:00 pm           6:00 pm to 7:00 pm          7:00 pm to 7:15 pm          7:15 pm to 8:15 pm          8:15 pm to 8:45 pm          8:45 pm to 9:00 pm</p>	<p>Snacks provided: Everyone will settle in.          Journal          Release blockages, and cut cords          meditation          Connect with your Lemurian Crystal          Past life regression meditation          Past life individual read with Lynn on a lesson          Karma release exercise          Learn about six of different essential top graded oils          to use for healing and consciousness. By The Crystal          Gardens          Food Break          You will experience Color therapy/Sound therapy          with the crystal bed (15 mins each)          Create a crystal healing grid          Break          Crystal Garden meditation          Individual Healings and message with Lynn          You will be journaling after each session.</p>
<p><b>DAY 3</b>          10:00 am to 10:30 am          10:30 am to 12:00 pm          12:00 pm to 1:00 pm          1:00 pm to 2:00 pm          1:30 pm to 3:00 pm          3:00 pm to 3:30 pm          3:30 pm to 5:00 pm          5:00 pm to 7:30 pm</p>	<p>Snacks provided: Everyone gets settle in.          Positive word changes and affirmations          How money energy works          Learn how animal totems can work for you.          Intensive chakra repairing and cleansing          Mediation          Food Break          Kim will help you create your own treasure map for          the future. While Lynn privately gives everyone indi-          vidual a 25 min reading.          Journal: share journal with group if you liked.</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-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



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**



## 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

Hope you had a wonderful Thanksgiving. I am confident that now that you have become more clutter-free your holiday ran smoother. In the last three months we have learned about cleaning clutter and letting go of unhealthy relationships. By now you are realizing how different the energy is with less clutter. If you have been hesitant to take this challenge because maybe you just don't have the energy to do so, its i because when you have a lot of clutter, it stacks up and causes tiredness and lethargy. The challenge is to help free up the energy in your home to release new vitality in your body. In doing so, it allows us to deal with new and old problems, granting positive energy to move forward. In addition, the energy allows you to generate healthier relationships. If you look after yourself by providing a healthier environment, people will notice and value you the same way you value yourself and space. However, clearing our environment is just the start. Now we need to get organized and understand why maybe some relationships are not working.

When organizing, be reasonable. Everything does not have to be perfect or you will never get it done. Here are some organization tips:

**Recycle:** Get in the habit of recycling. Look on the bottom of jars and containers to see if they can be recycled. I worked for a recycle company at one time. The biggest issue we had was people would leave covers on water bottles or any other kind of container. When the container ran through the conveyor belt, the lid would pop off, exploding the bottle into pieces. So the person who picks up the recy-

Leather journals  
sold at  
Spiritual Uplifts



cling has to make sure no lids are on the bottles. You can imagine how much work that is for one person. Here is a website you can use to learn how to recycle: <https://www.epa.gov/recycle/how-do-i-recycle-common-recyclables>

**Woman's purse:** Choose a medium-sized purse. Make sure it at least has 4 compartments. One for your wallet that will hold your credit cards, loyalty cards, and cash. Next compartment should be for your cell phone. Another compartment should be for your receipts, and one compartment for you makeup (trial size). Hook your keys on the side of your purse, so you do not misplace them. Next, keep a backpack in the car with tissue, feminine products, sunglasses, gum, dental floss, aspirin, etc. In addition, try to keep a journal on you to prevent memory loss (either in the purse or backpack).

Create a central work station in your home:

This area is where you keep your calendar so you can keep up with schedules and tasks. This would include cleaning schedules, doctor's appointments, kid's activities, etc. It's also a good place to delegate daily tasks and keep incoming and outgoing mail.

**Labels:** Post-it notes are your friend. Always label and date your food. Alphabetize all label files that you keep. To stay paperless, purchase a scanner to keep all important papers. Of course, always make sure you have a backup drive.

**Make a weekly to-do list:** This way, you have a week to complete this list. Do a little everyday. Include deadlines on the list so you can get it done.



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sold at  
Spiritual Uplifts



## Message from Lynn

When it is time to end a relationship or make a change in a relationship. Read the following:

When you have a partner that you have to keep explaining yourself to over and over again: This can indicate that either they get offended easily or they are just not listening to you.

When your partner is making you feel misunderstood: Maybe you feel misunderstood because you are trying too hard or trying to be something you are not.

When you have a partner that lies to you: When you catch someone in a lie TRUST becomes a big factor. How can you trust someone who lies? You really can't. But most partners are in denial about the person who is lying to them. They will make excuses why they lie or paint a pretty picture to others about their partner. Then they become the liar.

When a partner takes more than they give: A good relationship will be more flexible. You will not feel drained or be the only one giving.

Emotional cheating: You see this a lot on social media. Couples find themselves talking to other people they are attracted to and taking it too far. If you find yourself straying, it is time you take a good look at your relationship and figure out what is missing. Sometimes just talking it out with your partner can help. At least give it a try. If it's still not working, rather than cheating, make a better decision that is not going to be so hurtful in the long run.

Clearing out clutter, bad relationships, bad habits, and learning to organize can raise your energy. Once the clutter is gone, you will benefit from the positive affects it will create in everyday life. Next month I will give you some more organization tips, along with some Feng Shui tips. We will also learn more about meditation and emotional healing. I hope everyone is enjoying this journey!!!

Happy Holidays! Love you all, Lynn.



## Classes

**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

**Sunday 2nd 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 15th Free Essential Oil Class with Kim from 3:00 pm to 3:30 pm.** Come learn about 5 popular oils and their spiritual and physical uses. We will also discuss corresponding crystals to maximize the benefits of each oil.

**Sunday 16th 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 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.

**Saturday 22nd How to Handle Stress Class from 3:00 pm to 5:00 pm.** This class is designed to help you deal with daily stress, especially around the holidays. Learn to relax and de-stress. There will be different breathing techniques, affirmations, and meditation. In addition, you will make and decorate your own mirror. Cost: \$15.00

### Ongoing Weekly Classes

**Every Friday** Yin Yoga with Natalie 11:00 a.m. to 12:00a.m.

**Every Sunday** Yin yoga with Natalie 11:00 am to 12:00 \* No Yoga on December 9th

Sign up ahead for our Release and Recharge Retreat. .December 7th, 8th and 9th. Spiritual Retreat part one. More information on Pages 1 and 2.

\*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

Last month, we learned that the names of people, objects and things can help us understand the energy they give us. Figuring out the numerical value of the months of the year can often indicate the vibration of that specific month. It always fascinates me how the energy of the number relates to events that take place in that month.

We are now entering the month of December, the last month of the year. The letters in December equate to the number 1, which is the number for new beginnings. As we approach the end of this month, we will start thinking about what we want to accomplish in the New Year. Our resolutions.

For many, December is the time for the celebration of Yule. Interestingly, the numerical value of the word "Yule" is 9, the number of completion and celebration. It is also the number for compassion and generosity. Yule is a time of celebration and feasting, as well as giving back to others.

As we embark on our individual life cycles, we are rewarded in the ninth month for all of our hard work. December is no different. This is a month of celebration for the effort put in throughout the year. Enjoy the fruits of your labor and spending time with loved ones. See you next year!

## Spiritual Uplifts Green Nook

Thankfully for our gardens, Florida's winter season promises a chill in the air without the threat of snow. Just remember to check on freeze warnings and cover your plants accordingly! While winter is typically the time for many plants to go dormant, it doesn't mean that you cannot go work in your garden. This is an excellent time to go out and prepare for the spring if you need to build raised beds or add mulch around your trees and shrubs. Reliable cool season vegetables include cabbages, collards, beets, and broccoli. Pansies, petunias, and snapdragons can add a splash color in winter gardens. Nothing says Christmas time quite like a poinsettia. These beautiful plants prefer up to six hours of indirect sunlight and need to be watered when the soil feels dry to the touch. When cared for properly, their blooms can last for around four to six weeks indoors. Poinsettias are mildly toxic for cats and dogs, so keep out of reach of animals if you have them in your home. Happy holidays!

Peyton Moore-Woods



## Spiritual Uplifts

### Magical Moon for December

The “Full Cold Moon,” or the “Full Long Nights Moon.” During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term “Long Night Moon” is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

Ritual: Plan for a ritual to help you remain steadfast in your convictions

Make a list of your values and convictions and place them on your altar.

Candle: Yellow

Incense: Sandalwood

Oil: Frankincense or myrrh

Say: “I stand by my convictions and values without judgment. I bless and confirm on prayer from the highest good and love.”

### **This month’s study at Spiritual Uplifts**

**Crystal of the month: Peach Moonstone:** Provides soothing relief to emotional issues, such as depression or anger. Soothes worry or anxiety, and brings out the best in people. Promotes hormonal balance, strengthens the immune system and brings peace to the wearer.

**Herb of the month: Skullcap:** A comforting herb. It is used to promote emotional well-being and relaxation during times of occasional distress..

**Oil of the month: Wintergreen Oil:** This slightly sweet oil is used as relief for digestive issues as well as pain relief for headaches, cramps, arthritis and other maladies. It is a naturally calming scent that can aid in relaxation and alleviating anxiety.

**Book of the month: Everyday Clairvoyant by Cyndi Dale:** the wisdom and guidance of this book is presented in three categories: relationships, work/destiny, and health. This easy-to-follow Q&A format is a heartwarming, humorous, and surprisingly down to earth book that offers tips and techniques for developing your own intuitive gifts, while offering insights to questions most of us have asked at one point in our lives.

## *December Insight.*

December is the month of the Winter Solstice, the longest night of the year. This traditionally falls on December 21. The pagan Scandinavian and Germanic people of northern Europe celebrated the winter solstice with Yule (also called Julblot). Did you know that many of our modern Christmas traditions date back from Yule? The Christmas tree, wreaths, and yule log all date back from this pagan holiday. With holidays like Hanukkah and Christmas, generosity runs high in December and we all get into the spirit of giving gifts to our family and friends. Take time out of your day to show your loved ones how much you appreciate them! The zodiac signs for this month are Sagittarius and Capricorn. December's flower is the narcissus. Its birthstones are the turquoise, zircon, and tanzanite.

Merry Christmas and happy holidays!

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 \* No Yoga on December 9th

Cost: \$10.00 per person

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



# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <b>Healing 1 to 3 pm</b>
2 <b>Yoga w/Natalie 11 to 12 pm</b> <b>Mediumship with Maeda 1</b>	3 Cld	4	5	6	7 <b>3-Day Healing Retreat 4pm to 9pm</b>	8 <b>3-Day Healing Retreat 10 am to 8pm</b>
9 <b>3-Day Healing Retreat 10 am to 6 pm</b>	10 Cld	11	12	13	14 Yoga with Natalie	15 <b>Essential Oils 3:00-3:30 pm</b>
16 <b>Yin Yoga 11-12 pm</b> <b>3 1/2 hour meditation 12:30-</b>	17	18	19	20	21 Yoga with Natalie 11-12 pm	22 Release Stress & create your own mirror 3-5 pm
23 Yoga with Natalie 11-12 pm	24	25	26	27	28 Yoga with Natalie	29
30 Yoga with Natalie 11-12 pm	31					



## 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](http://www.spiritualuplifts.com) or join us on Facebook at [www.facebook.com/spiritualupliftsnew-](http://www.facebook.com/spiritualupliftsnew-)*

## **HOROSCOPE**

**Aries** - Honor your need for personal space! Spa time.

**Taurus** - The energy around you gave you tunnel vision. Apologize if you need to.

**Gemini** - Strong emotions come in waves. You may need time to process them.

**Cancer** - If you have gotten out of sync with someone you will be able to reconnect.

**Leo** - You will meet someone this month. This is a soulmate bond. Could be a love interest or friendship.

**Virgo** - Avoid being around self-absorbed people. Stay Zen during the holidays.

**Libra** - Make sure you are not obsessive this holiday or things will be scattered.

**Scorpio** - This is the month for you to be in charge.

**Sagittarius** - Go with your gut feeling on whether you feel it's a game or not.

**Capricorn** - You will be able to make your point this month in a nice way.

**Aquarius** - Manage your stress. Try not to take your anxiety out on others.

**Pisces** - There may be a spontaneous invitation this month.

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