



SPIRITUAL UPLIFTS



February 2019

2 day Psychic Development Workshop



Discover your natural psychic abilities. What is your niche? Are you claircognizant or clairsentience? Discover how to incorporate divination tools such as oracle cards, pendulums, crystals, and runes. Be trained to read auras. Psychometry, psychic readings, and mediumship. Instructor Lynn Pritchard. Lunch, snack, drinks included. More details 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.



2 Day Psychic development Workshop

2 Day Psychic development Workshop with Lynn

This class is designed for people whom are new to their gifts. You will discover where you need to focus to develop your strong points.

Day 1 Saturday Time: 1:30 pm to 7:00 pm

Learn how to protect yourself.

When working with the spiritual world protecting yourself is very important. If you are doing psychic work without protection there is a chance you can connect with negative spirits. You will also find yourself getting tired, taking, angry, ill or taking on your client's problems.

Learn to receive messages with your guides, angels, and ascended masters. During this session you will have a better understanding of how to connect with your guides. Lynn has developed 4 simple techniques that can be practiced to help receive messages. Next, you do a will walk through meditation with Lynn to connect with your guides.

What are your gifts? What kind of gifts do you have? Are you clairvoyant, clairsentience, or a medium? Learn about the different abilities and how you can use them to heighten your gifts. Walk through meditation with Lynn to discover your gifts.

Psychic development In this part of the session you will be given a series of exercises to gain new insight and connect yourself to a higher level using your abilities. You will learn to read auras, feel energy and pair up to practice on other students. You will do automatic writing, remote viewing, telepathy, visionary work, and ESP.

Psychometry is something you may have seen used on television by psychics to help solve cases and find missing people. Psychometry is the ability to tune into the physical and emotional history of an object by touching it. **Bring an object with you but only show it to the instructor or front desk.**

Psychic Attunement The attunement increases your awareness and channels your gifts. In addition you get energy work and a message from Lynn.

Day two

1:00 pm to 7:00 pm

Learn how to read oracle cards: Oracle cards are good for beginners or people whom study mediumship. Learn about the different types, and how to use them to connect with your intuition. **Learn to cleanse the cards, connect with them and the different ways you can use oracle cards.** Do you have a deck of oracle cards you cannot relate to? Bring the deck in and swap with another student.

Psychic Divination tools. Learn how to use different tools help with psychic work. Pendulums, Runes, and Crystals.

Psychic Family Feud: You will be playing the game with a group that is assigned to you. The winning team each get a psychic divination tool.



Information:

Lunch, snacks, drinks and supplies included.

Meditation: Some of the meditations that are used will be recorded. However, most of the meditations are personally written by Lynn.

Divination tools: The class will have many divination tools available to use for practice. However you will need to bring or purchase a deck of oracle cards and pendulum.

Food: Lunch, snacks, drinks will be provided. We will have menus for you to choose your lunch from.

The family feud game will be in two teams. There will be a first place prize and a consolation prize

All students who attend both days will receive a certificate of completion.

Limited seating. \$50.00 non-refundable deposit is required to hold your spot. Once your deposit is made you will receive a packet with schedule and menu. Cost \$250.00

If you sign up please make sure you paid the deposit and ordered from the menu.

Instructor: Lynn Pritchard Psychic Medium, Reiki Master, Intuitive Instructor, Tarot Master



Hello everyone, its tansy! We still have the 33 day class going. Join us anytime.

33 DAY CLEANSING WITH BODY, MIND AND SPIRIT.

Learning authentic self through awakening the natural forces within you.

This is a recurring class every Saturday beginning January 26, 2019.

Looking for something to uplift your spirits? This workshop is designed to discover yourself by raising your frequency and cleansing your energy field. You will learn different techniques to help create a positive and abundance-flowing life. Each class starts at 10:30 and runs from 1 hour to 2 hours at the most. Schedule is available for those who sign up. Cost:\$15.00 per class. Please call to reserve your seat at (904) 292-4555.

COMMITMENT

VALUES

POSITIVE EXERCISES

LETTING GO

CHANGING PERSONAL HISTORY

INCREASE ENERGY

WORK ON RELATIONSHIPS

TREE OF LIFE

GRATITUDE

SHADOW WORK

BREAK OLD HABITS

SAY NO

INNER CHILD WORK

CHARKA WORK

POSITIVE THINKING



Amethyst cylinder
sold at
Spiritual uplifts



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**



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



35 HERBS

SOLD AT

SPIRITUAL UPLIFTS



Message from Lynn

We are finally at our sixth month. We have gone over everything about cleaning out clutter. The ideas I have given you from the past 6 months was to help get rid of the chaos so you are able to control your life instead of it controlling you. Please remember its never to late to start.

The next step is spiritually cleansing your space.

Once its all done here is a house cleansing ritual you can do. Use the four elements: water, fire, air, and earth

1. Sage or incense (sandalwood, or frankincense)
2. White candle
3. A bowl of water
4. A bowl of salt

Start with the incense to represent air. Burn your incense following the directions above on how to use sage. Say out loud "with the power of air I cleanse this house." Light your white candle to represent fire. Walk to each window in your home and repeat "With the power of fire I cleanse this home"

Take your bowl of water and sprinkle some at the front door and back door and say "with the power of water I wash away any negativity, I cleanse this home"

Finally, take your bowl of salt and sprinkle it in the closets and say "with the power of earth I cleanse this home." Have all your elements at your altar or on a table. Sit for a few minutes and visualize all the negativity leaving your home. Visualize you and your family receiving happiness and abundance.

I would like to end this with giving you a better understanding of relationships. Why we are connected with good relationships and bad.

A heart connection in your life helps you connect with your emotions, thoughts, and actions. We seek love and compassion from family, friends, and relationships. Learning to love and receiving love can be unpredictable. When we lack self-worth or respect for ourselves, what we are really lacking is love. Instead of opening our heart, we sometimes take the safer road and close ourselves off. Then subconsciously we get ourselves involved with unhealthy situations which we think is love but really its just more lessons from the divine teaching us that we have consequences from our choices. We get ourselves in relationships because we need someone to fill in the blanks of our own self-esteem.

Our relationships with others reflects on us as part of a lesson we are learning about ourselves. Maybe this relationship is not good for you, but figure out why you are in it so you don't have to keep repeating the lesson. Try to approach others with empathy instead of judgement, or have no expectations

I hope you enjoyed our six months together. Good luck and don't forget my 33 day cleansing the body, mind and spirit class every Saturday starting at 10:30 am. Have a fantastic and clutter free February.

Happy Valentines Day!

Love you all Lynn



Classes

Saturday 2nd, 9th, 16th, & 23rd. 33 day class. Every Saturday \$15.00. 33 day cleansing the body, mind and spirit. Learning authentic self through awakening the natural forces within you. Saturday \$15.00 Instructor Lynn Pritchard

Saturday 2nd 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 3rd Mediumship 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. Instructor: Maeda Jones Cost: \$25.00.

Saturday 9th Understanding soulmates from 2:00 to 4:00 pm Before you were born you wrote a contract establishing your relationships to assist with your life path. We will discuss blocks and complete exercises. Cost \$20.00. Instructor Lynn Pritchard

Sunday 9th The Magic of Love. 4:30 to 6:00 pm Whether you are looking for love or looking to spice up your relationship this is a fun class for you. We will do a meditation, learn how to make a love potion, and make your own love herbs. Cost \$20.00 Instructor: Lynn Pritchard

If you attend both the soulmates class and the magic of love receive a \$10.00 discount \$30.00 for both.

Saturday 16th & 17th 2 Day Psychic Development 1:30 pm to 7 pm. More information on pages 2 & 3

Saturday 23rd Vision board 2:00 pm to 4:00 pm Kim will help you create a board to attract or help your love relationship. Let Kim help you design and manifest love. Seating is limited. Please call to reserve your space. Instructor Kim Pritchard Cost \$10.00

Sunday 27th 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 with 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. Instructor Lynn Pritchard Snacks included. Cost \$25.00.

Ongoing Weekly Classes

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 for your understanding and we appreciate your business.



Spiritual Uplifts Numerology

Previously, we have talked about the different numbers that come up in our everyday lives, such as our life path number or personal month. Those new to the study of numerology may believe that the months of the year only contain the energy of their numerical value (January is a 1, February is a 2, etc). This month, we'll explore a new concept: the Universal Number. The Universal Number is calculated by the month number and the current year. Think of it as the Universe's personal month. Each year, the number of each individual month will change, bringing us the added energy of that month's Universal Number.

This year, February's Universal Number is a five. In numerology, 5 is the number of change, transition and adventure. This is the month to expand your horizons and come out of your shell. This is also a great month for positive transformations such as a new job, increase in income, or spiritual growth. Change may also come to us by way of opportunities presenting themselves. Be sure to do your part by taking the steps necessary to bring change to you. Five also brings us an enthusiastic energy, which will help give you the motivation to take advantage of any opportunities that come your way.

Kimberly Pritchard

Spiritual Uplifts Green Nook

This is a great time to start planning and planting for your spring garden. Plant your roses soon so that they will be established before any heat waves roll in. Potatoes, onions, lettuce, and spinach do well in February. Be sure to remember to fertilize your azaleas! When working on your flower beds, keep in mind of plants that can survive the frost in case Florida has one of her sudden weeks of freezing cold. Snapdragons, lobelias, pansies, and dianthus are good candidates.

Don't prune your roses until all dangers of frost have passed. Most shrubs would benefit from a late-winter trim, but trees that flower in spring should be pruned after they flower. If you have been feeding the birds this winter, continue to do so! Your backyard feathered friends are still reliant upon additional food sources and can go hungry without the extra help.

Peyton Moore Woods.



What's new at Spiritual Uplifts

BACKFLOW INCENSE BURNERS

RESIN MOUNTAIN W/ BUDDHA

A Buddha is one who has attained Bodhi; an ideal state of intellectual and ethical perfection which can be achieved by man through purely human means. A black backflow burner with deep & vibrant colorings.

A petite waterfall for the smoke to flow down & ceramic Buddha to sit to it



February Study of the Divine at Spiritual Uplifts

Crystal: Rose Quartz -- Attracts love to you and from you. Brings self-love and acceptance. Purifies heart and encourages unconditional love and peace. Releases unexpressed emotions, heartache, and comforts grief. Encourages self-forgiveness and trust.

Oil: Triple Goddess by Sun's Eye -- A ritual oil inspired by Divine Feminine energy. This helps bring balance and grace to all your spiritual workings. It has a sweet fruity aroma, balanced with bright resins and the maturity of Sandalwood.

Herb: Passionflower -- Cooling to the body, calming to the mind, and soothing to the spirit. Can be administered as a soothing tea for children or the elderly and can help to calm a restless mind. It quiets disquietude and calms the ruminating mind.

Book: Angel Numbers by Doreen Virtue -- One of the most common ways in which angels speak to you is by showing repetitive number sequences. This book clearly explains how to receive accurate messages from your angels and heavenly loved ones whenever you see repetitive number sequences on telephone numbers, license plates, clocks, and so on.

Dana Havey

Quote of the month - Love is not finding someone to live with, its finding someone you can't live without.

Rafael Ortiz

February Insight.

February's name derives from the Latin term februum, which means purification. During the month of February, or Februarius, ancient Romans would hold a purification ritual called Februa on the 15th.

The Finnish have a poetic name for this month, Helmikuu, which means "month of the pearl." When snow melts to droplets on the branches of trees and freezes again, they look like glistening little pearls. The Old English, however, had a less romantic view of the month. They either called it Solmonath ("mud month") or Kale-monath ("cabbage month.")

Did you know that February is the only month of the year that can pass without a full moon? The last full moon that happened in February was last year in 2018 and the next will occur again in 2037.

The western zodiac signs for this month are Aquarius (until Feb 19) and Pisces (Feb 19-March 20).

The birth flowers are the violet, common primrose, and iris. Amethyst is February's birthstone.

Peyton Moore Woods

Yin Yoga with Natalie

Every Sunday

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 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.



CHAKRA
NECKLESS
SOLD AT
SPIRITUAL UPLIFTS



Spiritual Uplifts Magical Moon.

Full Snow Moon – February Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February’s full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult.

New Moon	February 2nd	4:03 pm
First Quarter	February 12th	5:26 pm
Full Moon	February 19th	10:53pm
Last Quarter	February 26th	6:27 am

A full moon spell for love

You will need

1 red apple

Pink and or red rose petals

Red pen

Knife

Large sheet of pink paper

Red ribbon

- 1. Write down the characteristic you are looking for in a love match
For instance, honesty, loving ,and understanding.**
- 2. Hold your apple up to the moon and say “lady Moon of sky above, grant my wish and send me love.**
- 3. Take your knife and use it to carve into the apple an image of two hearts touching.**
- 4. Sprinkle the rose petals over the paper and use it to wrap them and the apple up, with writing on the inside.**
- 5. Bind the package with the ribbon, knotting it three time as you speak your wish aloud.**
- 6. Take the package to a natural place such as a park or the woods. Bow to the moon three times as you walk away. You will soon find the love that you desire.**

This is the moon of purification. You may feel your self releasing and starting new. Calcite crystal will help you be balance with the moon.



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/spiritualupliftsnew-agestore

HOROSCOPE

Aries - You're at the end of a process now, a personal breakthrough, asking that you redefine goals.

Taurus – Out of the blue help will come just when you need it.

Gemini – Go with your instincts if something seems too good to be true. You are probably right.

Cancer – Reclaim yourself in a precarious professional situation.

Leo – Unexpected developments in a relationship or at a distance are asking you to keep an open mind.

Virgo – Acknowledge the need for healthier boundaries, and let go of toxic situations that deplete you.

Libra – Avoid clinging on to others. You can't control anyone else or lose anything that is of real value.

Scorpio – You can have what your wish for, so be careful what you wish for.

Sagittarius – Work on self-acceptance and love yourself, even the parts that make you feel uncomfortable.

Capricorn – You're growing in self-esteem and emotional and financial security, but you still need to value yourself.

Aquarius – Learn your lessons, stop worry about what is out of your hands.

Pisces – Selfish motives and desires will be your downfall.

In **2019**, Mercury will be only be retrograde during the date ranges of:

March 5th to March 28th (In Pisces) At this time when mercury is in retrograde it will interfere with communications and intellect. Jobs will be stressful. Relationships can have issues.

July 8th (in Leo) to August 1st (in cancer) In leo this will stop daily communication. Delay any purchases of appliances, tools or anything linked to transport, contract signing or partnership.

October 31st to November 31st (scorpio) Scorpio brings lies, breach of contracts and time of discovery in things we have forgotten.

By Lynn Pritchard



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						33 cleansing 10:30 to 11:00 pm Healing event 1 to 3 pm
3	4	5	6	7	8	9
Yin yoga 11 to 12 Mediumship 1 to 4						33 cleansing 10:30 to 11:00 pm Soulmates 2 to 4 Magic of love 4:30 pm to 6 pm
10	11	12	13	14	15	16
Yin yoga 11 to 12						33 cleansing 10:30 to 12:30 pm Psychic development 1:30 pm to 7pm
17	18	19	20	21	22	23
Yin yoga 11 to 12 Psychic development 1:30 to 7:30 pm						33 cleansing 10:30 to 1:00 pm Vision board 2 to 4 pm
24	25	26	27	28		
Yin yoga 11 to 12 2 1/2 Meditation 12:30 to 3:00						