

NEWSLETTER

Monthly Insight

2026

july 2026

Written by Lynn Pritchard

July 1, 2026.

July is a month of history, independence, reflection, and personal freedom. This year holds special meaning as we approach the 250th anniversary of American independence, honoring the signing of the Declaration of Independence on July 4, 1776. It is a time to reflect on courage, freedom, and the choices that helped shape history.

Independence can also be personal. July invites us to think about what freedom means in our own lives. Are we ready to release old fears, patterns, stress, or situations that no longer support our spirit? Are we ready to stand stronger in who we are and create more peace within ourselves?

Spiritually, July falls between the Summer Solstice and the first harvest celebration, Lammas/Lughnasadh, on August 1. This gives the month an energy of sunlight, growth, gratitude, protection, and preparation. It is a beautiful time to focus on what you are growing in your life and what blessings you are ready to welcome.

July is also connected to emotional wellness and connection. It is a reminder to care for your mind, body, and spirit, to protect your peace, and to surround yourself with energy that feels supportive.

This month invites us to honor history, celebrate freedom, and reflect on the independence we are creating within ourselves.

Spotlight of the Month

For the month of July, Spiritual Uplifts is excited to offer several special experiences filled with fun, healing, and spiritual growth. Our crystal mining experience is a wonderful way to explore the world of crystals in a hands-on way. Guests can sift through the mining rough, discover hidden treasures, and learn more about the crystals they find. It is a fun experience for kids, families, friends, and crystal lovers of all ages.

We are also offering our Summer Package for \$89, which includes a full aura report and a relaxing crystal bed treatment. This package is a beautiful way to check in with your energy, relax your mind and body, and enjoy a peaceful reset.

For those looking to expand their spiritual gifts, Lynn is offering a 6-month intuition mentorship. This program includes monthly one-on-one sessions designed to help you strengthen your gifts, understand your intuition, and grow with guidance and support. In addition, we have a special healing package available at a discounted rate for anyone ready to focus on healing, balance, and personal renewal.

We invite you to stop in this July and experience the fun, magic, healing, and spiritual support waiting for you at Spiritual Uplifts.





SERVICES



Crystal Gem Mining! Every Day!

12 to 5 PM

Fae buckets \$25.00 or \$45.00

Thunderbolt \$65.00

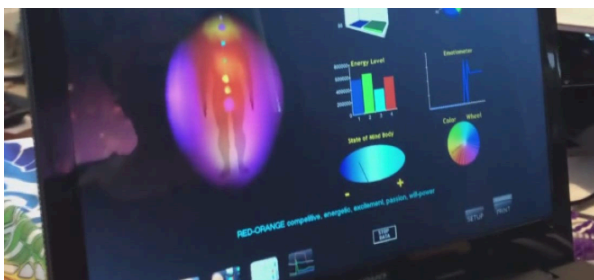
Extravaganza Dig \$100.00



Candle Bar

- Choose Between Pre-Made or Create Your Own Candle

A candle can take approximately 45 to 55 minutes to complete.



Aura Camera

Price range: \$35.00 to 60.00

\$10.00 off report emailed.



Our Services

Crystal Bed Session and Packages.

Library Membership
\$20.00 yearly fee

Bead Bracelet Repair

Restring \$5.00

Astrology Reports

Price Range:
\$25.00 to \$75.00

Order Options:
Available online or in-store



Upcoming Events

Dear Friends,

Hello everyone, it's Lynn. 💜

I wanted to share a little behind the scenes. Remodeling the store has taken longer than we hoped because my husband has been working full-time while also trying to finish the store. It became too much to keep doing both, so we made the decision for him to step away from his day job so we can finally get the remodeling completed. This was not an easy decision, but we know this is what needs to happen for Spiritual Uplifts to keep growing. Right now, we are asking for your support. Stop in and shop, purchase online, buy a gift card, book a service, like and share our posts, or tell a friend about us. Every little bit helps us keep things going while we finish this next chapter.

If you love Spiritual Uplifts as much as we do, we would truly appreciate your support.

With love,

Lynn

Highlights

Highlight of the Month: Crystal Mining Fun

This month's highlight at Spiritual Uplifts is our crystal mining station! It's a fun experience for kids, families, crystal lovers, and anyone who enjoys discovering hidden treasures.

For July, enjoy our crystal mining specials:

Purchase two Fae Buckets and receive \$5 off.

Purchase two large or specialty buckets and receive \$10 off.

It's a great time to bring the kids, grandkids, family, or friends in for a little crystal adventure.

We are also offering our Summer Special Package:

Crystal Bed Session + Full Aura Report for \$89

Come enjoy the fun, the energy, and the magic at Spiritual Uplifts.

We can't wait to see what treasures you discover!



Spiritual Uplifts Monthly Study

Book:

**Secrets of Space Clearing
by Denise Linn**

Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive.

Herb:

Ginkgo leaf extracts are primarily used in dietary supplements to improve blood circulation, enhance memory, and support cognitive function. The leaves contain flavonoids (antioxidants) and terpenoids (compounds that dilate blood vessels), and are used to manage a wide variety of conditions

Oil:

Lemongrass oil:
Aromatherapy & Stress Relief: Diffusing the bright, citrusy scent can help reduce anxiety, mental fatigue, and promote an energizing, positive outlook.

Crystal:

Black Jade
Black Jade is the stone of independent living despite physical limitations. It encourages respect and offers protection in a stressful work environment. It allows honest self-evaluation and helps absorb and transform unhealthy or destructive emotions.

CAUTION: Should not ingest if you are pregnant or breast feeding, have a weakened immune system, have an autoimmune disease, have gout, or have hormonal imbalances

Precautions: This oil can be used to scent your home, car, or body and/or used in lockets, bracelets, diffusers, and aroma lamps. External use only. Do not ingest. Keep away from children and finished surfaces.

If using in therapeutic doses then not for use in pregnancy except under the supervision of a qualified healthcare practitioner. We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

SPIRITUAL UPLIFTS MAGICAL MOON

Written by Lynn Pritchard

July 1, 2026

Last Quarter: July 7, 3:29 P.M. EDT

New Moon: July 14, 5:43 A.M. EDT

First Quarter: July 21, 7:05 A.M. EDT

Full Moon: July 29, 10:36 A.M. ED

Make sure to write down your seven wishes, a tradition we uphold during each full moon.

Express your seven wishes as if they have already been fulfilled.

After writing them down, burn the paper and bury the ashes in the earth outside.

July Buck Moon Ritual: Strength, Growth & Blessing

The July Buck Moon symbolizes growth, strength, renewal, and stepping into your next chapter. This is a beautiful time to focus on courage, confidence, protection, and the blessings you are ready to welcome.

You will need:

A candle for strength or intention

A bowl or cup of water

A crystal for courage, growth, or protection

A piece of paper and pen
Incense, sage, or herbs for cleansing

Optional: spiritual oil to dress your candle or anoint your hands

Good crystals for this ritual are

Tiger's Eye for courage,
Carnelian for motivation,
Citrine for confidence and abundance, Sunstone for joy,
Green Aventurine for growth,
Clear Quartz for clarity, and
Black Tourmaline for protection.

Step 1: Prepare Your Space

Cleanse your space with incense, sage, sound, or your favorite spiritual tool. Light your candle and place your bowl of water nearby. As the candle burns, imagine your space filling with strength, peace, and protection.

Step 2: Bless the Water

Place your hands over the water and say:

"Under the light of the Buck Moon, I bless this water with strength, courage, protection, and growth. May it support the energy I am calling into my life."

Step 3: Set Your Growth Intention

On your paper, write one area of your life where you are ready to grow stronger. This may be confidence, intuition, healing, business, relationships, health, abundance, or inner peace. Hold your crystal over the paper and imagine that intention being filled with light.

Step 4: Seal the Ritual

Hold your crystal and say:

"I welcome strength. I welcome courage. I welcome growth. I trust the path I am on, and I open myself to the blessings ready to come forward."

Place your crystal on top of your paper overnight. In the morning, use the blessed water to touch your hands, bless your front door, your workspace, your altar, or a plant.

Stop by Spiritual Uplifts before the Buck Moon to pick up your candles, crystals, herbs, incense, oils, and ritual tools for your full moon practice.

Journal Prompt

- What aspect of myself is prepared to become stronger?
- What am I willing to let go of before entering the next season of my life?
- In which areas do I need to cultivate more courage?
- What does personal freedom signify for me at this moment?

What blessing am I ready to embrace?



Bre Green Nook July Issue

Melon sa Malamig (Cold Melon Juice)

Melon sa Malamig is a beloved Filipino summer drink that is extremely easy to make.

Ingredients:

One ripe cantaloupe

Fresh water

One can condensed milk

Honey or agave syrup (to taste)

1 Cut your cantaloupe in half, scoop and discard the guts.

2 Scrape and shred the meat of the melon, saving all of the juice that you can.

Do not shred the rind, it is bitter

3 Transfer all of the shredded melon and juice, the can of condensed milk, and water to a large pitcher

4 Stir well, add more water if too sweet or add agave/honey if not sweet enough.

5 Refrigerate for at least one hour

6 Stir well and serve over ice

Enjoy!

Spiritual Uplifts Crystal Grid

Written by Bre Sousa



July 1, 2026

July Grid

Balance

Begin by setting intention.

Burn Patchouli herb or incense.

Place a crystal generator of Clear Quartz in the center of your cloth or wooden grid.

Next, you will alternate placing these three stones one after the other around your generator

For this grid you will need two of each of the following crystals:

Tiger's Eye: Tiger's Eye is a stone of stability and balance. As you place this stone, allow yourself to take a moment to center yourself in reality.

Red Jasper: Red Jasper is an excellent stone to work with as you explore your spirituality, as it helps you stay grounded while exploring. As you place this stone, feel your feet firmly on the ground and take a deep breath,

Galena: Galena keeps you grounded and centered while opening up new pathways for you in life. As you place this stone, be thankful for all of the new opportunities you will encounter for the rest of this year.

Four of the following stones:

Clear Quartz Points: Place Clear Quartz points around your completed grid, pointing them up, down, left, and right. This will help the energy from the grid amplify in all directions.

Let this new energy settle around you, take a moment to appreciate it. Speak aloud your intentions for this new part of your life to activate your grid.

We recommend getting new crystals for each new grid you do, to bring in the fresh energy needed for the grid to work at its full potential

Horoscope

Three times, with all cycles occurring primarily in water signs (Pisces, Cancer, and Scorpio). These periods are often associated with communication mishaps, travel delays, and technological glitches, but they also serve as opportunities for deep emotional reflection.

In 2026, Mercury will go retrograde

Each retrograde includes a "shadow period" where its effects may be felt more subtly before and after the official dates.

Retrograde Period Official Retrograde Dates Dominant Zodiac Sign

First Cycle

February 26 – March 20, 2026

Pisces

Second Cycle

June 29 – July 23, 2026

Cancer

Third Cycle

October 24 – November 13, 2026

Scorpio

Shadow Periods & Key Transits

February Retrograde: The pre-shadow begins February 11, and the post-shadow ends April 9. It takes place in Pisces, which may cloud rational thought with heightened intuition or idealism.

June Retrograde: The pre-shadow begins June 12/13, and the post-shadow ends August 7. Centered in Cancer, this cycle often brings focus to home, family, and domestic matters.

October Retrograde: The pre-shadow begins October 4, and the post-shadow ends November 30. In Scorpio, this period may intensify emotional processing and financial reviews.

July Forecast

Aries: Establishing a happy and harmonious work environment through friendly relations with co-workers or tidying up your work area comes into focus.

Taurus: You realize that what matters is the closeness of bonds and ties with those you love.

Gemini: You are able to stand your ground and assert yourself more than usual this month.

Cancer: You excel at resolving conflicts. Use your diplomacy skills to bridge differences.

Leo: Group activities and joint efforts are the best way to accomplish your goals right now.

Virgo: Events taking place now will have a great bearing on your future and will be long reaching in their effects.

Libra: Do what you feel is right, keeping in mind that you are at your most visible during this month in the year.

Scorpio: This is a time when your best course of action is to recognize that you need, or rely on, others for support.

Sagittarius: Letting go of psychic "junk" or overcoming bad habits is now essential.

Capricorn: You may find yourself with a heavier workload, leading to increased aggressiveness and potential conflicts with co-workers.

Aquarius: You may experience mental or financial stress from unpaid debts. Be cautious about who is managing your finances.

Pisces: You are excited about home projects and act on your instincts, which may make you more defensive and protective.

Message from Lynn

Written by Lynn Pritchard.

July 1, 2026



About Lynn Pritchard

Independence

July is a month that reminds us of freedom, courage, and new beginnings. As we celebrate Independence Day and reflect on the meaning of independence, I also think about the personal freedom we are all working toward in our own lives — freedom from fear, stress, old patterns, and anything that keeps us from feeling balanced and at peace. At Spiritual Uplifts, my goal has always been to create a place where people feel welcomed, supported, and spiritually encouraged. Whether you come in for crystals, a reading, an aura photo, a healing, the crystal bed, or just a quiet moment to walk around and breathe, I want you to feel the peaceful energy of the store.

This month is also a reminder to reconnect with yourself. Ask yourself what you are ready to release, what you are ready to welcome in, and where you are being guided to trust yourself more. Sometimes independence begins with one small choice — choosing peace, choosing healing, choosing to listen to your intuition, or choosing to take care of your own energy.

Thank you for continuing to support Spiritual Uplifts. Every visit, purchase, share, comment, booking, and kind word truly means so much. Your support helps us keep growing, improving, and creating a space filled with healing, guidance, and positive energy.

**With love,
Lynn Pritchard**

I have been reading tarot cards professionally for over 30 years, utilizing my skills in clairvoyance and mediumship. I also offer intuitive teaching packages and motivational coaching. In addition to my work with tarot, I hold qualifications as a Reiki Master, Coach, and Minister, and I have been studying Metaphysics since 1990.

For most of my life, I lived in Rhode Island, just 45 minutes from Salem, Massachusetts. I often journeyed to Salem to immerse myself in its rich history and the captivating evolution of spiritualism, fueling my passion for discovery and understanding.

I gained much of my education at the White Light Book Store in Cranston, Rhode Island, a sanctuary for spiritual seekers. As I explored my spiritual gifts, I realized that they had begun to manifest in my childhood. I believe everyone has psychic potential, but some individuals are more sensitive to these energies than others. After completing my bachelors degree in business, I was inspired to follow my passion and establish my own venture, leading to the creation of Spiritual Uplifts Metaphysical Store.

My deep connection with the spirit realm has empowered me to guide clients on their healing journeys as they navigate loss, embrace new beginnings, and seek their true selves. I am dedicated to helping individuals uncover and overcome the obstacles that stand in the way of their personal growth and fulfilling relationships.

1/2 hour reading (Tarot only) \$90.00

1 hour reading \$145.00 (Mediumship/Tarot)

Anything over is \$2.00 per min.

Phone or in-house readings

Readings are done by appointments only. Due to the high volume of customers we open our schedule no more than two weeks out. You can call anytime to see what we have open but the books reopen every Saturday. Customers are only allowed to book every three to six months. Thank you for understanding, Lynn.

Attention: All mediumship readings are scheduled for one-hour sessions and are limited to one deceased loved one per session. Lynn communicates with many spirits each day, which can be quite draining, especially when multiple questions are asked. She requires her energy to complete her day. We kindly ask that you be courteous to our staff members who manage the appointments. Thank you! No-Show appointments will be assessed a \$25.00 fee. This fee, along with prepayment for the appointment, must be paid before booking another appointment with Lynn.

Spiritual Uplifts Metaphysical Store

Opening Hours

Monday	Closed
Tuesday	12:00 PM - 5:00 PM
Wednesday	10:30 AM - 7:00 PM
Thursday	10:30 AM - 7:00 PM
Friday	10:30 AM - 7:00 PM
Saturday	10:30 AM - 6:00 PM
Sunday	10:30 AM - 4:00 PM



We look forward to seeing you!