



# SPIRITUAL UPLIFTS



## March 2019

Spiritual Uplifts is celebrating their 8th year Anniversary



Congratulations everyone for making Spiritual Uplifts number one in our brand. I started this business in 2011 from home and moved into a store in 2013. Our store's reputation is to strive for excellence in the community. Our relationships with our customers are genuine and supportive. We look at our customers as family. I delivered what I promised spirit 8 years ago. I am very excited on what I have achieved. We will always be here for you.

Thank you for all for your support. Love Lynn

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.



## 8th Anniversary Party

Save the date 3/30/19

### Spiritual Uplifts Eight Year Anniversary Party

Mark your calendar! Come party with the spiritual uplifts team. The party will be from 12 to 6 pm. We will have all of below including tables set up with our **new products**.



The first 30 people will receive a free **fairy wish dust**.



3 month **astrology reports** \$25.00. (Time of birth needed for astrology) **Aura pictures** available starting at \$25.00. **Numerology readings** \$25.00. Tried the **crystal bed** \$20.00 for 15 mins. To ensure your spot call to schedule ahead. 904-292-4555.



**Crystal ball raffle**. Purchase \$2.00 a ticket or 3 for \$5.00. For every five library books you bring in get a free ticket.



**Healers** available on site. Ten minutes for \$20.00.



**Spin the wheel to win a prize**. \$5.00 to spin and get some great prizes including, totes, hats, t-shirts, services and more.



**30% off clearance table**. Most of the table will consist of crystals and books. In addition, we will be **selling hot dogs, chips, snacks and soda**. **Money collected for food will be donate to St. Jude's Hospital**.

#### Free Class Schedule

**1:30 pm to 2:00 pm** Learn about our new products

**2:00 pm to 3:00 pm** Learn how to use different crystal/Crystal Bingo

**3:00 pm to 3:30 pm** Singing bowls with Hope.

**3:30 pm to 4:00 pm** Learn the basics of palm reading with Lynn

**4:00 pm to 4:30 pm** Demonstration of a chakra alignment and healing with Donna



## Tarot Class for Beginners

You will be given assignments to help you learn the meaning of the cards. I will be adding mythology, numerology, colors, and different spreads including the tree of life. At the end of each class, I will pair everyone up to practice with each other. Six week course each class is \$45.00 or pay ahead for all 6 and get a discount \$240.00, non-refundable. Pre-registration is required with a \$45.00 deposit that will be applied toward your classes. 5 student's minimum requirement. Please bring a notebook and blinder for the class. Instructor Lynn Pritchard

Dates: March 28th, 4th, 11th, 18th, 25th, and May 2nd

Time: Thursdays from 7:00 pm to 9:00 pm

Name \_\_\_\_\_

Email address \_\_\_\_\_

Phone number (\_\_\_\_) \_\_\_\_\_

Circle which way you like to pay    per class    pay in full

Office used only:

Deposit paid \_\_\_\_\_

1    2    3    4    5    6    paid in full \_\_\_\_\_

(Date paid)



Hello everyone, it's 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



## What's new at Spiritual Uplifts

### Spiritual Uplifts Magical Moon.

**Full Worm Moon – March.** Most Native American names for moons were used to track the seasons. March's Full Moon is called the "Worm Moon" because this is the time of year that the ground begins to thaw, allowing earthworms to come to the surface for the birds. This was a sign to Native Americans that Spring had arrived. March's Full Moon is also known as the "Sap Moon." during this time of year, the weather gets warmer, allowing the sap of maple trees to flow.

March's Full Moon is particularly special because it occurs on the same day as the Spring Equinox. The last time a Full Moon occurred on the Spring Equinox was in 1981!

New Moon	March 6th	11:04 am
First Quarter	March 14th	6:27 am
Full Moon	March 20th	9:43 pm
Last Quarter	March 28th	12:10 am

**Attract your desire with the March full moon. On the night of the full moon create a circle of salt. Place a red candle, in the center. Make a cup of passion flower tea. Place the cup in the circle say "Bring me my what I desire" swirl the cup of tea around 3 times and then drink it while visualizing what you desire. Lynn Pritchard**

### March Study of the Divine at Spiritual Uplifts

**Book:** Tea Leaf Reading by Caroline Dow. With a cup of freshly brewed tea, you can indulge in an old-age custom that brings you deep relaxation, healthful rejuvenation - and a sense of wonder as you see what the leaves reveal.

**Oil:** Birch - This oil aides in clarity, is soothing, and helps with muscle aches as well as detoxes the body.

**Crystal:** Green Aventurine - This is the stone of prosperity and abundance. It is great to place in your money corner or in your garden. Helps clear out negative energy and makes it positive. Stabilizes the mind to allow for greater creativity.

**Herb:** Ginkgo Leaf - This wonderful herb helps aid in memory. This leaf has a mild flavor and would be best blended with black tea. Dana Havey

**Quote:** The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also. Harriet Ann Jacobs found by Donna Long



Wear a crystal grid t-shirt

SOLD AT

SPIRITUAL UPLIFTS



## Message from Lynn

### Judgement

Of course the world would be a better place without judgment. Nevertheless, I believe it is part of human nature to have some judgment in your life. How would you create your own values if you had nothing to judge them by? Part of our lessons are based on judgment. For example, this person comes into your life but for some reason you dislike them. The divine shows us two mirrors of ourselves: the first one shows a reflection of who we are. The second mirror show us what we can become. Lessons are shown to us through people or events.

Negative assessment about others come from how you feel about your skills, your intelligence, your ability, creativity, or common sense. We define our beliefs through the environment we grow up in, family, peers, education, etc. When we are told the same thing over and over it influences our subconscious. Therefore it absorbs the idea. When a person comes around that you dislike is it possible that there is something about them that's just too familiar. Maybe you are seeing something in yourself that needs work. Create that mirror so you can modify that negative script and ingrain positive life changes.

Judgement can also sometimes comes from jealousy. Jealousy is believing in scenarios that you play out in your head that are not true. Overcoming jealousy is about changing your behavior. Yes, we can be jealous if someone has something we don't. That's when the second mirror comes in. Look at the person that's making you jealous and see what they are showing you. It may not be that you want to be them. It could just mean that you are unhappy with yourself and need to discover who you are.

If someone makes you feel less of a person because of their achievements, etc., that should make you want to achieve more. The jealousy is how the divine is talking to you to make you succeed.

Love you all, Lynn.

Wide selection of crystal bracelets sold at Spiritual Uplifts





## Classes

St. Patrick's Day Irish Blessing

May you always walk in sunshine

May you never want for more

May irish angels rest their wings beside you

**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.

**Connecting with the Angels Sunday 23rd from 3:00 pm to 5:30 pm.** Bring yourself to the angelic realm learning to connect with different types of angels including your own. This workshop consisted of lectures, demonstrations on how to work with angels, meditation, angel paintings, and message from your angel. Cost: \$35.00. Instructor: Lynn Pritchard

**Sunday 24th 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. Instructor Lynn Pritchard

**Six-week tarot class starts Thursday, March 28th from 7:00 pm to 9:00 pm. More information**

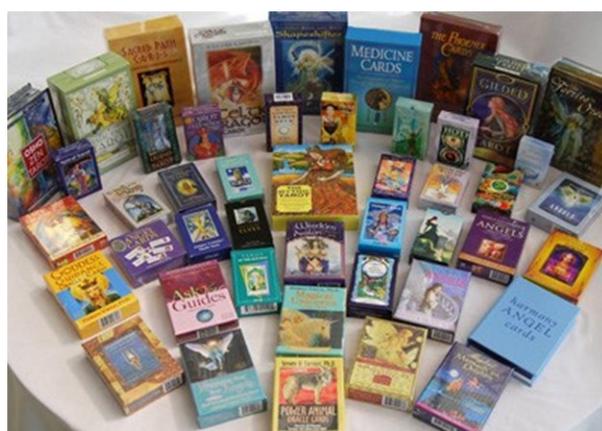
**Saturday 30th 12:00 pm to 6:00 pm Spiritual Uplifts' 8th Anniversary Party. More information on Page 2.**

### Ongoing Weekly Classes

**Every Saturday. 33 day cleansing the body, mind and spirit.** Learning authentic self through awakening the natural forces within you. Saturdays at 10:30 am. Cost: \$15.00 Instructor Lynn Pritchard

**Every Sunday** Yin yoga with Natalie from 11:00 am to 12:00 pm. \*No Yoga March 24th and 31st.

### Large selection of oracle and tarot cards sold at Spiritual Uplifts



\*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.



**Gypsy paint**

**Sold at**

**Spiritual**



## *March Insight*

March is the third month of the year and brings tidings of spring. The March equinox, which happens on March 20th, marks the astronomical beginning of spring in the Northern Hemisphere.

The name March derives from the ancient Roman god of war, Mars. *Martius* was the first month of the earliest Roman calendar. Festivals were held in honor of Mars, as March was felt to be the season for warfare and ancient Romans revered Mars as a direct ancestor through Romulus and Remus. Saxons called March *Lentmonat*, which is the namesake for Lent, and celebrated their goddess Rheda, who was a symbol of new birth and fertility. In Catholic tradition, March is the month of Saint Joseph. It is also National Women's History Month.

March's birthstones are the aquamarine, perfect for the intuitive Pisces, and bloodstone, an excellent stone for the fiery Aries. Its flower is the daffodil. Pisces falls on March until the 20th and Aries begins on March 21.

## **Spiritual Uplifts Numerology**

Last month, I introduced the Universal month, which brings an additional energy into our lives. March's Universal Number is a six, which is all about family and nurturing. This month, you'll see the efforts and seeds that you've planted so far this year bloom, particularly those related to home life and marriage. As March is the official start of spring, you'll see the flowers bloom as well.

With the caregiving energy of six, you may notice a stronger bring on a feeling to give to others this month. While it is great to make sacrifices to give to others, don't forget to take care of yourself. You cannot help others if you're not taking care of yourself. This number is also about recovery and self-care.

I hope everyone has a great month!



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

[www.facebook.com/spiritualupliftsnew-agestore](https://www.facebook.com/spiritualupliftsnew-agestore)

## HOROSCOPE

**Aries:** This is the time to look at your key relationships. A new perspective will deliver clarity.

**Taurus:** Chaos doesn't have to be uncomfortable. It will make it easier to accept change.

**Gemini:** Write your to-do list and be prepared for opportunities.

**Cancer:** Everything is falling into place. Focus on travel or higher education.

**Leo:** Watch for return of ex. You may think you have control of your emotions but you may not.

**Virgo:** Act boldly to liberate yourself from any unhealthy situations dragging you down.

**Libra:** Your health comes first. You'll see dramatic improvements.

**Scorpio:** Be wary of major purchases this month. Keep your eyes open and read the fine print.

**Sagittarius:** Do the work and reap the results.

**Capricorn:** Focus on decluttering to uncover what's truly important.

**Aquarius:** Be cautious of impulse buys.

**Pisces:** There's a bright light at the end of the tunnel.

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



# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
						33 cleansing 10:30 to 11:00 pm Healing event 1 to 3 pm
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Yin yoga 11 to 12  Mediumship 1 to 4						33 cleansing 10:30 to 11:00 pm
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Yin yoga 11 to 12						33 cleansing 10:30 to 12:30 pm
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Yin yoga 11 to 12						33 cleansing 10:30 to 1:00 pm Connecting with the Angels 3 pm to 5:30 pm
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
No Yoga 2 1/2 Meditation 12:30 to 3:00				Tarot 1 7-9 pm		Anniversary Party 12-6 pm
<b>31</b>						
No yoga						