



# SPIRITUAL UPLIFTS



## April 2019

### 3 Day Healing Retreat “Release and Recharge”

**Friday April 12, 2019 to Sunday, April 14, 2019.** 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 to give you a safe place using 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. We will provide 2 meals, snacks, drinks, we will send you a menu. Hotels are priced separately. We will provide a list of hotels with pricing.

**Limit 8 students. Cost \$350 if paid ahead in full. Must have a deposit \$50.00 to hold your spot. There are 3 spots left. Call to reserve 904-292-4555**

**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.



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.**

**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



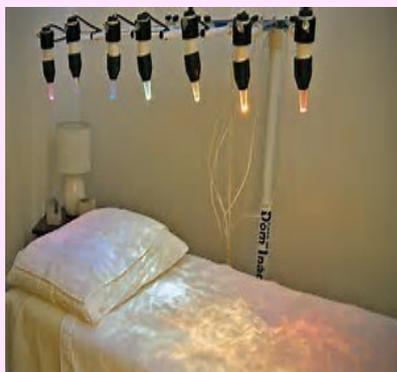
# Spiritual Uplifts

## 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**



# Now sold at Spiritual Uplifts

## Astrology

### Astrology Report Form

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Time of Birth (exact): \_\_\_\_\_

Place of Birth (city/state): \_\_\_\_\_

### Report Purchased

3 month predictor- \$25.00 \_\_\_\_\_

6 month predictor- \$35.00 \_\_\_\_\_

Year predictor- \$50.00 \_\_\_\_\_

Full Natal Chart-\$50.00 \_\_\_\_\_

Full Natal Chart with Year Predictor- \$75.00 \_\_\_\_\_



## 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.

The April full moon is called the “Pink Moon.” The name originates from the first bloomed flowers of April. Flowers such as pink moss and wild ground phlox.

<b>New Moon</b>	<b>April 5th</b>	<b>4:50am</b>
<b>First Quarter</b>	<b>April 12th</b>	<b>3:06pm</b>
<b>Full Moon</b>	<b>April 19th</b>	<b>7:12am</b>
<b>Last Quarter</b>	<b>April 26th</b>	<b>6:18pm</b>

#### Full moon ritual for April: “Stress relief”

The ritual makes problems seem less complicated and easy to resolve. You should feel cleansed and rejuvenated.

You will need:

**Lavender spray:** Creates peace and attracts the flower essence magic.

**Blue sage:** Helps attract desire and does a deep cleansing before the spell.

**Two white candles:** For protection.

**One yellow candle and blue candle :** The yellow candle washes away the problem and the blue brings peace.

**A daisy, white or yellow, in a vase:** The daisy magic helps with crisis, overworking, stress, overthinking, and overtiredness.

**Red pen and paper:** Write on the paper with the red pen what you desire.

**Glass of water:** To pour into the vase and drink.

Put one white candle to the right of your altar and the other to the left. Place the yellow and blue candles in the middle of the altar. Place your vase on the right side of the altar. Position the glass of water next to the vase. Now place your paper that you wrote your desire on under the vase. Use the blue sage to cleanse the area you are working in. Now spray the lavender spray while creating a circle going clockwise. The circle should be around your altar and the area you are working in. Light the two white candles and call in your protection: Say, “I now call upon the mighty and powerful 4 Archangels Michael, Raphael, Ariel, and Uriel to stand in front of me and keep me protected and Fill me with love and light.” Now light your yellow and blue candles while visualizing all your stress and worries leaving your body as you feel lighter and happier. Take the daisy out of the vase. Hold the flower up to your nose and breathe in the essence. Say “by the power of this daisy I inspire the influence of the flower essence to show me its charm. In the work I succeed it causes no harm to none. Made it be.” Now put your daisy back in the vase and take the glass of water pour some in the vase and drink the rest. Enjoy the ritual



Spiritual Uplifts T-shirts, Cups,  
and mouse pads now sold at  
Spiritual Uplifts.



## Message from Lynn

### Challenges and Roadblocks

Can you imagine a lifetime without challenges? Would life seem as productive or meaningful if you didn't have to work for it? Making your dreams a reality is hard work, full of challenges. For instance, you want a bigger home but you just don't have the money right now. You want to date but no one is answering on the dating site you signed up and paid for. You are trying to have a baby but it seems harder to get pregnant than you anticipated. It seems there is always a roadblock ahead to make you stop and think. What we may find challenging is just a lesson that gives us opportunities, teaches us to be stronger, knowledgeable, reflect and be successful.

Look at the lessons as a learning experience. There is always an opportunity there. It's normal for your goals to change. As we grow we change. Take the new information, learn and use it as an opportunity for knowledge.

Then reinvent your goal.

Look at roadblocks as a test that makes you stronger. The stronger you become, the easier the challenge becomes.

Freedom is part of letting it go. Acknowledge

your mistakes and look at what you need to do next. Do not waste energy on blaming others. Just move forward.

Pay attention to how you react to conflicts and challenges. Are you angry, emotional or sad? Is the challenge allowing you to think outside the box for a good solution? Or are you getting caught up in the emotions, feeling fear or shame? Reflect for a moment. Think of another situation in your life that made you feel similar. How did you handle it? What was the turnout? What was your lesson? Most likely you just found your answer.

Just remember that without obstacles to challenge us we would not have any motivation to fuel to our success. The more you learn, the more successful you will be. Be easy on yourself if you make mistakes. The mistakes you make now will bounce you over to a better future.

The bottom line is: do not allow yourself to overthink these lessons and become stressed. We cannot always have control of some situations. Allowing challenges to hinder our spirits prevents us from being happy. Be a better solution thinker. Observe the matter at hand as an opportunity to learn the strength you have within yourself.

Love you all Lynn



## 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 6th 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

**Retreat Friday 12th, Saturday 13th, Sunday 14th. More details on page 1.**

**Saturday 20th from 3pm to 5 pm. Psychometry Class.** Psychometry is a frequently used psychic technique. You may have seen it used by psychics on television 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 at least 2 objects to class and give them to the front counter. Other classmates cannot see them Instructor: Lynn Pritchard. Cost \$15.00.

**Sunday 21th 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 27th from 2:00 pm to 4:00 pm Past Life Regression Meditation.** Journey to your past to clear up unwanted cords and let go of karmic debt. There will be exercises on how to visualize and follow guided meditation. During the first session you will be guided by Lynn through a past life meditation. In addition, you will follow a recorded meditation. Instructor Lynn Pritchard cost \$15.00 call 904-292-4555 to reserve your seat. Limited seating. Cost \$15.00

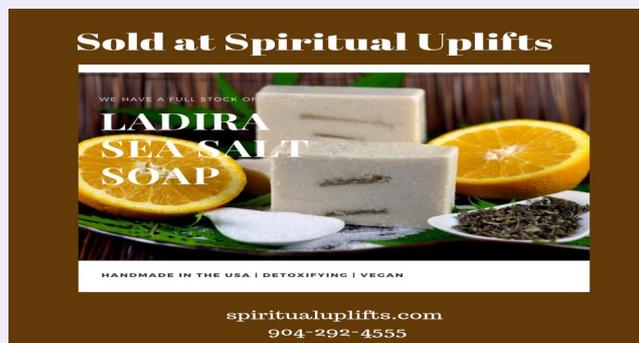
**Sunday 28th 2 1/2 hour Meditation Workshop with Lynn from 12:30 pm to 3:30 pm.** Learn to improve your meditation with basic steps, using different breathing exercises, mantra, and visualization. I plan to help get you to a higher consciousness. To start will Lynn will walk you through meditation and then play recorded meditations. At the end of the session you will get a written message from Lynn. Snacks included. Cost \$25.00. Instructor Lynn Pritchard

### 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 April 14th and 28th

\*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



## April Insight

*The month of April has been regarded as a sacred month for Aphrodite, the Grecian goddess of love and beauty. Its name is derived from aperit, a Latin word that means “to open.” Because April is considered to be a growing season, this name refers to how the flowers and trees begin to “open up” during warm spring weather.*

*Aries is this month’s zodiac sign until April 20, when Taurus takes its position in the stars from April 20 to May 21. April babies have a diamond as their birthstone, which represents clarity and purity. Its birth flowers are the Daisy and Sweet Pea, which are perfect additions to a springtime flower bed. Keep your eye on the skies from April 16 - April 26 for the Lyrids meteor shower. Its peak usually occurs on April 22.*

*Did you know the first full week of April is officially National Library Week? Our metaphysical library at Spiritual Uplifts hosts a wide supply of books that range in topics to assist with your personal and spiritual growth!*

*By Peyton Moore-Woods*

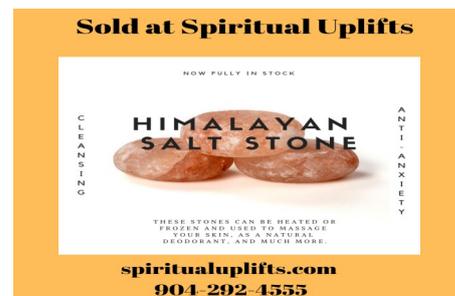
## Spiritual Uplifts Numerology

The universe has a wonderful way of giving us time to recharge. April is a great example, as this month’s Universal number is a seven, the number of reflection. Last month, we saw the fruits of our labor bloom. This month, we will be able to sit back, relax and take in all that we have achieved.

Seven is also the number associated with learning and solitude. Now that our tasks are moving forward, this is our time to get back to those activities that bring us joy: finish that book you’ve been putting off; take the class you’ve been wanting to study; do what makes YOU happy. Enjoy your time of solitude and reflection.

If you found yourself taking care of others last month, this is your opportunity to recharge and prepare for the months ahead. The important thing for us is to continue doing what we’ve been doing these past months, but remember that sometimes we need to just let things happen and let go. Be proud of all you’ve done and what is yet to come!

By Kim Pritchard-Hastings



## April Study of the Divine at Spiritual Uplifts

**Book:** "The Voice of Knowledge" by Don Miguel Ruiz - This book will change the way you perceive yourself, and the way you perceive other people. Recover your own definition of faith and return to the reality you perceived as a child -- full of love, truth, and joy.

**Oil:** Purification by Sun's Eye - Banish stale or unwanted energies, with a fresh, clean scent with a pinch of earthy notes for spiritual cleansing and grounding.

**Crystal:** Fluorite - Cleans and stabilizes aura, draws negative energies and stress from around you. This stone overcomes chaos and brings calmness. Helps you to learn and increase concentration.

**Herb:** Eucalyptus Leaf Powder - Helps treat asthma, bronchitis, plaque and gingivitis.

Study of the divine research by Dana Havey

**Quotes:** Wishing everyone an Easter that brings you hope filled with lots of love, blessings, unlimited luck and most of all happiness that lasts for a lifetime.

Kemmy Nola Quote researched by Donna long

Spiritual Uplifts  
Metaphysical Store

904-292-4555

Sold at Spiritual Uplifts Metaphysical  
We carry genuine

**JOSEPHINE WALL**  
POSTERS

Experience the beauty of nature and spiritual experience through the artist Josephine Wall. We also carry greeting cards with her artwork as well. Take home these one of a kind pieces today!

spiritualuplifts.com



## 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:** You may feel more sensitive to food and your environmental issues this month.

**Taurus:** You feel like you need more love this month. Get some rest.

**Gemini:** This month brings unexpected positive change to work.

**Cancer:** Plan to schedule things that need attention

**Leo:** Turn a friendship into something more.

**Virgo:** Many changes come up this month.

**Libra:** A new relationship may enter your life.

**Scorpio:** Focus your concerns on your business.

**Sagittarius:** Tighten up on money. The month of May will be more successful.

**Capricorn:** You may hear from someone from your past.

**Aquarius:** Your feelings are easily hurt at this time

**Pisces:** Don't disappoint others by denying romance due to insecurities.

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



# April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				Tarot class 7 pm to 9 pm		33 cleansing 10:30 to 11:00 pm Healing event 1 to 3 pm
7	8	9	10	11	12	13
Yin yoga 11 to 12				Tarot class 7 pm to 9 pm	Retreat	33 cleansing 10:30 to 11:00 pm Retreat
14	15	16	17	18	19	20
No Yoga Retreat				Tarot class 7 pm to 9 pm		33 cleansing 10:30 to 12:30 pm Psychometry 3-5 pm
21	22	23	24	25	26	27
Yoga 11-12 pm Mediumship 1-4 pm				Tarot class 7 pm to 9 pm		33 cleansing 10:30 to 1:00 pm Past Life Regression Meditation 2-4 pm
28	29	30				
No Yoga 2 1/2 Meditation 12:30 to 3:00 pm						