



SPIRITUAL UPLIFTS



MAY 2019

MAY INSIGHT

Now that May is here, spring is in full swing! May was named for Maia, the Greek goddess of spring. She represents fertility and motherhood and embodies the concept of growth. May is also a month when special devotions to the Blessed Virgin Mary take place. Don't forget that May 12 is Mother's Day, too!

Taurus rules May until the 20th. Gemini then rises from May 21 to June 21. May's birth flower is the Lily of the Valley. It symbolizes a "return to happiness," along with purity, luck, and humility. Emeralds, known as the "stone of successful love" are this month's birthstone. As their nickname suggests, emeralds help nurture the Heart Chakra with their soothing energy. They teach about compassion and unconditional love, and are a perfect stone for this vibrant month of spring.

PEYTON-MOORE-WOODS

CELEBRATING

AT

SPIRITUAL UPLIFTS

Sunday May 12th Celebrating mother's day. All moms receive a free bag of fairy dust. Limited supplies.

Sunday 26th Celebrating Memorial day. All veterans and active-duty military receive a manifestation enchantment bag. Limited supplies.

MAY STUDY OF THE DIVINE AT SPIRITUAL UPLIFTS

Book: *Seventy-Eight Degrees of Wisdom* by Rachel Pollack. Be inspired and start a new journey! Read the wonderful latest edition and connect more deeply with the energy around you and others through learning Tarot.

Oil: Mother Earth oil by Green Tree: Reconnect with Mother Earth with this beautiful sweet, woody scented oil. Wear as a perfume or diffuse into your home.

Crystal: Lithium Quartz: This pink-hued quartz brings emotional peace, stress release, and relaxation. It helps by calming the body and mind, and gently heals repressed anger and grief. Also aids with insomnia, anxiety, depression, and panic disorders.

Herb: Eucalyptus leaf powder: Not only does this herb aid with asthma, bronchitis, and other breathing disorders, it also creates a soothing environment when seeped in water. It will help with depression and anxiety.

Quote: All that I am, or hope to be, I owe to my angel mother. Abraham Lincoln

DONNA LONG



**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**

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.

Cost:\$15.00 per class. Please call to reserve your seat

Spiritual Uplifts

Crystal Light Bed and 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	
	1 hour	\$80.00	
Discount packages:	5 sessions	\$160.00	1/2 hour
	5 sessions	\$ 240.00	1 hour



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.

Numerology with Kim

Get a better understanding of your life path. Have Kim calculate your destiny, talents, skills, and peak moments in your life. In addition, the report includes information on your living space and three month forecast.

Available

Saturday & Sunday

Appointments only

Cost \$35.00

Aura Imaging

Aura Imaging Picture: \$25.00

Standard Chakra Report: \$25.00

Standard Aura Report: \$35.00

6 pages,

Full Aura Picture Reading \$50.00

21 pages

*Receive \$5.00 off if report is emailed.

Astrology Reports

Astrology provides the wisdom of study that will ensure beginnings and guidance to positive changes in your life.

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



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Spiritual Uplifts Magical Moon.

The May Full Moon is called the “Full Flower Moon”. It’s also called the “Mother’s Moon” and the “Milk Moon.” During this moon fertility increases and warm temperatures allow plants to bloom.

New Moon	May 4th	6:46 pm
First Quarter	May 11th	9:12 pm
Full Moon	May 18th	5:11 pm
Last Quarter	May 26th	12:34 pm

Full moon ritual for May. “Growth” This ritual can help relationships, careers or finance where you want positive growth immediately.

You will need:

Attract spray: to help with the attraction.

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

Two white candles: For protection.

White sage all four corners of the room. White candle to the left at the top of altar and the other right side of the altar. After putting all the ingredients in the mojo bag, place in the middle of the altar.

Light your candles. Spray the attraction spray in the mojo bag and in the room all over the altar. Now write down 3 actions that you would like to take place. These actions are something you want positive growth and immediate action. Place the paper in the mojo bag.

Now say “ I align myself with the Flower Full Moon. Bring me positive growth and happiness. Allow the light of the moon magic to cast my enchantment and bring success to my ritual.

One bag for the mojo bag

Ingredients for the mojo bag

One teaspoon of clover, attracts luck

One teaspoon of ginger, attracts power, and success

5 inches of red ribbon to enhance fast action, and growth

5 inches of purple ribbon to enhance spiritual power and self assurance.

5 inches of white ribbon to seal the weave.

Carnelian stone– creates a power of action moving things fast.



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



Message from Lynn

Helping people

“I just want to help people.” At Spiritual Uplifts we hear this all day from our customers. And yes we are here to help our clients. It’s wonderful to have a strong sense of empathy and compassion for others. But is it because you need something to fulfill? Have you pondered over the idea of why you attract others that need help? Why do we find troubled souls alluring and why do we stay with them? How can we help others without it taking from us? The key is not to become a rescuer but a listener. It’s important to remember that we can have compassion and sympathy for others without sacrificing ourselves.

Remember that there is no such thing as a selfless act. We always get something back from what we do. For instance, when we feel we need to help others we attract negative people. The thoughts becomes a subconscious choice. You think, “well I can change them.” Help them learn to succeed. Get them to quit drinking.” The feeling that they need you is important to you. You become a rescuer. This is how you feel good about yourself. The demand for someone ties you to people who demand your full service to them while they give little to nothing in return. In this scenario if you recognize these actions then you need to realize your needs are important too. You should love who you are not for what others want from you.

Create a healthy future. Be supportive, reliable and positive. Remember that life will attract you towards your own circumstances and people that are in harmony with you will be around you. Change the way you think and how you should help so the reward for helping people will be successful and wholesome. Love you all, Lynn,

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 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



Classes

Saturday 4th 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

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**. No class on the 18th Cost: \$15.00 Instructor Lynn Pritchard

Sunday 5th 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

Saturday 11th Make your own Fairy Door from 2:00 pm to 5:00 pm

Walk through a magical fairy garden meditation with Lynn. Learn about the fairies and how to connect with them by bringing them into your life. In addition you will make your own fairy door. You do not need to be creative the fairies will do most of the work. Cost \$30.00 please put \$10.00 to hold your spot

***** Due to limited space, we will not be able to take walk-ins the day of the event. You must call us to reserve your space.**

Sunday 12th 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.

Thursday 23rd Advanced Tarot six-week class from 7:00 pm to 9:00 pm

If you have taken the basic tarot by intuition come learn more of the card meanings. Receive more spreads on dreams, relationships, and health. In addition, you will learn to do past life regressions through the tarot. 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 students minimum requirement. Lynn Pritchard will be teaching this class.

*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.

Numerology

I hope everyone took advantage of our break last month. You'll want to be refreshed and ready to enjoy what's to come this month.

Continuing in our study of Universal Numbers, May is an 8 month. The number 8 symbolizes abundance, personal power, and growth. Don't be surprised if you find yourself taking on more leadership and authority roles.

As the 8 is the number of prosperity, we'll also see success and goals accomplished this month.

This is the time to harvest what we have worked for over the past months. The important thing to remember is no accomplishment is too small to celebrate. Even the smallest achievement shows your progress. You've put all the hard work and deserve to celebrate all you have achieved.

Kimberly Hastings

Happiness comes to those that find it within themselves. Challenge yourself to do something this month to make someone else happy.

Love you all Lynn

HOROSCOPE



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ENERGY
PRICES BEGIN AT \$8.95

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ARIES: Make the effort to meet new people this year.

TAURUS: Avoid making too many dramatic changes this month.

GEMINI: Update wardrobe and take care of health.

CANCER: Give yourself a better shot at success by keeping everything out in the open.

LEO: This month will show whether you made the correct career move or not.

VIRGO: Expand your horizons, experience new things.

LIBRA: Honesty is the best policy where financial matters are concerned.

SCORPIO: Be tolerant and patient. Only expect from others what you expect from yourself.

SAGITTARIUS: This is a good month for getting things done at home and at work.

CAPRICORN: Perfect time for a vacation, especially involving a favorite place.

AQUARIUS: Spend time alone. Ask if you are being reasonable.

PISCES: Self-confidence increases when you have a secure home base.

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

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 (in scorpio) Scorpio brings lies, breach of contracts and time of discovery in things we have forgotten.

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
						33 cleansing 10:30 to 11:00 pm Healing event 1 to 3 pm
5	6	7	8	9	10	11
2 1/2 meditation 12:30 pm to 3:30 pm						33 cleansing 10:30 to 11:00 pm Fairy door class to 2pm to 5 pm
12	13	14	15	16	17	18
Mediumship with Maeda from 1 to 4						No 33 day class
19	20	21	22	23	24	25
				Advance Tarot 7 pm to 9 m		33 cleansing 10:30 to 1:00 pm
26	27	28	29	30	31	
				Advance Tarot 7 pm to 9 m		