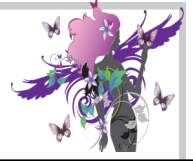


# SPIRITUAL UPLIFTS



## AUGUST INSIGHT

Welcome to August! The Autumn equinox will be here next month, so hold out in those summer temperatures just a little longer.

August receives its name from Augustus, the first emperor of the Roman Empire. August's birthstone is the peridot. This beautiful green stone provides protection for your aura. It helps you detach from your past, reduces stress, and shows you how to forgive yourself. Its birth flower is the gladiolus, which resembles beauty, strength of character, love, and family.

The zodiac signs for the month of August are Leo (until August 22) and Virgo (starting at August 23).

Peyton Moore-Woods

## MONTHLY CELEBRATION

- Every Saturday join us for a for a free class at 3:00 pm
- Kids Aura pictures for \$10.00.
- Personalize crystal chakra sets.
- Come craft with us on August 18th. 5.00 for kids and \$10.00 for adults.

## AUGUST MONTHLY STUDY

Book: *Sage & Smudge: Secrets of Clearing Your Personal Space* by Donna Stellhorn

Are you curious about learning how to cleanse your home or yourself with sage? This informative book gives instructions about using sage in multiple ways and walk through guides on smudging.

Oil: Bloodstone Oil If you're interested in manifesting victory and strength, be sure to check out bloodstone oil. This oil works with your heart chakra, as well.

Herb: Lemon Balm Not only is lemon balm a natural remedy for cold and flu symptoms, it can help with mosquitoes during the summer time. Lemon balm's scent repels them and the leaves can be used to heal bug bites.

Crystal: Green Kyanite This stone is helpful for those searching for the truth and are often used to connect with the spirits of nature. It radiates positive energy and can even help improve the growth of your potted plants.

August monthly study by Peyton Moore –Woods

Quote: August is like the Sunday of summer. By Helen Hunt Jackson Found by Donna Long



## Healings with Donna Long Wednesday, Friday & Saturday

***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 August full moon is call the **“Sturgeon Moon”** The fishing tribes are given credit for the naming of this moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month.

Moon Phase	Date	Time of Day
First Quarter	August 7	1:32 P.M.
Full Moon	August 15	8:31 A.M.
Last Quarter	August 23	10:58 A.M.
New Moon	August 30	6:38 A.M.

## August Full Moon Ritual

This moonlight will allow you to break away from any interference. As the energy shifts at this time it is a great time to release any unwanted energies. Once the blockages are gone you will be able to let go and start fresh.

Ingredients:

- 1 bundle of cedar sage
- 1 yellow altar candle (enhances solar magic)
- 1 Chamomile

1. Cleanse your sacred area with an opening prayer, a sage smudging, and/or by burning some incense. (The prayer must relate to you).
2. As you light your candle breathe in the light of the moon.
3. Pick up the bay leaf and hold it in your hand. While holding it, concentrate on what your blockages are. Visualize the blockages as you break up the bay leaf. Put all you anger and emotion into the leaf.
4. Now take the leaf and bury it into the earth.



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



### Message from Lynn

#### What matters?

Sometimes it is just so hard to put away our insecurities. Figure out what matters to you. Discovering your vulnerabilities can help you to avoid the pain. There are times when your insecurities are well justified. The key is to admit to those feelings so it can become a more productive and healthy experience. Children learn to choose what they care about and relate to by insecurities.

There is more to interpersonal conflict than a shortcoming in our thought processes. How we feel about ourselves is how we perceive others. The perception of others can seem clouded by the perceiver's own experiences, emotions, and culture. A misunderstanding can change the situation into a different scenario than what is happening. For instance, one morning, my father had gotten into a car accident. Before work, I immediately went to the hospital to make sure he was okay. I ended up opening the store 15 minutes late. When I checked the voice mail, there was a woman on the voicemail screaming that she will never come back to my store again because she waited outside for 10 minutes. Do I blame the customer and assume she is wrong? Things happen, I don't appreciate that she left that message, but I do not blame her for being upset. However, my thought was on my dad.

Even Intuitive people misinterpret the energy from others. For example, someone may be grieving or just having a bad day, so their energy may feel off. An intuitive may not recognize the energy on the person grieving, because it's making them feel uncomfortable. Right away, they assume the person has bad energy. I had a student once that told me that another student had negative energy. At the time she was learning how to heal. So I told her, "You are a healer, so the woman's energy is talking to you." "So start healing."

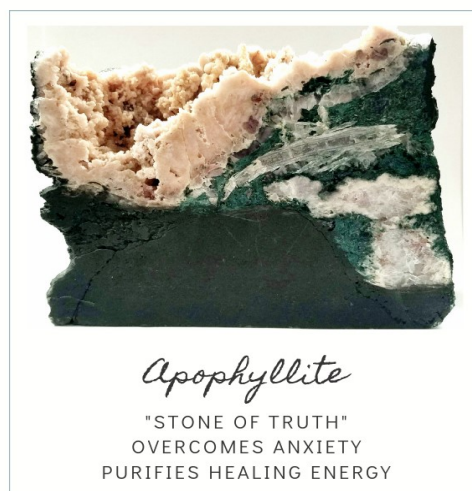
Never assume that if you think a person is avoiding you or giving you a dirty look means it is directed towards you. Ask them if they are okay. You may be surprised at what may be going on. I hope to see everyone this month at the store. Love you all,  
Lynn Pritchard

#### 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 readings, and mediumship. I am also a Reiki Master, Coach, and Minister. My earliest memory of seeing spirit was when I was four 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 real histories and the incredible growth of spiritualism. Most of my work I learned 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 have a dedication to assisting others to 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 six months before your next reading. Ideally, it should be a year. Thank you for understanding.

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## Classes

**Saturday 3rd 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 4th 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 17th Craft Class from 1pm to 5 pm** come in and make a craft. Message in a bottle, magnets, kids editable play dough and more. We also have cookies and lemonade. \$5.00 for kids and \$10.00 for Adults. Kids must be supervised. However parents can be there without participation. Hope to see you there.

**Sunday 18th Reiki two from 12:00 pm to 7:30 pm .** Reiki two is in one session Level two opens additional energy centers and connects you to a higher volume of Reiki Energy. During this session, you will learn additional healing techniques that assist with the heart, liver, digestive system, allergy, and other disorders. Also, you will learn to heal on the astral plane and long-distance healing. Cost \$150.00 Limited 4-6 people.

**Sunday 25th 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

## Ongoing 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

## Numerology

August is a 2 Universal month, the number of partnership and unity. As you embark on your goals for this cycle, don't be surprised to find help that will point you in the right direction, perhaps where you least expect it. While you may be hesitant to accept guidance from others, remember that the universe is sending this assistance to guide you on your journey. Take advantage of it.

This month, you might find yourself assisting someone else on their journey. The challenge will be balancing between being helpful and making time to fulfill your needs. (i.e. giving too much of yourself).

With the cooperative energy the number 2, you may be inclined to give in to another's demands in order to avoid conflict. Don't focus so much on keeping the peace that you lose your voice. People will respect you for standing your ground.

Kimberly Pritchard-Hastings

\*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.

## HOROSCOPE



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/spiritualupliftsnewagestore](https://www.facebook.com/spiritualupliftsnewagestore)

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Aries – Let go of what isn't working, focus on healing.

Taurus – A professional matter comes to light.

Gemini – Be curious, open minded, creative, bold and state your desires without expectations.

Cancer – A new cycle of commitments give you a sense of security.

Leo – Have faith in yourself, as you follow your passion.

Virgo – You are blossoming, attracting all the attention.

Libra – Be bold, and honest, but remain detached.

Scorpio – This is a time to clear the past so you can create a new space.

Sagittarius – You have the ability to love and serve a greater cause.

Capricorn – Even if at times it seems like others hold all the cards you have a choice.

Aquarius – A new love relationship raises your passion and manifest long-standing hope.

Pisces – Break free from all mental blocks that have prevent your progress.

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.

# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						33 day Cleansing 10:30 am Healing event 12:00 pm to 3:00 pm
4	5	6	7	8	9	10
						33 day Cleansing 10:30 am
11	12	13	14	15	16	17
						33 day Cleansing 10:30 am Craft day 1 pm to 5 pm
18	19	20	21	22	23	24
Reiki 2 11:00 to 7:00 pm						33 day Cleansing 10:30 am
25	26	27	28	29	30	31
2 1/2 meditation 12:30 pm to 3:30 pm						33 day Cleansing 10:30 am