



SPIRITUAL UPLIFTS



NOVEMBER INSIGHT

Happy fall, everyone! For many ancient cultures, the transition of October to November was a time of great spiritual significance. They believed this time was when the veil between worlds was thinnest, and it granted us time to communicate with our ancestors. November 1st is *Dia de los Muertos*, Mexico's Day of the Dead. We can all use this day to honor those that have passed on.

Don't forget! Thanksgiving Day is on the 28th. We all hope you enjoy the day with your loved ones.

November's birth flower is the chrysanthemum, a symbol of optimism and joy. Its birthstones are yellow topaz and citrine, warm and comforting stones that sparkle with positive energy.

Scorpio is in position for October 23 to November 22.

Sagittarius follows it and is the dominant sign until December 22.

Peyton Moore-Woods

MONTHLY CELEBRATION

Happy Thanksgiving!

Chuck Bergman Gallery readings
November 16th from 6 pm to 8pm.
Page 3.

Black Friday specials November
29th

Small Business Saturday specials
November 30th

All sales specials will be listed a week before through email or pick up a flyer at the store.

November special: Get a half hour or hour healing with donna and receive \$10.00 off the crystal

SPIRITUAL UPLIFTS MONTHLY STUDY

Book: *Tea Leaf Reading: A Divination Guide for the Bottom of Your Cup* by Dennis Fairchild. This pocket sized guide to reading tea leaves is a great addition to have when your friends are over for tea. Its a charming little book filled with bright illustrations and an in depth glossary of symbols one can find at the bottom of their tea cup.

Crystal: Kunzite -Peaceful, loving energy flows from kunzite. It promotes tolerance for yourself and for others. It also encourages you trust again by opening your heart to innocence, while it dispels negativity and shields your aura. It is a good stone for healing joint pain and improving one's circulation.

Oil: Citrine Oil- Citrine oil works with the Solar Plexus chakra, which is the seat of your personal power and self confidence. Its clean, uplifting scent is an instant mood boost! Citrine is known to invigorate your will power and invite in prosperity.

Herb: Rosemary Leaf is a natural antioxidant and anti-inflammatory that boosts mental clarity. (And it tastes amazing in your cooking!) Rosemary can also be used to create dream bags. These are sachets filled with lavender, hops, chamomile, peppermint, rosemary, lemon balm, and mugwort to help promote lucid dreaming and peaceful sleep. Peyton Moore-Woods

Quote: "Give thanks for Unknown Blessings already on their way." Native American Saying. 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 you 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

**Numerology reports
with Kim**

This reports come with life path number, personal year and month. You'll receive 3 months and 3 year numerology and compatibility. Cost: \$35.00

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

Packages are available

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/Year Predictor \$75.00

Tansy Dust

Spiritual Uplifts rewards program.

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. **You** can use your credit for classes or retail. Also, you receive emails that give you updates on classes, services, and special offers. Each email will include our "Spiritual Uplifts Chocolate," which provides information on essential oils, crystals, herbs, messages from Lynn and

November & December

Aura Pictures



Spiritual Uplifts presents

CHUCK BERGMAN PSYCHIC COP GALLERY READINGS

November 16th. 6 pm to 8 pm

Chuck will be at Spiritual Uplifts on Saturday, November 16, 2019 for a live gallery reading. Chuck is a former police officer with the Salem Mass. Police Department. He is now a full-time psychic and works with law enforcement agencies nationwide. Chuck has been featured on A&E's "Psychic search" and many TV specials. He is a frequent guest on national radio shows, including Coast to Coast am. Seating is limited. Please call (904) 292-4555 to reserve your seat. Cost: \$65.00 cash or credit. **Please note that admission does not guarantee an individual reading. Thank you for your understanding. Those of you that are interested in the paranormal or mediumship this event gives you a good understanding of what it is like to talk to the other side.

BLACK FRIDAY

Spend \$30.00 or more & get the perfect gift.

Pancakes for St. Jude's from 10:30 am to 12:00 pm

Free Herbal class with Peyton 2pm to 3pm

Palm reading with Lynn starting at 12:30 pm
\$20.00

Donna will be available for healing.

All retail & service deals will be listed in email or pick up a flyer at the store a week before.

SMALL BUSINESS SATURDAY

The first 20 people get fairy dust. (The dust can be use for rituals or just to make a wish.)

1:00 to 4:00 Dress you own candle for the holiday with Lynn. Cost: \$10.00. (come in any time between 1 -4 pm)

1:00 to 2:00 pm Free children's crystal class. Learn different uses for crystals that can help children with Alicia

2:00 to 3:00 Learn about different bath salts and what they are use for with Lynn and Alicia

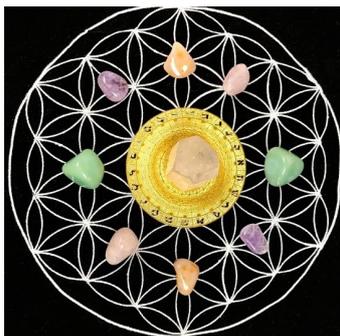
4:00 pm to 5:00 pm Crystal bingo with Lynn. Win prizes

All retail & service deals will be listed in email or pick up a flyer at the store a week before.



November special: Get a half hour or hour healing with donna and receive \$10.00 off the crystal bed.

How to Create a Crystal Grid for Gratitude



Step 1: Set intentions of gratitude and thanks by visualizing what and who you are grateful for.

Step 2: Burn sage or Palo Santo to cleanse the energy in your space.

Step 3: Using a cloth grid or wood plank, create 2 overlapping triangles or 2 overlapping squares using a combination of the crystals listed below.

Amethyst – This crystal has wonderful calming properties to aid in emotional centering while improving the decision process by bringing about common sense and clarity. Amethyst is also excellent if you are using the grid for meditation while increasing spiritual awareness.

Carnelian – A grounding stone granting one clarity to see present situations in reality. The crystal aids in courage, positive thinking, and good-decision making.

Green Aventurine – Aventurine itself is a stone of positivity and enlightenment, as it stabilizes the mind to improve perception. Green aventurine brings comfort and control into your life creating a harmonious environment. The crystal releases negative thoughts and emotions.

Hematite – A grounding stone that balances yin and yang to dispel negativity and bring about harmony. Hematite aids in overcoming past mistakes and understanding how they are learning experiences.

Rose Quartz – This crystal is known for promoting gratitude, peace, and unconditional love by breaking any barriers to spirituality and aiding in releasing past negativity. Rose quartz is a wonderful choice for focusing on self-acceptance and self-love, as one cannot have gratitude towards others without having gratitude towards oneself.

Strawberry Quartz – This crystal aids in living joyfully and consciously in the moment. It is a stone of discovery and bringing about humor and light to situations.

Step 4: Place a clear quartz generator, or crystal generator of your choice, in the center of your grid.

Clear Quartz Generator – Clear quartz is used for setting your intentions for your crystal grid, as it is a programmable crystal. Generators are used to amplify your intentions that you have for the grid, in this case, gratitude.

Step 5: Speak out loud your intentions to activate your grid. Alicia Bilotti



Message from Lynn

Keeping the peace.

If you are seeking a good quality of life, you must be familiar with gratitude. People who sense gratitude can enjoy and appreciate their lives regardless of the circumstances. Owning a business has its ups and downs. I provide a service that either makes friends or creates jealousy. So being me is not always as easy as everyone thinks. What gets me by is being grateful and the best person I can be. I have learned that life is only 10% of what happens to you and 90% of how you react. I am grateful to own a business where others can collectively find their way. That's why I keep my mind focused on the perspective; it makes it easy to handle the rest.

Being the best person is not only leading others by example but respecting their values and understanding their needs. I understand that not everyone will agree. However, everyone has some knowledge that fits pieces of the puzzles. Journey with me so we can all figure this out together.

Love you all Lynn

Lynn Pritchard

For updates and any changes visit our website at www.spiritualuplifts.com or join us on Facebook at www.facebook.com/spiritualupliftsnewagestore

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.



Classes

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.

Sunday 10th How to handle stress class from 12 pm to 3pm. In this class you will learn multiple techniques to handle stress. You will also make a beautiful mirror to remind you that you come first so taking of yourself means you are taking care of everyone. Cost \$15.00.

Saturday 16th Chuck Bergman Gallery readings. More information on Page 3. Cost: \$65.00.

Sunday 17th Reiki 3 from 12 :00 pm to 8:00 pm. Reiki three is the teacher's level. You will experience a higher level of energy, helping you to connect with your masters while performing reiki. There will be an enhanced level of clearing the chakras, new symbols and new hand positions. Also, you will learn how to give attunements. This level shows commitment as a reiki practitioner. Total cost \$200.00. *Completion of Reiki 1 and 2 at Spiritual Uplifts is a prerequisite.

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

Black Friday pancakes for St. Jude's hospital. 10:30 am to 12:00 pm \$5.00 donation

All Black Friday and Small Business Saturday sales will be posted a week before either in email or flyer from the store.

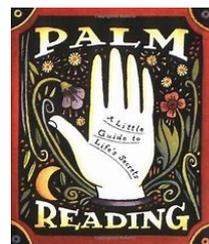
Numerology

November, 2019 is a 5 Universal Month, the number of excitement, change and progress. This month, you may find yourself challenged to go outside of your comfort zone, which will bring more thrills to your life. Most of us are creatures of habit and therefor uncomfortable with change. Mainly, we dislike the uncertainty that comes with doing things without knowing the consequences or outcome. The energy the five bring us this month will help us embrace change and the unknown. Remember that this energy will only bring positive results!

As always, the universe is testing us to see if we are committed to the goals we set in place over the year. The lesson and challenge you may face this month will be using this energy for immediate gratification versus long term gains. Will you take a risk where you will see that benefit you down the road? Or will you take the opportunity to guarantee happiness in the moment? What are you willing to take a risk for?



Black Friday special Palm Readings with



Spiritual Uplifts Magical Moon

November's full moon is called the "Beaver Moon" because of the beavers that become active during this time preparing for the winter months. You should also prepare yourself for this upcoming winter by clearing yourself of inadequacy and jealousy and welcoming in gratitude during this full moon.

First Quarter: November 4, 5:23 A.M. EST

Full Moon: November 12, 8:34 A.M. EST

Last Quarter: November 19, 4:11 P.M. EST

New Moon: November 26, 10:06 A.M. EST

Gratitude Ritual

You will need the following: Sage or Palo Santo, a dark green candle, incense (against jealousy), pen and paper.

Cleanse the space that you plan on doing your ritual in with sage or palto santo. Light your dark green and candle and an against jealousy incense to help yourself release any feelings that may be inhibiting you from seeing what you have to be grateful for. Get a pen and paper and write down all that you are grateful for.

When your done with the list repeat it three times.

HOROSCOPE



HOUSE CLEANSING

CANDLES

by Spiritual Uplifts
sold at Spiritual Uplifts

This candle helps balance the home creating a more healthy environment. The scent has protective, healing, and cleansing properties that also heighten energy around you, tapping into your higher-self and enhance spiritual awareness. With help from experts, Lynn selected the perfect scents to establish powerful effects to release negative and unwanted energy from your home, making you feel more safe and happy in your home

spiritualuplifts.com

Aries: You will have an opportunity to benefit financially from others in some way.

Taurus: You will have the opportunity to experience personal growth through your close relationships.

Gemini: A new job will give new responsibilities.

Cancer: It is a time when you can achieve harmony with all with whom you come into contact with.

Leo: This is a time for growth in all areas of life.

Virgo: Open discussions with those with whom you share your home will enable you to reach new understanding.

Libra: Make a fresh start where your personal income or property is concerned.

Scorpio: This is a month to gain from a new experience. Turning a fresh page in your life!

Sagittarius: You will be able to learn a great deal more about yourself through your empathy with the suffering of others.

Capricorn: What you are hoping for will take an important role this month.

Aquarius: This month is full of promise and changes that could affect your financial position.

Pisces: This is a time for you to widen your experience and your knowledge.

Mercury in retrograde. October 31st to November 30th(Scorpio) Scorpio brings lies, breach of contracts and time of discovery in things we have forgotten.

By Lynn Pritchard

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						Healing event 1pm to 3 pm
3	4	5	6	7	8	9
Mediumship 1pm to 4 pm						
10	11	12	13	14	15	16
Learn how to handle stress 12pm to 3 pm						Chuck Bergman 6 pm to 8 pm
17	18	19	20	21	22	23
Reiki three 12pm to 8 pm						
24	25	26	27	28	29	30
2 1/2 meditation 12:30 pm to 3:30 pm					Black Friday	Small business Saturday