



SPIRITUAL UPLIFTS



HAPPY HOILDAYS AND MANY BLESSINGS TO ALL! FROM ALL OF US AT THE SPIRITUAL UPLIFTS FAMILY!

DECEMBER INSIGHT

By Peyton Moore-Woods December 1, 2019

Happy Holidays and Merry Christmas! In ancient Germanic culture, December used to be known as *Gēolamonað* or *Ʒ rra Gēola*. These names mean “Yule Month,” a time which signified the winter season and spanned between December and January. The rise of Christianity caused an alteration to the European concept of Yule. It was adopted to our modern calendar, shortened to twelve days, and called Christmastide. (And that is where we get the twelve days of Christmas!) The zodiac signs for December are Sagittarius (until Dec 21) and Capricorn (Dec 22-Jan 21). Its birth flower is the narcissus. Its birthstones are turquoise, zircon, and tanzanite.

SPIRITUAL UPLIFTS MONTHLY STUDY

By Peyton Moore-Woods December 1, 2019

Book: Growing Up in Heaven: The Eternal Connection Between Parent and Child by James van Praagh. Written by James van Praagh, a bestselling author and renowned medium, this book is an exploration into the journey of child’s soul to Heaven. It is a highly recommended read for anyone in need of guidance during the grieving process. It is filled with messages of love and heart touching true stories.

Oil: Hematite Oil: If you’re feeling scattered and caught up in the bustling tide of the holiday season, try using hematite oil. Infused with real pieces of hematite, this oil is excellent for grounding. Its gentle earthy scent helps with keeping you focused on practical matters. It’s a wonderful oil for any students studying for finals or people that need to stay centered for work.

Crystal: Arabic Stone (aka Calligraphy Stone): These beautiful stones appear as though they have been painted by an artist’s brush and are used to get in touch with the higher self. They assist with past life healing, receiving messages from your guides, and accessing the Akashic Records. They are also a great stone for writers as they can boost creativity.

Herb: English Breakfast Tea: December is the perfect season to get cozy with a book and a cup of hot tea! Our English Breakfast tea is a certified organic black tea blend with a rich and robust flavor that pairs well with milk and sugar. Not only does it include antioxidants that boost your overall health, it lowers cholesterol, is a natural anti-inflammatory, and improves cardiovascular health.

Monthly Quote Researched by Donna Long December 1, 2019

“The Christmas spirit is a spirit of giving and forgiving.” James Cash Penney

**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
1/2 hour \$65.00/1 hour \$80.00**

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.

Numerology reports

with Kim

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

December 28th Kim will be available to do numerology reading for \$25.00. Book now before it gets full.

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

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

Tansy Dust

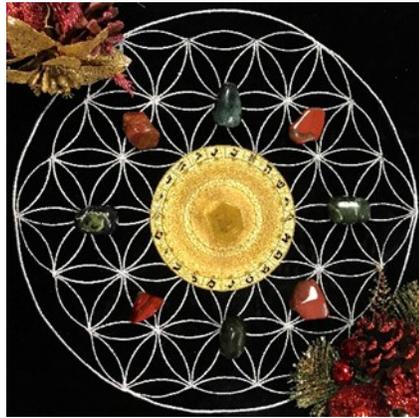
Spiritual Uplifts rewards program.

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 more.

How to Create a Crystal Grid for Self-Love

By Alicia Bilotti December 1, 2019



Step 1: Set intentions of self-love and self-appreciation through visualizing a nurturing green light washing over you, opening your heart chakra to allow love in.

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:

Chalcedony – A nurturing stone that changes depression into joy and self-doubt into self-sureness.

Green Garnet – This crystal opens the heart chakra for feelings of kindness and compassion. It keeps you inspired about your goals and ensures that you never lose track of your dreams.

Green Kyanite – An excellent crystal to aid in feeling more balanced between yourself and nature. It connects your truth from your heart and the truth in any situation.

Petrified Wood – This crystal aids in improving patience, especially within yourself, and provides clarity on how to allow life to evolve into perfection.

Pink Mangano Calcite – A self-esteem and self-confidence boosting crystal that connects one to energies of love. It aids in releasing fears and opening up your heart to go after what you want.

Polychrome Jasper – This crystal bring new energy while promoting positive thinking and happiness. It allows you to see your full potential.

Prasiolite – Prasiolite increases self-respect while balancing and harmonizing the body. This crystal also aids in easing negative emotions trapped in the body.

Rose Quartz – A wonderful crystal for promoting unconditional self-love and self-acceptance. It aids in releasing unexpressed emotion and encouraging self-forgiveness and trust.

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

Green Citrine Generator – Green Citrine is a wonderful generator as it works wonderfully with the heart and solar plexus chakras.

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

Message from Lynn

By Lynn Pritchard December 1, 2019

Forgiveness

I want to share an experience that changed my life. Although I have written about forgiveness in the past, I have struggled with it for a long time. I am anticipating that if I tell my story wholeheartedly, maybe, this can help others.

I grew up in an unpleasant environment. My parents were verbally and physical abusive to me, my sister and both-ers. My stepmother would accuse me of things I never did. She would tell other people that I was crazy and a bad kid. In the meantime, at the age of 7 years old, I was in charge of my sister and three brothers. I had to bath, feed, and babysit them. My job was to make sure the house was always clean; my parents were never home. Neither my mother or father had a job for more than a few months. Both of them did drugs and partied all the time. Those were my darkest days.

When I became a teenager, I found a safe place: The White Light Bookstore. There I discovered how my gifts worked and how I could use them. I remember my first reiki session with Gloria, who is the owner of the store. She had no idea what I had been through, yet we both started to cry during the session. I was very grateful that day; she had taught me how to forgive and let go. The healing brought me hope and a better understanding of my family. Later I was able to have a healthy relationship with them.

As an adult, I received my Bachelor's degree in business; later, I went to school to become a paralegal. I took several different types of psychology classes that helped me more than any counseling or therapy sessions. After working for many years in banking, I decided to open my own metaphysical store. I wanted a place for people to come and feel the same way I did at the White Light Bookstore. I wanted a spiritual community so we can all grow and learn together while helping others. That's when I realized the world can be dark anywhere. I had people that I thought were my friends, whom I found out later, they were not. I gave them an opportunity, helped them create businesses, etc. I am not going to get into everything that happened, but multiple events unexpectedly took place that were not in my favor. Now I was in a position where I had to learn to forgive all over again.

I understand that forgiveness is essential, but there were just some I couldn't forgive. I tried reasoning with myself: these people are just people at a lower vibration that

have no respect for others. I felt they could only see what they wanted to see. I even told myself, "when you know where their reaction is coming from, it is much easier not to take it personally." However, I took it personally.

After years of study, I found myself wondering how to forgive. I tried to google so many times, but it only tells you that you should forgive but never tells you how. The weird thing was I could teach others to forgive, but it never worked on myself. Do we forgive because its the right thing to do? Does it make me a good person if I forgive? What about the saying "An eye for an eye?" Does that make it better? Does that help us forgive? All that does is bond you to the person. Any act of violence, whether it's emotional or physical, is a weird twisted form of intimacy. For example, a man shoots another man for sleeping with his wife. The crime links the two of them for life. Even worse, both families are linked.

Do people forgive for the wrong reasons? People want to forgive so they can move on. Most people think that if you forgive, you heal. So why don't I feel healed when I forgive? Are there things we cannot forgive? I figure the real question is not how to forgive, but why am I forgiving? For instance, you can't forgive your father for beating your sibling. You can only forgive him for making you feel sad and angry.

So why do I forgive? Does anyone owe me anything? Let's look at the damages. I lost money, safety, and trust. Honestly, trust I will not get back. I am not the same person that opened a metaphysical store eight years ago. Do I want an apology or explanation? If I asked for this, I am sure I will get it from some of them. However, is that what will make me forgive them? How do I stop punishing myself by thinking about this over and over again? Why do I forgive? I don't want an apology or explanation. I don't want these people to be my villains anymore. I am more than that.

After much research, I came to the conclusion that at this time, I wish them the best and hope they have a lifetime of healing. Forgiving is about setting yourself free. When I say I forgive you, I am saying, "I know what you did, and it's not okay, but I recognize that you are more than that. I don't want to hold us captive to this anymore. I don't need anything from you."

Someone asked me, "wasn't it worth going through that?" You've helped thousands of people." I said, "no, that does not help me forgive the people that hurt me." I am grateful that I was able to help all those people. However, the most important thing I learned from this business was, I am just as important as all those people I have helped. I love you all. I hope you have the best 2020 ever!

WORKSHOPS & EVENTS

Sunday 1st Mediumship with Maeda from 1:00 pm to 4:00 pm Through mediumship, we are able to prove the continuity of life, thus healing some of the pain associated with losing a loved one. Geared toward deepening the evidence we receive, this workshop is open to both new students or students with some experience in evidential mediumship. We will combine the philosophy of mediumship and hands-on experience. Cost \$25.00

Saturday 7th Healing event from 1:00 pm to 3:00 pm - The healing event is to give you a chance to meet our practitioners and experience different healing techniques. \$10.00 love offering

Thursday 19th Learn how to release stress from 7:30 pm to 9:00 pm. Learn multiple techniques to help you handle stress. Also, you will make a personalize mirror to remind you that you come first, so taking care of yourself means you are taking care of everyone. Cost \$15.00

Saturday 21st Decorate your own Christmas ornament for kids and adults from 1:00 pm to 5:00 pm. Have fun and celebrate the holidays with Spiritual Uplifts. Lemonade and cookies provided. Cost \$5.00 for kids, \$10.00 for adults.

Saturday 21st Make your own Christmas Wish candle. 1:00 pm to 4 pm. Lynn or Peyton will carve symbols into your candle and you will dress it and put your intentions into it. Cost: \$10.00

Saturday 28th Psychic Attunement with Lynn from 3:00 pm to 5:00 pm. The attunement increases your awareness and channels your gifts. Also, you get energy work and a message from Lynn. Cost \$25.00

Sunday 29th 2 1/2 hour Meditation Workshop with Lynn from 12:30 pm to 3:30 pm. Learn to improve your meditation with necessary steps, using different breathing exercises, mantra, and visualization. At the end of the session, you will get a written message from Lynn. Snacks included. Cost \$25.00.

3 Day Healing Retreat, Part 1: "Release and Recharge" 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. **Limit 8 students. Cost \$400.00 or \$350 if paid ahead in full. This workshop is full but you can be on the waiting list.**



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

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

Spiritual Uplifts Magical Moon

By Sydney Anteau December 1, 2019

Decembers Full Moon Ritual 2019

First Quarter: December 4th, 1:58 A.M. EST

Full Moon: December 12th, 12:14 A.M. EST

Last Quarter: December 18th, 11:59 P.M. EST

New Moon: December 26th, 12:15 A.M. EST

The Cold Moon

The Cold Moon, otherwise known as the “Long Nights Moon” lays high in the horizon. This moon is the last before the New Year, a symbolic closing of the last years issues and welcoming in a new cycle. This Cold Moon also falls a week before the winter solstice.

The Self-Love Ritual

During December we do a lot of giving to others and we often neglect to take care of ourselves. This Full moon ritual is to help invite self-love and caring for yourself as you do others.

Step 1: Lights some rose incense to help attract love to yourself and to make the room smell nice and set a relaxing atmosphere.

Step 2: Draw a bath and put salt in it to cleanse yourself of your negative feelings towards yourself. Then add chamomile flower powder to bring in love and relaxation. Chamomile flower powder is also very good for soothing irritated skin.

Step 3: Use this time by yourself to reflect on all of the things that you appreciate about yourself. Find three things that you love about yourself and repeat them three times.

Step 4: As you drain the bath picture all of your negativity towards yourself washing away.

Step 5: After you get out anoint yourself with guardian angel oil or heart charka oil. Then look into the mirror and repeat the mantra you created once more with the intention that it will stick.

Numerology

Kimberly Pritchard-Hastings December 1, 2019

2019 is ending on a great note, as December is a 6 Universal month, the number of the heart. Six is a nurturing, loving, and supportive number that brings wonderful energy.

Think of your goals as flowers in your garden. Over the past few months, you have planted the seeds and taken the steps towards realizing your dreams. This month, water your goals by reminding yourself of all the work you've done, and taking pride in all you have done.

The Six also teaches us an important lesson this month, as it is the number of responsibility and accountability. If you've fallen behind on your path, this is the time to accept it and move ahead. Even if you on the path, remember that more work is ahead of you. Express gratitude and send love and light.

HOROSCOPE

Aries- Good fortune and success are possible but overconfidence and excess could lead to loss and embarrassment.

Taurus - Relationships with men and superiors will be serious, practical and beneficial.

Gemini - Closer bonding with your partner is likely. If single, a new romance will be based on practical considerations, and maybe with someone much older or younger than you.

Cancer - Taking more than you really need will affect other people and could cause relationship tension.

Leo - This month brings growth, abundance and good luck, as well as positive change and excitement.

Virgo - Clear up misconceptions and things will improve.

Libra - This full moon could force you to make adjustments in your love life or with your finances in order to restore balance.

Scorpio - Opportunities for advancement and recognition are possible in your professional life.

Sagittarius - A new romance could be with someone from work or from a different age group.

Capricorn - Spiritual enlightenment gives you a good overall perspective of who you are and your place in the world.

Aquarius - This is a time of peace, harmony, romance, and fun.

Pisces - This is an excellent time to begin relationships, studies or long-distance travel.

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Mediumship 1 pm to 4pm						Healing Event 1 PM to 4 PM
8	9	10	11	12	13	14
					Retreat	Retreat
15	16	17	18	19	20	21
Retreat				Learn how to release stress 7:30 pm to 9 pm		Decorate your own Christmas ornaments for kids and adults 1 pm to 5 pm
22	23	24	25	26	27	28
						Psychic Attunement 3 pm to 5 pm
29	30	31				
2 1/2 meditation 12:30 to 3:30 pm						