



SPIRITUAL UPLIFTS NEWSLETTER

January 2020

Owner Lynn Pritchard

Monthly Insight

Peyton Moore-Woods January 1, 2020

As one year ends and another begins, January is the month of fresh starts and rebirth. It is named after the Roman god Janus, the god of transitions, doorways, beginnings, and passages. He is usually depicted with two faces. One is turned back to reflect upon the past, while the other is gazing forward at the future. The ancient Romans would call upon the spirit of Janus when they planned out their goals for the new year, as he helped them consider what happened in the past so that they could create a better future.

January's birthstone is the garnet. Garnets can be used as a protective stone while traveling. They inspire feelings of strength and love, and are wonderful to keep by your side when dealing with troubling times. This month's birth flowers are snowdrops and carnations. These flowers symbolize deep love and rebirth. Capricorn gives way to Aquarius on January 20. According to the Chinese zodiac, 2020 is the year of the Rat. The rat symbolizes industrious hard work.

Quote of the month

"Love is the only force capable of transforming an enemy into a friend."

Dr. Martin Luther King Jr.

Researched by Donna Long

Tansy Dust



Tansy is our store fairy. She protects and guides us. She also wants to reward customers for shopping with us. Join our rewards program and you will receive \$10.00 for every \$100.00 you spend on retail. You also get update emails on workshops, discounts, and services. All emails include a special treat we call Spiritual Uplifts Chocolate.

Spiritual Uplifts Chocolate gives either a message from Lynn, information, recipes on crystals, herbs, protection charms, and more.

Newsletter content

Services

Message from Lynn

Magical moon

Grid

Monthly classes

Horoscope

2186 Park Ave Orange Park Florida 32073



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

Numerology reports

with Kim

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

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

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.

We are now open on Mondays.

Every Monday get a chakra check-up from our aura camera for \$10.00

Spiritual Uplifts

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

1 hour: \$80.00



Reading by Lynn



Lynn's soul package is available for this month. (limited time available)

Of course we have natural healing within us. However sometimes it's more difficult to heal yourself because it takes a long time to see your lessons. A coach can provide a safe environment where you can see yourself more clearly. Lynn not only coaches, she is also a psychic medium so she can see a little more by adding a soul reading. What you can't see she usually can. She will guide you on building structure, accountability, and give you the support to help you stay committed. The sessions are designed to identify root causes of emotional barriers around your heart. She uses assistance from the divine to release blockages and cords that may be holding you back.

Depending on your needs:

Soul reading/clairvoyant, affirmations, tapping, healings, chakra balancing, cutting cords and removing blockages, soul retrieval

1 hour crystal bed

6 sessions for \$400.00

I've been reading tarot cards professionally for more than 30 years. I work through the cards using clairvoyance, mediumship, and soul reading. I am also a Reiki Master, Coach, and Minister. I have been studying Metaphysics since 1990.

For most of my life, I lived in Rhode Island, which is 45 minutes from Salem, Massachusetts. I made many trips back and forth to Salem to discover its 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 to form when I was a child. I believe everyone is psychic, some more sensitive than others.

Once I finished my bachelor's degree in business, I decided it was time to have a business of my own. That's when I opened Spiritual Uplifts Metaphysical Store.

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 person-

Call for an appointment

Readings: 1/2 hour \$75.00; 1 hour \$125.00. Anything over an hour is \$2.00 per min. You can have a phone reading, or in house reading. Readings are done by appointments only. Due to high volume of customers we open our schedule no more than two weeks out. You can call every Saturday at 12:00 pm to schedule your appointment. Customers are only allowed to book every three to six months. Thank you for understanding, Lynn



Message from Lynn

Lynn Pritchard January 1, 2020

Happy New Year, everyone. It is time to focus on your goals and look back at what you achieved last year. You may not have achieved all your goals last year, and that's okay. I always follow the saying, "Do something now that will make you feel proud tomorrow." So look back at the following year to find something that can make you smile and feel proud.

I have been very successful with past New Year's resolutions. The key is not to look at a New Year resolution as something you have to change. Because if we think about something we have to change, we resist it. We all want to do what we must, but not what we should. You see, change is going to happen whether you want it to or not. It turns out that change is the most natural process for everything that is evolving all the time. If you look back at your past, you will see how much you have grown. We change whether we want to or not.

So the first thing we think about for a New Year resolution is "what will make things better?" How about starting with you. How you feel about yourself is what you achieve. How you determine your physical body, personality, can either limit or raise your success. For instance, there is an old saying, "You are as smart as you think you are."

So raise your standards. Have more belief in yourself. Think about a time when you had a passionate thought about something you wanted. For instance a new car. All of a sudden, you see the vehicle you have been thinking about everywhere on the road, television, etc. Colleagues and friends out of nowhere start talking about the same car. Is this a coincidence? Next thing you know, you are at the dealership getting approved for the vehicle you wanted. That's because you raised your standards of what you deserve and manifested what you wanted. This year try and focus on a New Year's resolution that makes you feel alive and excited. The best way to get started is Kim's Vision Board class on Sunday, January 19th. See you there. Happy new year! Love you all, Lynn



Numerology

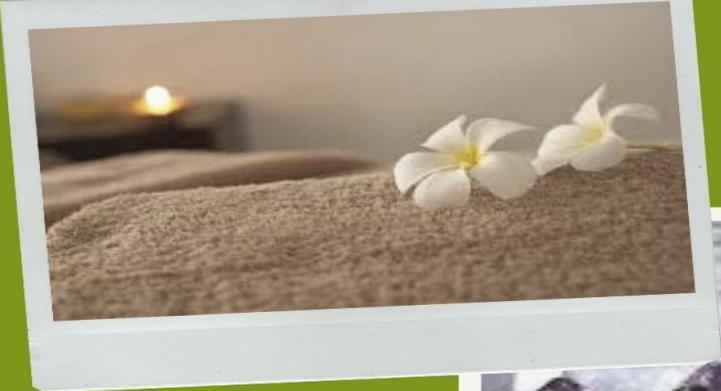
Kimberly Pritchard-Hastings January 1, 2020

Welcome to 2020! I hope everyone had a safe holiday and are as excited as I am that a new year is upon us.

2020 will bring the energy of the number 4, the number of hard work and planning. Throughout the year, you will be making plans, taking action and building the foundation for what you want to accomplish. The energy of the 4 will give you the strength you need to get the job done, so be sure to take advantage of it.

January 2020 is a 5 Universal Month and brings the energy of change and transition. The universe is always speaking to us and this month it brings us a clear message: We will need to accept change in order to progress with our goals. Remember that you can't keep doing the same thing and expect a different result. The Universe is telling us this month that if we have become stuck, we need to change our approach and be open to change.

Spiritual Uplifts Metaphysical Store



Try our
crystal bed
for \$25.00
for 15 mins

Spiritualuplifts.com
904-292-4555



Spiritual Uplifts Monthly Study

Peyton Moore-Woods January 1, 2020

Book: *Think and Grow Rich by Napoleon Hill:* In this updated version of the classic bestseller, Hill guides his readers to prosperity and financial security. In his thirteen-step formula, he details leadership skills, advice on moving up in one's career, and psychological insight into our mindset with money. It's a fantastic read for anyone looking to start their new year with new goals for more growth.

Oil: Anise Seed Oil: This sweet scented oil helps lift up your energies when you're in need of a boost. It also helps with asthma, bronchitis, stomach pain, and nausea.

Crystal: Blue Lace Agate: Blue Lace Agate helps you express your emotions and remain calm during stressful interactions. It soothes public speaking fears, aids with healing the throat chakra, and is a great stone to keep in the home for its calm energy.

Herb: Chickweed: Chickweed is a nutritious herb with versatile medicinal purposes. Traditionally, it is used as a weight loss supplement, as it's a diuretic and helps with detoxifying the body. It can also be used as a poultice for irritated skin, sore muscles, burns, and rashes. Because it is an anti-inflammatory that soothes the digestive system, it is a recommended home remedy for flu season. An infusion of the dried herb helps with sore throats and coughs.



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



Spiritual Uplifts magical moon

January's full moon is the "Wolf Moon" otherwise known as the "Old Moon" or the "Moon after Yule." During the cold months of winter wolves would howl outside giving January's full moon its namesake. There is some debate over whether the name has Native American or Anglo Saxon origins.

First Quarter: January 2nd, at 11:46 pm EST

Full Moon: January 10th, at 2:23 pm EST

Last Quarter: January 17th, at 8:00 am EST

New Moon: January 22nd, at 4:44 pm EST

Releasing Negativity Ritual

During the Wolf moon it's a good time to release what is holding you back like a wolf howling at the moon. This ritual could be used from anything from releasing yourself from a bad break up or a negative mindset.

Start by burning a mixture of comfrey leaf and mugwort to aid in letting go of unhealthy relationships that no longer serve you or jasmine incense to amplify your ritual during this moon.

Take a black candle and hold it to your chest, picturing it pouring all of your unwanted energy into the candle. Remove it from your chest then light it. Allow the candle to burn all the way down, taking away the energy you put into the candle.



January Classes

Saturday 4th Healing event from 1pm to 3pm. The healing event is to give you a chance to meet our practitioners and experience different healing techniques. \$10.00 love offering.

Sunday 5th Mediumship with Maeda from 1pm to 4 pm. This class is for beginners and newcomers who feel they have the gift. The workshop will be a combination of the philosophy of mediumship and hands-on experience. Cost \$25.00.

Saturday, January 11th Learn to use the pendulum from 3pm to 5 pm. The pendulum is not just for asking yes or no questions. You will learn how useful your pendulum can be. Locate people on the map, do readings, treasure hunting, win prizes, and more. Cost \$15.00

Sunday, January 19th Vision board class with Kim from 1 pm to 5 pm. Take the first step this year to visualize your dreams by creating your vision board. Cost \$10.00

Saturday, January 25th 33 day cleansing with body, mind, and spirit starts at 10:30 am. Looking for something to uplift your spirits? You will learn different techniques to help create a positive and abundance-flowing life. Cost \$15.00

Sunday 26th 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.

2020 workshops

33 Cleansing workshop

Starts Jan. 25th

2 day Psychic Workshop

Feb 22nd & 23rd

Beauty & The Beast Tea Party

Sunday 16th

10 week Tarot Class

March 5th, to May 7th

Elka Boren Light Language

March 28th

3 Day Healing Retreat

April 10th, 11th, & 12

Six Week Tarot Class

June 4th to July 9th

Five Elements Healing Workshop

July 17th, 18th & 19

Reiki Two

August 1st

Reiki Four

Sept. 12

Goddess Tea Party

Sept. 20th

Magic Cat Class

Oct 24th, to 25th

Reiki 3

Nov. 15th

3 Day Retreat

11th, 12th, & 13th



Workshops and mini classes

We also have mini classes and much more. This year we are asking everyone to sign up ahead. We cannot guarantee a seat for walk-ins. Lately our classes have been getting full.

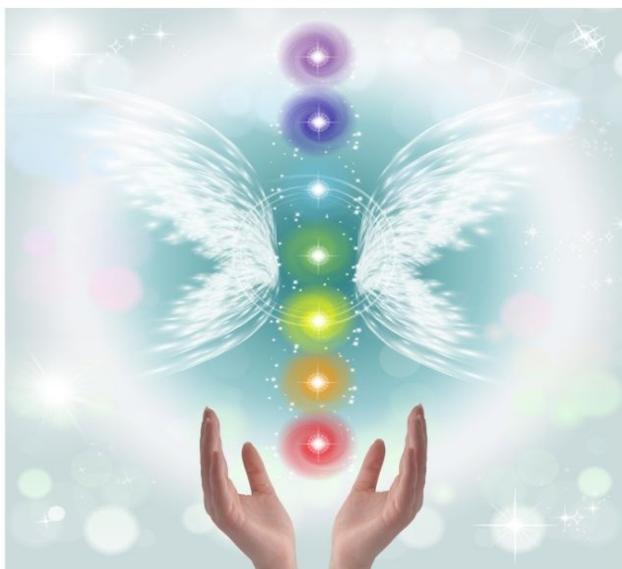
Spiritual Uplifts Metaphysical Store

Chakra Check-up

**Do your chakra check-up once a month to see if
you are aligned. cost \$10.00**



**Tansy
Special**



Make an appointment or walk in.



HOROSCOPE

Aries - Control your impulses at a social event for good results.

Taurus - Hurting someone's feelings will not make you feel better.

Gemini - You will attract the attention of those in charge.

Cancer - From the 10th to 13th it is essential to know where you are and what you want.

Leo - It's time to remove blockages that keep you under pressure.

Virgo - A trip helps you to evolve spiritually

Libra - Face a deadline with family, and increase responsibilities.

Scorpio - Reassure others that you are fine and can handle this on your own.

Sagittarius - What you want will change or move the rules that govern your daily routine.

Capricorn - Manipulation leads to misunderstandings that can break relationships.

Aquarius - Control your moods or they can create an unwanted loss.

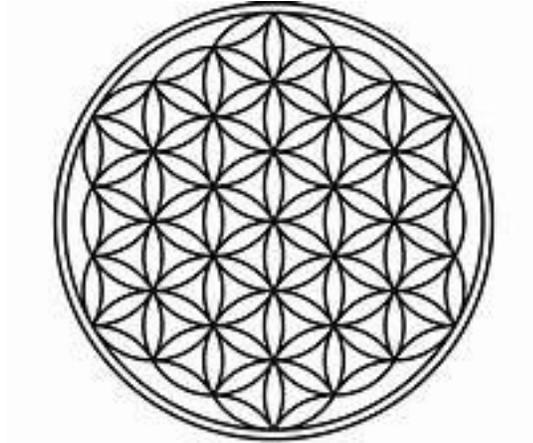
Pisces - Your desire to control could hurt your plans.

January 2020

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



How to Create a Crystal Grid for your intention for the New Year



Alicia Bilotti January 1, 2020

Step 1: Set intentions for your New Year. Write them on paper.

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.

Four Aragonite crystals can be placed around it, forming a cross. Aragonite helps you overcome obstacles and paves the way for breakthroughs.

Four Celestite crystals can be placed around these, forming the arms of the cross. Celestite helps navigate new chapters in your life.

Three Tiger's eye crystals form a triangle around the outer edges. Tiger's Eye instills self-confidence and empowerment.

Three Moss Agate crystals form another triangle. Moss Agate brings prosperity and supports growth.

Three Pyrite crystals form another triangle. Pyrite attracts success and prosperity.

Three Bronzite crystals form the final triangle. Bronzite increases your determination.

Clear Quartz – The clear quartz goes into the Center, on top of your folded note with your intentions written on them. Clear Quartz brings clarity, focus and amplifies the grid.