



SPIRITUAL UPLIFTS NEWSLETTER

February 2020

Owner Lynn Pritchard

Monthly Insight

Peyton Moore-Woods February 1, 2020

February is here! Even though this is the shortest month of the year, February is filled with significance. February’s original Roman name, Februarius, was derived from the Latin term februum. This meant purification. The month was named after Februa, a cleansing ritual held on February’s full moon. The Old English name for February was slightly less elegant: they called it “Kale-monath”, or Cabbage Month. With Valentine’s Day just around the corner, come see us for new products focused on inspiring love! 2020 also marks a special occasion: this year is a Leap Year, which grants us an extra day on the 29th. Aquarius watches over February until the 19th, when it gives way to Pisces on the 20th. February’s birthstone is the amethyst, a beautiful and powerful healing stone. Its birth flowers are the violet and the iris.

Don’t miss our valentine’s tea party on February 16th from 2pm to 5 pm. The theme is Beauty and the Beast. Hope to see you there!

Quote of the month

“All you need is love. But a little chocolate now and then doesn't hurt.”

Researched by Donna

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, you will receive \$10.00 for every \$100.00 you spend on retail. You also get update emails on workshops, discounts, and services. Also, 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

Chakra check-up

\$10.00

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.

Now open 7 days a week.

Monday 12:00 pm to 5 pm

Tuesday thru Friday 10:30 am to 7 pm

Saturday 10:30 am to 6 pm

Sunday 10:30 am to 4 pm

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 your needs:

Soul reading/clairvoyant, affirmations, tapping,, healings, chakra balancing, cut cords and remove 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 personal growth and relationships.

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 February 1, 2020

Love is a journey through the heart.

As a young child, I thought of myself as Cinderella. I would daydream of my prince rescuing me from my parents. We would live in this beautiful castle where I would have two children and be very much in love. This fantasy doesn't just come from television; it's the way we are taught to think. Society plants seeds in our heads on how and who we should love. Then our ego takes over, so we start looking for that perfect person. Some people grow out of this thought process, while others stay the same.

To find true love, we need to understand ourselves. If you are having trouble finding love, your ego may be in the way. It's time you face your love shadow. A shadow is part of yourself that is neither bad nor good. It just means you have been influenced to think a certain way. You tend to use the shadow as a survival tool.

When you take things personally or want to live to look a certain way, and I do mean live, all the energy goes into the shadow. So it is hard to find anyone because you have tension to find that perfect person. Facing the shadow helps you to see yourself in a higher place.

For instance, if you feel bad about yourself, you are saying love me the way I do. However, if you have an inferiority complex, it can isolate you from falling in love, leaving you with the same old relationships over and over again.

The perfect time to fall in love is when you are confident enough with yourself to be alone. That's when you can let your guard down to look outside your comfort zone. Good looks don't last forever; money can't buy you; love, however, respect, loyalty, laughter, and acceptance can buy you happiness.

I did find my love. It took me a long time to come to that conclusion. He has been right beside me for the past 26 years. Happy Valentine's day!

I love you all, sending blessing, Lynn.



Numerology

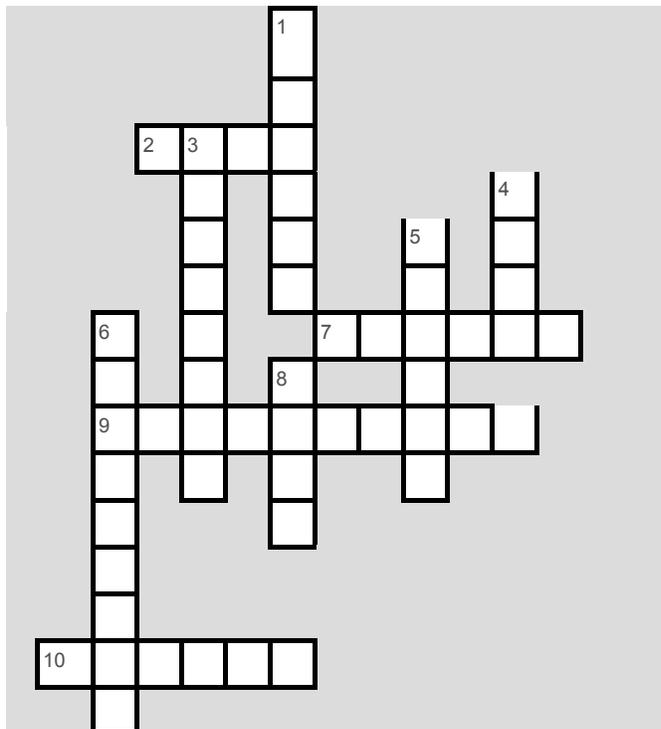
S.U Holiday Crossword

Kimberly Pritchard-Hastings February 1, 2020

Most people equate February with Valentine’s Day, complete with couples, hearts and flowers. This year should be a special Valentine’s day as February 2020 is a 6 Universal Month. While the Six is the number of domestic happiness, love and all matters of the heart, it also brings nurturing and compassionate energy.

This month, you’ll feel that nurturing energy every relationship needs. But remember that love doesn’t just apply to lovers and couples. It can also mean self-love, the most important love there is. This month is the time to focus on yourself. What makes you happy and feel loved? Embrace more of that this month. Because if you can’t love yourself, how can you love another or expect another to give you the love you need.

The Six also brings a sympathetic and caring energy. Are you having relationship issues? Don’t be surprised to find the Universe talking to you this month. Listen to what it is saying and take a step back. Have others been trying to guide you and give you advice? The Universe is encouraging you to this month to finally listen to that guidance. Remember that it will benefit you in the long run.



Across

- 2. What ritual bath helps you to attract love?
- 7. What crystals used in the Vitajuwel bottle for love? Rose quartz, Clear quartz and _____.
- 9. A tea that can help with emotional stress is _____.
- 10. Which chakra soap helps get rid of blockages?

Down

- 1. Which quartz crystal balances emotions for love?
- 3. Crystal bracelet that gets rid of old resin from past relationships?
- 4. What Wei chocolate contains rose?
- 5. What candle color brings passion to romance?
- 6. Which candle made by spiritual uplifts attracts unconditional love?
- 8. What quartz crystal brings us love and teaches us to love ourselves?



Spiritual Uplifts Monthly Study

Peyton Moore-Woods February 1, 2020

Spiritual Uplifts Monthly Study

Book: Life Lessons Harry Potter Taught Me by Jill Kolongowski

Not only is this series of essays an in-depth analysis of Harry Potter, Kolongowski provides her readers with sparkling insight about friendship, bravery, family, and more. If you love Harry Potter, whether you're a new reader or an old fan, this book will inspire the magic within you.

Crystal: Pink Amethyst

Pink amethyst is filled with a gentle loving energy that purifies the aura. It calms the mind and makes a wonderful gift for a loved one, as it shows the depths of your affection for them. Pink amethyst also helps inspire creativity and encourages you to see the beauty in everything that is around you.

Oil: Patchouli

Our patchouli oil is available in a pheromone based rollerball bottle, which means that its scent is long lasting and easy to apply. Patchouli has a wide range of uses, like easing insomnia and soothing skin irritations. Spiritually speaking, it is commonly used for protection, romance, and attracting wealth. Its spicy exotic scent makes for a great perfume, especially for those that love earthy scents.

Herb: Angelica Root

Angelica Root, also known as celery root and dong quai, has been used in Chinese medicine for thousands of years. Traditionally, Angelica root is used to regulate women's hormonal cycles, ease nervous tension, and promote a healthy immune system. It also makes a great digestion aid, as it can calm upset stomachs and nausea. You can combine it with peppermint, lemon balm, and chamomile for a strong tea that fights against acid reflux and indigestion.



HERBAL MOJO BAG FOR LOVE



One pink bag or pouch

Two to three rose petals

Half teaspoon of rosemary

1/4 teaspoon of mugwort

Half teaspoon of yarrow

Half teaspoon of chamomile

One amethyst crystal to amplify your bag.



Spiritual Uplifts magical moon

February full moon

Linda Pritchard February 1, 2020

Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February’s full Moon the “Full Snow Moon.” Some tribes also referred to this Moon as the “Full Hunger Moon,” since harsh weather conditions in their areas made hunting very difficult.

First quarter	Saturday	February 1st	8:43pm
Full Moon	Sunday	February 9th	2:34 am
Last Quarter	Saturday	February 15th	5:19 pm
New Moon	Sunday	February 23rd	10:33 am

A full moon spell for love.

You will need the following: 1 red apple, pink and or red rose petals, two red candles, one cherry quartz, a red pen, a knife, a large sheet of pink paper, and red ribbon.

1. Write down the characteristic you are looking for in a love match.
2. Light your red candle and place your cherry quartz on your altar.
2. Hold your apple up to the moon and say “Lady Moon of sky above, grant my wish and send me love.”
3. Take your knife and use it to carve into the apple an image of two hearts touching.
4. Sprinkle the rose petals over the paper and use it to wrap them and the apple up, with the writing on the inside.
5. Bind the package with the ribbon, knotting it three time as you speak your wish aloud.
6. Take the package to a natural place such as a park or the woods. Bow to the moon three times as you walk away. You will soon find the love that you desire.





January Classes

Every Saturday, 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

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

Sunday 2nd Mediumship with Maeda from 1 pm 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.

Sunday 16th Beauty & Beast Tea Party from 2:00 pm to 5 pm We will have tea, sandwiches, and cakes. You will receive an aura picture, a rose, and a one-month astrology predictor. Also, you will make a personalized salt bath. Cost \$45.00. You must reserve your seat.

Saturday 22nd & 23rd 2 Day Psychic Workshop with Lynn from 1:00 pm to 7:00 pm. Learn to work with your natural psychic abilities. Also, you will incorporate several divination tools, read auras, psychometry, psychic readings, Oracle cards, and mediumship. You will receive a pendulum and study materials. Lunch, snacks, drinks included. Cost \$250.00

Wednesday 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.

2020 workshops

33 Cleansing workshop

Starts Jan. 25th

2 day Psychic Workshop

February 22nd & 23rd

Beauty & The Beast Tea Party

February Sunday 16th

10 week Tarot Class

March 5th, to May 7th

Elka Boren Light Language

March 29th

3 Day Healing Retreat

April 17th, 18th, & 19th

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



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.

February 2020

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



HOROSCOPE

Aries - You may have to take a step back to get things done right.

Taurus - Meet new friends, and hang out in the best company.

Gemini - Good fortune, see opportunity fall into your lap.

Cancer - An old romantic affair lingers unless you face up to issues.

Leo - Love is available to you. Get swept up at the moment and let go.

Virgo - A friend will become an inspiration.

Libra - Maintaining your profile with respect to others.

Scorpio - Home renovation is well-starred, so make sure you keep practical moves.

Sagittarius - After endless thought about relocation, your moment arrives.

Capricorn - Think carefully about new purchases and wait for your moment.

Aquarius - Take things back to the first principle

Mercury in Retrograde

February 17th to March 10th

June 18th to July 12th

October 14th to November 3rd

What to do when mercury is retrograde. The planet mercury rules communication, travel, contracts, automobiles, and such. This type of influence depends on your zodiac.

Aries -Reconfiguration workplace relationships

Taurus– Issues will relationships.

Gemini- Un-clarity on real-estate.

Cancer - Misunderstanding in relationships

Leo - This is a period for revisiting some issues with money.

Virgo - Redefine your own personality, to rediscover a new way.

Libra - You will feel like you need to isolate yourself.

Scorpio - Avoid complaints from superiors.

Capricorn - Revised education at this time.

Aquarius - Pay attention to financial agreements.

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.



Attract Love into Your Life with a Crystal Grid

Alicia Bilotti February 1, 2020



Grid and crystals pictured above are sold at Spiritual Uplifts

Step 1: Prior to using the grid, imagine a warm green or pink light wash over the heart chakra to set intentions of attracting love.

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.

Desert Rose – This crystal enhances love and friendships in a harmonious way, and aids in unveiling the relationship connection.

Garnet – Known as a stone of commitment, garnet is used to inspire deep love and devotion.

Lapis Lazuli – A crystal that encourages great compassion and bonding in relationships.

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.

Rhodochrosite – Excellent crystal for the heart chakra to promote relationships of selfless love and compassion. This stone allows you to accept past hurtful experiences and move on from them.

Rhodonite – A stone of nurturing support and love that clears away past emotional wounds.

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

Step 4: Place a crystal generator of your choice in the center of your grid.

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