



SPIRITUAL UPLIFTS NEWSLETTER

March 2020

Owner Lynn Pritchard

Monthly Insight

Peyton Moore-Woods March 1, 2020

In the original Roman calendar, March was considered to be the first month. It was a time of new beginnings after Winter's chill, and the honor of naming the first month went to the Roman god Mars. Mars was not only the god of war. He ruled over agriculture and fertility, symbolizing new growth along with conquest.

March's birth flower is the daffodil. Daffodils have traditionally been symbols of forgiveness, love, and trust. With spring on its way, daffodils tell us to let go of any negativity that has carried over from the winter and embrace a fresh beginning. This month's birthstones are the aquamarine and bloodstone. They both symbolize courage. Aquamarine and bloodstone keep our energies in harmony, especially when life is undergoing a great deal of change. The zodiac signs for the month of March are Pisces (until March 20) and Aries (March 21 onwards).

March is a busy month for us! We will be celebrating our anniversary on the 14th and hosting Shaman Elka Boren from the 23rd-31st. Hope to see you there!

Quote of the month

"May your troubles be less and your blessings be more, and nothing but happiness come through your door."

**Irish Blessing
Author Unknown**

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. 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

Its time to get your shaman healing

Elka Boren

Monday March 23rd to 31st Private Healings with Elka Boren from 10:30 am to 6:00 pm. Remove stuck energies that are integrated with physical, emotional and mental parts of the body. Allowing you to connect to source energy & raise the vibration to hold more light. Healings: ½ hour \$75.00 1 hour \$125.00 1 ½ \$175.00

Friday March 27th 72 Archangels Circle from 7:00 pm to 9:00 pm Discover Your Guardian Angels Group 3. All new participants will be updated. Cost: \$40.00

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SPIRITUAL UPLIFTS METAPHYSICAL STORE

FREE CLASSES!

Herbs, Crystals,
Juicing and
MORE

Party Specials

Buy 1 get 1 FREE Hops

\$15 Aura Picture

\$20 / 10 min Crystal Bed

\$15 3-Month Astrology Reports

Place, date, & time of birth required

9th Anniversary Party!

SATURDAY, MARCH 14 FROM 1 TO 5

ADULTS \$10 KIDS (UNDER 18) \$5

AURA PAINTINGS

MANDALA AFFIRMATIONS

MEDICINE BAGS

DIY RUNES

SPIRITUALUPLIFTS.COM

904-292-4555



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

(This requires total commitment and must be scheduled ahead for once a week.)

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 March 1, 2020

Luck

Are people just born with luck? Ever come across someone who always gets everything they want? As a child, they got into the right schools. They grew up and found the perfect mate. They love their job, and everything seems so perfect for them. In the meantime, you are you standing by waiting for luck to come your way. What about the people who win the lotto. Are they lucky? The dictionary defines the word luck as success or failure brought by chance rather than one's actions. I guess I look at luck a little differently. Where there is luck, there is action. People who make an effort to take action make things happen. Yes, some people may have things more accessible to them, but that only makes them lucky for a little while. However, when you make an effort to make things happen on your own, then the lesson itself stays with you forever. It's impossible to live a life without challenges if you want to evolve. In any form of self-satisfaction, there has to be action. Without action; there is no satisfaction. You can create your own luck just by taking action towards chances, building relationships, and being grateful.

Hope to see everyone at our anniversary party. Love you all Lynn

Numerology

Kimberly Pritchard-Hastings March 1, 2020

March Numerology

As we know, 2020 is a working year of the 4, bringing us the energy of hard work and planning. I'm sure most of you have felt this energy over the past two months and you may be feeling burnt out. Thankfully, one of the many gifts the Universe brings to us are the breaks, which allow us to unwind and recharge. One of these breathers occurs this month, as March is a 7 universal month, the number of reflection and solitude.

This month, it is important that you take time for yourself. Embrace this time off and contemplation to enjoy what truly makes you happy. Get outside and experience nature or finishing reading that book you've been putting off. Journaling is a great tool to reflect on what you've accomplished and what you have left to do. As the 7 is also the number of knowledge, this is the perfect time to take some classes and explore your horizons. Just remember to come up for air and emerge here and there. As the downside of the 7's introverted energy is a feeling of isolation. Be sure to get out and enjoy the company of others.



Spiritual Uplifts Monthly Study

Peyton Moore-Woods March 1, 2020

Spiritual Uplifts Monthly Study

Book: Young Gardner by Stefan and Beverley Buczacki

Children are natural gardeners; they all have an innate love for nature and playing with dirt. In this book, the Buczackis detail out useful information with fun projects that are appropriate for children, alone or with the help of an adult. It teaches children about caring for plants during seasonal changes, and also discusses wildlife conservation. Young Gardener has writing that is easy to understand and plenty of fun illustrations.

Crystal: Aquamarine

Known as the “stone of courage,” aquamarine calms stress and fear. It helps us break out of old self-defeating patterns, perfect for those seeking to tap into March’s energy for new growth. It inspires tolerance for others and supports us when we are feeling overwhelmed. It also helps with thyroid problems and sore throats.

Oil: Uncrossing Oil

Uncrossing oil is typically used for removing unwanted energies that may hold a negative influence. It creates a powerful barrier that serves as a protective shield. It is often used before any type of spell work performed, as it clears away blockage and obstacles. You can place it on your door, dab a few drops in all corners of your home, or place a few drops in the bath. This is a rose based oil with a clean, spicy scent designed for high vibrational energy.

Herb: Astragalus Root Powder

Astragalus root, also known as huáng qí or milkvetch, is a natural energy booster and antioxidant. It is commonly used in traditional Chinese medicine for strengthening the immune system and relieving inflammation. It is also used to treat the heart, kidneys, and liver. For the most effective use of astragalus, it is recommended that you take astragalus in a three week on, one week off regimen. Because it increases the body’s production of white blood cells, avoid taking if on immune suppressors or if diagnosed with an autoimmune disorder.



Spiritual Uplifts magical moon

March full moon

Linda Pritchard March 1, 2020

March's full moon in wiccan ritual is called the "Alder moon." The Alder moon is the king of waters. This moon is good for rituals for growth in businesses. It also helps to bring your ambitions closer to fruition and any hidden potential. Alder wands, tree symbols, and the color red can be used in a ceremony.

First quarter	March 2nd	2:58 pm
Full Moon	March 9th	1:48 pm
Last Quarter	March 16th	5:35 am
New Moon	March 24th	5:29 am

You will need: One red candle, one green aventurine or to make it strong green garnet.

Repeat the following:

"Lovely lady of the moon,

Bring luck and money to me soon.

I care for the less fortunate and weep for those that I cannot reach and ask that you send them money soon.

Fill our hands of gold.

Fill our body, mind and spirit with all the luck it can hold.

Thank you lady of the moon for your light through any darkness."

Repeat 3 times



March Classes

Saturday 7th 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.

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

Wednesday 11th 2 ½ Hour Mediation Class with Lynn. Learn to improve your meditation with basic 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.

Saturday 14th Spiritual Uplifts 9th Anniversary Party from 1:00 to 5:00 pm Come celebrate with us! The first 30 people get a free gift. Free classes. Divination creation class. Cost Adults \$10.00 and children \$5.00.

Sunday 22nd 2 ½ Hour Mediation Class with Lynn. Learn to improve your meditation with basic 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.

Workshops

Monday March 23rd to 31st Private Healings with Elka Boren from 10:30 am to 6:00 pm. Removes stuck energies that are integrated with physical, emotional and mental parts of the body, allowing you to connect to source energy & raise your vibration to hold more light. Healings: ½ hour \$75.00 1 hour \$125.00 1 ½ \$175.00

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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.

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mediumship 1 pm to 4 pm	2	3	4	5	6	7 33 day cleansing 10:30 am Healing event 1 to 3pm
8	9	10	11 2 1/2 hour Meditation	12	13	14 33 day cleansing class 10:30 am Anniversary party 1 to 5 pm
15	16	17	18	19	20	21 33 day cleansing 10:30 am
22 2 1/2 meditation 12:30 am to 3:30 pm	23 Private healings w/Elka	24 Private healings w/Elka	25 Private healings w/Elka	26 Private healing s w/Elka	27 Private healings w/Elka Archangels Circle 7 to 9 pm	28 33 day cleansing 10:30 am Private healings w/Elka Wealth Manifesting Mandala circle 7 to 9 pm
29 Light language Certification 1 to 9 pm	30 Past life circle 7 to 9 pm	31				



HOROSCOPE

Aries - Your goals are shifting. You are ready for challenges.

Taurus - Be patience, and focus on your goals.

Gemini - You find inspiration in your emotions.

Cancer - Time to organize your finances.

Leo - Time to increase your energy with fitness.

Virgo - Love matters are intense yet peaceful and intimate.

Libra - Bring an open mind and heart to your work.

Scorpio - Positive energy seems to attract what you have been waiting for.

Sagittarius - Kindness comes from someone special.

Capricorn - Full moon brings a romantic encounter.

Aquarius - This month brings spirits of newness and empowerment.

Pisces - Pour energy into work and finances.

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 of workplace relationships

Taurus– Issues will relationships.

Gemini- Un-clarity in 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.

Sagittarius - Before you make decisions think of the consequences.

Capricorn - Revise education at this time.

Aquarius - Pay attention to financial agreements.

Pisces - Be cautious, Ex-partners return.

Spiritual Uplifts Metaphysical Store

Chakra Check-up

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



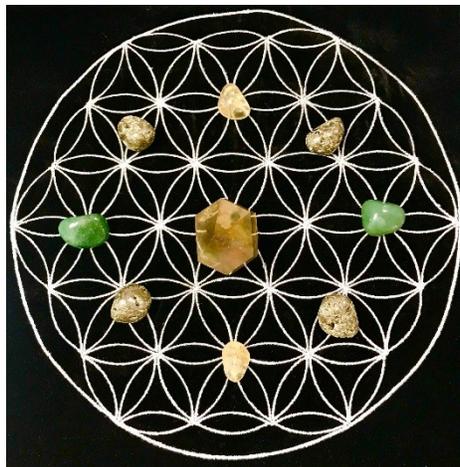
**Tansy
Special**



Make an appointment or walk in.



ATTRACT PROSPERITY THIS MARCH WITH A CRYSTAL GRID



Grid and crystals pictured above are sold at **Spiritual Uplifts**

Alicia Bilotti March 1, 2020

Step 1: Set intentions of wealth and abundance through visualization, and truly believing that you already have the prosperity you desire.

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.

Citrine – Commonly known as a stone of abundance, this crystal teaches how to manifest prosperity.

Green Aventurine – An excellent stone for prosperity that pairs very well with citrine to not only increase prosperity but help you keep it.

Pyrite – A wonderful stone for increasing both abundance and will power. Increases clarity on the true meaning of abundance.

Green Garnet – This crystal represents growth and abundance. Green garnet also opens the heart chakra to keep you inspired about your goals and dreams.

Fancy Agate – Not only does this stone promote prosperity, but also good luck and good judgement.

Sunstone – An abundance stone that attracts fame and unexpected prosperity into your life. It encourages originality and happiness through times of need.

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

Aura Citrine Generator – Aura Citrine is known as a “merchant’s stone,” acting as a wonderful generator for sustaining wealth and prosperity. Also excellent for improving self-esteem.

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