



# SPIRITUAL UPLIFTS NEWSLETTER

April 2020

Owner Lynn Pritchard

## Monthly Insight

Peyton Moore-Woods April 1, 2020

Here comes the sun! Springtime is in full effect as we enter April. It's a month of blossoming as flowers begin to bloom and our energy feels rejuvenated. The name is derived from the Latin word *aperire*, meaning "to open." April is associated with two main goddesses. Ancient Romans honored the goddess of Venus (also known as Aphrodite). She ruled over love and beauty. The Germanic goddess of spring and rebirth *Ēostre* (also known as Ostara) was celebrated with a feast during April. We even maintain some of the old customs for our modern Easter holiday. *Ēostre* was symbolized by hares and eggs.

April's birthstone is the diamond. The fiery Aries watches over April until the 18th, when it gives way to earthy Taurus on the 19th. April's birth flowers are the daisy and sweet pea. Both represent delicate innocence, just like the fresh growth of spring.

### Quote of the month

"Nature always wears the clothes of the spirit." Ralph Waldo Emerson

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, 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



*Healings with Donna Long*  
*Tuesday, 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*

***Not available at this time due to COVID-19***

### **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

***Not available at this time due to COVID-19***

### **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**

**Can be emailed or pick-up**

### **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

***Not available at this time due to COVID-19***

### **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

***Not available at this time due to***



# Message from Lynn

Lynn Pritchard April 1, 2020

Take a look beyond the chaos and notice that more people are enjoying the outdoors. You see people walking, children riding bikes, families bonding at home. Use the distancing as a gift to remember that we can still connect as one. We are not weak! Together we are strong, vibrant beings.

Remember that nothing can take us down as humans as we are the essences of life. Being disciplined doesn't mean you are weak; it teaches you to be more mindful. The phrase "the survival of the fittest" is usually affiliated with selfishness. Step out of survival and look around. There are people in need. Open your heart, even if it's just to listen. Let us use this circumstance to make and rebuild a better tomorrow. As these are life experiences we can grow from.

I love you all, be safe Lynn

# Numerology

Kimberly Pritchard-Hastings April 1, 2020

April, 2020 is an 8 universal month, the number of success and money.

What is unique about this particular 8 Universal month is the fact that it is made up of two fours, as 2020 is a 4 and April is the fourth month. Remember that 4 is the number of hard work and dedication. By having two of these this month, the Universe is trying to tell us that we will persevere and be successful, but it is going to take more effort than usual on our part. This type of work could be taking the time to clean around the home, getting rid of unnecessary things, and finishing incomplete tasks.

8 is also the number associated with problem solving and power and I don't think this could have come at a better time for us. In these trying times, the Universe is urging us to try to look on the bright side and reassuring us that things will work out in the end. For example, I have been working from home for the past few weeks and it has afforded me the opportunity to finish tasks around the house. It has also saved me money on gas and eating out.

I hope that everyone has stayed healthy and safe during this time. Remember that we are here for you during this time.



# Spiritual Uplifts Monthly Study

Peyton Moore-Woods April 1, 2020

## Spiritual Uplifts Monthly Study

**Herb: Dandelion Root**

While many people see dandelions as pesky weeds, they have many uses when cultivated safely. Our certified organic dandelion root is traditionally used to aid with digestion and liver issues. Modern herbalists have discovered that it is also helpful with lowering high blood pressure, bloating due to PMS, and is effective to use when one is going through a dietary cleanse. When ground up into a paste, it soothes irritated skin and acne. This root can also be roasted and brewed to make your very own caffeine free coffee.

**Crystal: Selenite**

This beautiful and calming stone helps us all connect with our higher selves by activating the Crown Chakra. It brings mental clarity, clears energy blockages, and promotes tranquility. Selenite is a wonderful stone for healers or those looking to create an environment filled with positive energy.

**Book: A Little Book of Pendulum Magic by D.J. Conway**

Learn how to connect with your pendulum with this helpful and quick guide! Written with simple and direct instructions, Conway provides her readers with several different methods of using a pendulum. It is a must have for anyone looking to deepen their intuition and learn about different psychic tools.

**Oil: Van Van Oil**

Van Van oil is known to help open the doors of success. It brings in good luck, love, and prosperity when used in mojo bags, added to talismans, or used for candle dressing. You can also sprinkle on your doorways to block out negative energies. Lemongrass is one of the central ingredients, giving it a fresh and crisp scent.



# Spiritual Uplifts magical moon

## April full moon

Linda Pritchard April 1, 2020

April's full moon rises over us on Tuesday, April 7th. It is known as the "Pink Moon" and will also be the first full moon of spring. It will best be seen at 10:35 PM. April's full moon is associated with the element of wind, which brings us renewal and positive change. This ritual will be focused on purification.

First Quarter: April 1, 6:21 A.M.

Full Moon: April 7, 10:35 P.M.

Last Quarter: April 14, 6:56 P.M.

New Moon: April 22, 10:26 P.M.

First Quarter: April 30, 4:38 P.M.

### Full Moon Ritual for healing

You will need:

Five white candles;  
Sandalwood incense  
Peppermint tea  
Selenite.

Begin with washing your hands, preferably with a sea salt based soap or scrub. Make sure that your altar or prayer space is clear of clutter. Start to boil your water for the tea.

Set your white candles in a circle with your selenite in the center. The sandalwood incense can be placed on the left side and your cup for the tea on the right side. As you light each candle, **say "bring light , love and healing to all.** Light the incense and allow yourself to be cleansed by the smoke. Pour the boiling water mindfully into the cup. As you wait for it steep, focus your intention and envision yourself covered with white light.

When the tea is ready, swirl it in a clockwise motion while focusing on your white light spreading like a blanket over your home and loved ones. When you are ready, drink your tea slowly. Feel the warmth spread through your body and clear out unwanted anxieties and fears. When your tea is finished, **You feel nourish, happy and more heathier than ever before."** and blow out the candles.



## March Classes

## Workshops

**All classes and workshops are cancelled until further notice because of COVID-19**

At this time everything is on hold. We are considering still having the retreat. However we may have to put it off until the end of the month. We will update everyone.



## *HOROSCOPE*

Aries - Your words can get you closer to others, at least in spirit.

Taurus - This is a good time for feeling both motivated and inspired.

Gemini - A private matter might open the doors to a healing process or a new beginning.

Cancer- It's a good time for personal appeal, relationships, and creative connections.

Leo - This is also a time for easing into a more performance-oriented phase of the year.

Virgo - Your unique ideas, approach, or guidance can be in the spotlight.

Libra - The focus is on security, and you will go to greater lengths to achieve it.

Scorpio - The desire or need to cooperate and merge with others is strong right now.

Sagittarius - Your confidence and motivation levels increase many times over.

Capricorn - It's a good time for relating, creating, and enjoying yourself as you do.

Aquarius - Even with tensions around you, it's important to find the chance to release pressure and stress.

### **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 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.

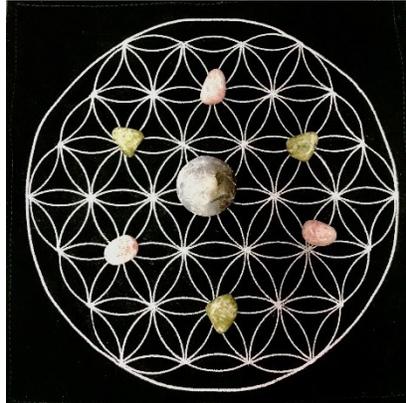
Capricorn - Revise education at this time.

Aquarius - Pay attention to financial agreements.

Pisces - Be cautious, Ex-partners return.



# CREATE A CRYSTAL GRID THIS SPRING FOR PERSONAL & SPIRITUAL GROWTH



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

**Step 1:** This grid can be for personal growth, spiritual growth, or both. Start by speaking into existence what you intend to grow into personally and/or spiritually. Use present tense as if it has already happened.

**Step 2:** Cleanse your space by burning Yerba Santa, Eucalyptus, or sage of your choice.

**Yerba Santa** – Promotes self-love, purification, growth, empowerment, self-beauty, and self-respect

**Eucalyptus** – Brings fresh energy into situations while healing regrets and worries causing mental exhaustion

**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.

**Epidote** – This crystal strengthens your sense of identity and personal growth. Aids in releasing grief from old trauma.

**Green Garnet** – This stone represents growth and regeneration. It will keep you inspired to achieve your goals.

**Mica** – Mica helps us to see ourselves in our true form and helps us use the reflection of others for our own growth.

**Red Calcite** – This stone cleanses your energy while accelerating physical and personal growth & development.

**Rutile** – This stone cleanses and energizes the aura, as well as clears barriers to your growth.

**Sodalite** – A wonderful stone for spiritual growth, psychic abilities, and emotional balance. Also slows down the aging process.

**Unakite** – A perfect crystal for releasing any blockages to growth or change. Also good for the re-birthing process.

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

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



## 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