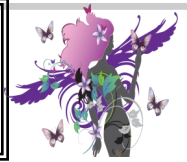


SPIRITUAL UPLIFTS



JULY INSIGHT

Now that July is here, the dog days of summer have officially begun. Our VitaJewel water bottles are a great way to stay hydrated and healthy during the heat!

Did you know that the phrase “dog days” came from Greek and Roman astrology? The hottest period of summer historically followed the heliacal rising of the star system Sirius, colloquially known as the “Dog Star” due to its place in the Canis Major (“Great Dog”) constellation. It was a time of heat, drought, and sudden thunderstorms.

Unlike most of the other months on our calendar, July is named after a man, not a deity. This month was formerly known as “Quintillis” before the Roman senate changed the name to honor Julius Caesar, as this was the month of his birth.

July’s birthstone is the ruby, a stone of divine creativity that promotes high self esteem and brings vitality to your life. The birth flowers are the larkspur and the water lily. July begins with Cancer until Leo takes its position in the stars on July 23rd. Not only is the first Saturday of July our healing event, it’s also International Free Hugs day! Peyton Moore-Woods

CELEBRATING AT SPIRITUAL UPLIFTS

Happy 4th of July!

We are open on July 4th
until 4:00 pm. Thanks for
all your support.

JULY’S MONTHLY STUDY IS “DREAMS”

Book: The Secret Language of Dreams by David Fontana. Fontana, a psychologist, seeks to help us understand the hidden significance of our dreams. He explores common archetypes while inviting the reader to consider their own personal meaning for their dreams. It’s a must have for anyone curious about lucid dreaming or dream analysis.

Oil: Amethyst Oil by Sun’s Eye: This fresh and soothing scent is infused with the calming properties of amethyst.

Crystal: Rainbow Moonstone: Place a rainbow moonstone under your pillow for a good night’s rest. It also helps to improve learning difficulties in young children and protects homes.

Herb: Hops Flowers: When brewed into a tea, hops relaxes the mind and promotes restful sleep.

Quote: No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July. Mac Thornberry

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2186 Park Ave Orange Park Florida 32073 904-292-4555



Private Healing Private healing

July 17th to July 24th

Time: 10:30 pm to 6:00 pm

Healing 1/2 \$75.00 1hour \$125.00 1 hour

1/2 \$175.00 cash only

Healing Circle

72 Archangel of God

Discover Your Guardian Angels.

Friday July 19th Time: 7:00 pm to 9:00 pm

cost \$35.00 cash only

Egg Cleansing Circle Ritual

Saturday July 20th Time: 3:00 pm to 5:00 pm

\$35.00 cash only

Seven Archangel Activation Codes & Healing
Practitioner Certification Training & A Certification
for Angel Readings.

Sunday July 21st Time: 2:00 pm to 7:00 pm

\$350.00 cash or credit

Healing Circle

Discover your past life's & how affect they are in
the present.

Monday 23rd Time: 7:00 to 9:00 pm

\$35.00 cash only



Elka boren
Shaman
Healer
Coming to
Spiritual
Uplifts

July 17th



**Healings with Donna Long
Wednesday, Friday
& Saturday**

It's time to take care of yourself. Come release blockages and unwanted energy. Let Donna surround 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 \$65.00
1 hour \$80.00***

33 DAY CLEANSING

WITH

BODY, MIND AND SPIRIT.

Learning authentic self through awakening the natural forces within you.

This is a recurring class every Saturday. Looking for something to uplift your spirits? This workshop is designed to discover yourself by raising your frequency and cleansing your energy field. You will learn different techniques to help create a positive and abundance-flowing life. Each class starts at 10:30 and runs from 1 hour to 2 hours at the most.

Cost:\$15.00 per class. Please call to reserve your seat

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	
Discount packages:	5 sessions	\$160.00	1/2 hour
	5 sessions	\$ 240.00	1 hour



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Numerology with Kim

Get a better understanding of your life path. Have Kim calculate your destiny, talents, skills, and peak moments in your life. In addition, the report includes information on your living space and three month forecast.

Available
 Saturday & Sunday
 Appointments only
 Cost \$35.00

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.

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 with Year Predictor \$75.00

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Spiritual Uplifts Magical Moon.

July's Full Moon is called the "Blessing Moon." The Blessing Moon is a time where nature starts to bloom. You will see the tomatoes and peppers begin to plump up. Also, this is when the herbs are laid out to dry for magical use. The heat during this time can make us all feel tired and sluggish. Pushing yourself to do more sometimes makes it worse. This is why July is a good time for meditation, growth, and dream work.

New Moon	July 2nd	3:16 pm
First Quarter	July 9th	6:54 am
Full Moon	July 16th	5:38 pm
Third Quarter	July 24th	9:18 pm

This month's full moon ritual for opening up your psychic abilities.

You will need the following:

Two white altar candles

1 peppermint candle

Holy water (put in a spray bottle)

1 smudge stick of black sage (mugwort)

Essential oil

We all have psychic abilities. Some of us are more sensitive than others. Psychic abilities are the power to sense and access hidden wisdom about the past, present, and future. The energy from July's full Moon can help you tap into your gifts. This ritual should help you receive stronger and clearer visions. You will also release what does not serve your growth. After this ritual pay special attention to what is received during the dream state. Make sure you journal all your dreams. The dream sachet below is to help you sleep better after opening the third eye.

As you light both white candles, you feel the presence of your favorite Archangel for protection.

Next, spray the holy water around the sacred area where you are working, creating a circle of protection.

Use the black mugwort to start smudging. While smudging visualize any blockages and what does not serve your spiritual growth leaving.

Now take a dab of the essential oil and place it on your third eye.

Light your peppermint candle and say, "I bring in the divine light through the highest good to activate my third eye. The light of universal knowledge surrounds me. Thank you for my blessing."

Meditation to the full Moon

Sit comfortably and relax, taking in a deep breath. As you breathe, you start to feel more and more relaxed.

Visualize an energy cord connecting your third eye to the Full Moon. Next, allow the rest of your body to fill up with the energy of the Full Moon. As you soak up the energy, the moonlight becomes brighter and brighter around your body. Bringing in more awareness that brings you to your highest potential.

You may place any leftover holy water outside to create moon water. Use the water to do full moon rituals when there is no full moon. You can also use it to amplify other prayers.

Enjoy, Love you all Lynn Pritchard

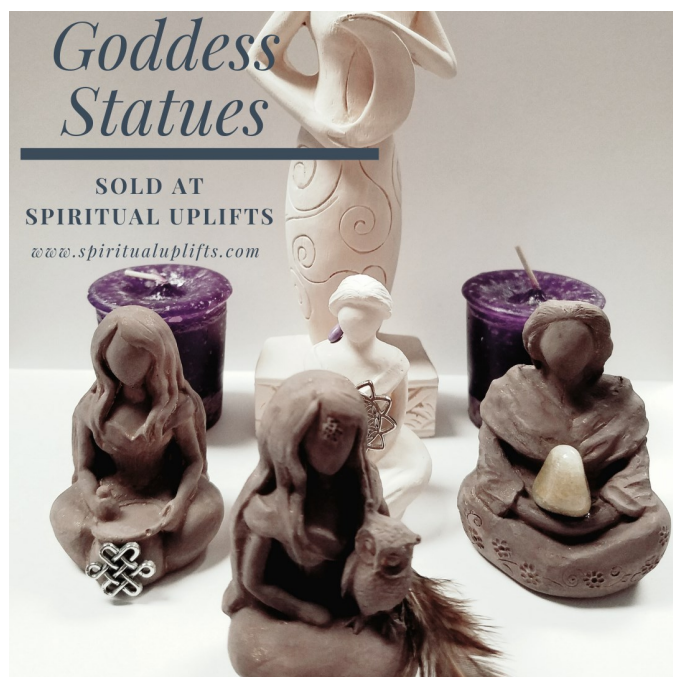
Dream sachet

2 teaspoons of peppermint powder

3 tablespoons of lavender powder

1 Amethyst crystal

1 Hematite crystal





Spiritual Uplifts T-shirts, Cups, and mouse pad now sold at Spiritual Uplifts.



Message from Lynn

“Plenty for all”

"Plenty for all." This quote is used to motivate you in a very positive way. It is lovely to be inspired by others. Giving gratitude to others allows the abundance to flow. Plenty for all means there is a great deal of wealth in the universe. However, if used inappropriately, it may backfire. For instance, in the past, I have had fellow colleagues whom I tried to help, but in return, they took advantage of my kindness. The minute I put up boundaries, they gave me the silent treatment. It surprised me that some of the very people that I thought would be the happiest to see me succeed were not. I realized later what they wanted was too far for them to reach. The energy they put out didn't help them receive because all they do is take. To align yourself with the quote "Plenty for all" is to value and respect others.

Albert Einstein quoted, "From the standpoint of daily life, however, there is one thing we do. That we are here for the sake of each other." Despite his achievements, Einstein never forgot that mankind is here to help each other. He showed appreciation for the many teachers and helpers who came before him in history to make his work possible.

A former student of mine came into the store the other day. She was so excited she was doing her first psychic event. She came in to let me know how much she appreciated what I taught her and asked me if I had any advice she could use for her event. She even asked if she could take some of our business cards to promote the store. I remember her being in class and thinking how gifted she was. I was glad to see her doing something with it. She was one of the students that took her time to learn and practice without jumping into it. Knowing that someone appreciates me for all the hard work I have done at the store makes it all worth it. This is an excellent example of how the quote "Plenty for all" works effectively.

Readings by Lynn

My name is Lynn and I'm the owner of Spiritual Uplifts. I've been reading tarot cards for over 30 years professionally. I work through the cards using clairvoyance, soul reading and mediumship. I am also a Reiki Master, Coach, and Minister. My earliest memory of seeing spirit was when I was 4 years old. I have been studying Metaphysics since 1990. For most of my life I lived in Rhode Island. Rhode Island is 45 minutes from Salem, Massachusetts. I made many trips back and forth to Salem discovering the 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 from when I was a child. I believe everyone is psychic, some more sensitive than others. 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. "Enjoy, feel good and live for today"

Readings: 1/2 hour \$75.00 1 hour \$125.00 Anything after an hour is \$2.00 per min. Due to the high volume of clients, we ask that you, at minimum, wait 6 months before your next reading. Ideally it should be a year. Thank you for understanding.

Lynn Pritchard



Classes

Saturday 6th 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 the body, mind and spirit. Learning authentic self through awakening the natural forces within you. Saturdays at **10:30 am**. No class on the 20th Cost: \$15.00

Every Sunday Six-Week Crystal Class 4:30 pm to 6:30 pm This is a six-week course where you will learn to use the crystals through meditation, crystals for the charkas, create your own wand, house protection, heal animals, people, medicine wheel, astrology, wire your own crystal necklace, and make a dream catcher. No Class on the 21st. Cost: \$45.00.

Sunday 7th Mediumship from 1:00 pm to 4:00 pm. This is a class to learn mediumship. Experienced and new students are welcome. We will combine the philosophy of mediumship with hands-on experience. Instructor: Maeda Jones Cost: \$25.00.

Wednesday 17th to Wednesday 24th Elka Boren Private Healings. More information on page 2.

Friday 19th Healing Circle with Elka Boren from 7:00 pm to 9:00 pm. More information on page 2.

Saturday 20th Egg Cleansing Circle Ritual with Elka Boren from 3:00 pm to 5:00 pm. More information on page 2.

Sunday 21st Seven Archangel Activation Codes & Healing Practitioner Certification Training from 4:00 pm to 9:00 pm. More information on page 2

Monday 22nd Past Lives Healing Circle with Elka Boren from 7:00 pm to 9:00 pm. More information on Page 2

Sunday 28th 2 1/2 hour Meditation Workshop with Lynn from 12:30 pm to 3:30 pm. Learn to improve your meditation with basic steps, using different breathing exercises, mantra, and visualization. I plan to help get you to a higher consciousness. To start Lynn will walk you through meditation and then play recorded meditations. At the end of the session you will get a written message from Lynn. Snacks included. Cost \$25.00. Instructor Lynn Pritchard

Numerology

I hope everyone had a wonderful June. How do you feel? Did you remove the clutter from your life? You should be proud of what you've accomplished and ready to begin a new cycle.

July is a 1 Universal Month, the number of independence. For the past few months, you've been focused on taking care of others and working towards your goals. This month, the Universe is giving you the time you need for yourself. Take this opportunity to find your voice and regain your strength. Ignore the things, people and/or ideas that do not serve your purpose and will only hold you back.

One is also the number for new beginnings. With your newfound freedom, reflect and regain your inspiration. Decide what is truly important to you currently. Once you have what you need to move forward, set your goals and begin those new projects you've been thinking about. This newfound confidence will serve you well over the next few months.

Kim Pritchard-Hastings

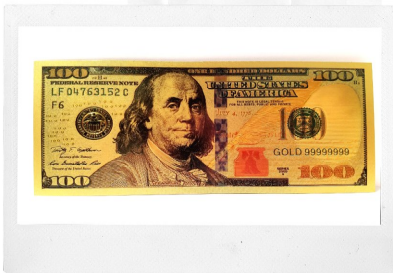
*If you are interested in our classes we ask that you please call 904-292-4555 to sign up ahead of time. Due to the high volume in students we need to make sure we have enough space. We want to give everyone our full attention and not overload our classes. Some classes may require you pay ahead. Thank you for your understanding and we appreciate your business.

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ARIES: Something that was lost might suddenly turn up. Don't ask too many questions. Just be thankful for its return.

TAURUS: Get out of your regular comfort zone to find financial solutions that will work.

GEMINI: Don't be too defensive when someone offers you some constructive criticism.

CANCER: Talk to the people closest to you about how you're feeling and take their advice.

LEO: A lunch out with your favorite folks will likely be a blast

VIRGO: Ask yourself if there's anything you can do to change the circumstances you're in, and if the answer is no, find a way to let it go.

LIBRA: You view yourself as a protector and nurturer now, so it's important that everyone in your circle is well taken care of

SCORPIO: It might make you feel better in the moment, but then you're back to square one.

SAGITTARIUS: Even the smallest step forward now should be counted as a victory.

CAPRICORN: When you put yourself in someone else's shoes, it's easier to understand their actions.

AQUARIUS: Giving in isn't the same as giving up. Letting them have their way this once isn't spoiling them!

PISCES: People tend to appear when you need them now.

March 5th to March 28th (In Pisces) at this time when mercury is in retrograde it will interfere with communications and intellect. Jobs will be stressful. Relationships can have issues. July 8th (in Leo) to August 1st (in cancer) In Leo this will stop daily communication. Delay any purchases of appliances, tools or anything linked to transport, contract signing or partnership.

October 31st to November 31st (Scorpio) Scorpio brings lies, breach of contracts and time of discovery in things we have forgotten.

JULY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
						33 cleansing 10:30 to 11:00 am
7	8	9	10	11	12	13
Mediumship with Maeda from 1 to 4 12:30 pm to 3:30 pm						33 cleansing 10:30 to 11:00 am
14	15	16	17	18	19	20
Crystal Class 4:30 pm to 6:30 pm			Elka Private Healings 10:30 am to 7:00 pm	Elka Private Healings 10:30 am to 7:00 pm	Elka Private Healings 10:30 am to 5:30 pm Angel Healing Circle	Elka Private Healings 10:30 am to 2:30 pm Egg Cleansing Circle 3:00 pm to 5:00 pm
21	22	23	24	25	26	27
Elka Private Healings 10:30 am to 2:30 pm Seven Archangel Training 4:00 pm to 9:00 pm	Elka Private Healings 10:30 am to 5:30 pm Past Lives Circle 7:00 pm to 9:00	Elka Private Healings 10:30 am to 7:00 pm	Elka Private Healings 10:30 am to 7:00 pm			33 cleansing 10:30
28	29	30	31			
2 1/2 hour mediation 12:30 pm to 3:30 pm Crystal class 4:30 to 6:30 pm						