



SPIRITUAL UPLIFTS NEWSLETTER

October 2020

Owner Lynn Pritchard

Monthly Insight

Kimberly Hastings October 1, 2020.



The month October comes from the Latin, *Octo*, meaning eight, as there were originally only 10 months on the Roman calendar. The Anglo-Saxons called this month *Wintirfylith*, meaning "Winter Fullness." The major holiday this month is Halloween, which originated from the Celtic festival of *Samhain*. This was a time were people would light bonfires and wear costumes in order to keep ghosts at bay. It has evolved into a day for carving pumpkins and trick-or-treating. Halloween is also known as All Hallows Eve, the evening before All Saint's Day.

Libra rules October until the 21st, until Scorpio takes over on October 22nd. Libra, being the Balance Scales, brings calm and rational energy, especially when dealing with difficult situations. Scorpio, on the other hand, will encourage us to express our feelings freely. October's birth flower is the Calendula, a flower that is not only beautiful, but useful for easing upset stomachs and skin irritations. This month's birthstones are the tourmaline and opal. In addition to being a wonderful protection stone, tourmaline promotes self-confidence and attracts compassion and tolerance. Opal is great to stimulate creativity and helps you to express yourself.

Quote of the month

"Magic is really simple, all you've got to do is want something and then let yourself have it."

By Aggie Cromwell, Halloweentown (1998)

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



Oracle Card

Magical Cat class

2 day workshop

Saturday 24th

Sunday 25th

[Details page](#)

Do to covid19 must make appoint-

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 appointment only

Due to covid19 must make appointment

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

*Receive \$5.00 off if report is emailed.

Jewelry Show

(Every 2nd week of the month)

Oct 10th 1pm to 6 pm

Oct 11th 10:30 am to 4pm

10% off all Jewelry

(The whole event is full of jewelry)

Spiritual Uplifts

Crystal Light Bed

& Bio-Mat

Now available

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



Message from Lynn

By Lynn Pritchard October 1, 2020

Over the next four months, I will be teaching you to find your true yourself. The lessons will be free; all you have to do is read my blog and do the exercises. If you have any questions, you can email me at spiritaluplifts@gmail.com.

Month two: Who are you?

Everyone naturally compares themselves to others. Studies show that 10% of our thoughts involve comparisons of some kind. However, if you look at the strengths of others and compare them to your weaknesses, it probably would not feel good. But why are you comparing yourself to others? Ask yourself this question? "Am I comparing myself to others for self-improvement, or am I setting myself up to lower my self-esteem?" Self-improvement comes from learning from others, not comparing. Comparing can create low self-esteem and stagnate energy. For example, someone creates a beautiful piece of artwork. You don't feel the artwork you did is at their level. Does that make you stop doing art? Theodore Roosevelt called comparison "the thief of joy." This can be true if you allow your ego to get in the way. Some people sit in ego while life just passes them by and they wonder why everyone else is doing better than them. On the other hand, learning from others can help with motivation. Its up to you to learn to focus on your strengths and create better practices to improve yourself.

This month's exercise is to recognize a time when you have to compare yourself with someone else. Answer the questions below. This exercise should help you realize how you compare and to be aware of what you are doing.

1. Who are you comparing yourself to?
2. Acknowledge the thought. What are you comparing?
3. Write down your strengths.
4. How will you use your strengths to move ahead?
5. Write down the things you are grateful for in your life right now.

Use these questions to help you sort out anytime you are comparing your self to others.

Numerology

By Kimberly Hastings October 1,, 2020

October 2020 is a five Universal Month, the number of transition and movement. This month do not be surprised to find yourself feeling restless and seeking changes in your life. With 2020 being a 4 Universal Year, you may be feeling overworked and looking to shake things up. Should you have the urge to make drastic changes, I urge you to first take a step back and reflect on what you have accomplished so far. If you made a vision board this year, take a moment to review. You will be amazed at all you have accomplished, keeping you motivated and moving forward.

However, we must keep in mind that change is not always a negative experience. We will not be able to evolve into our best selves if we do not embrace growth. Sometimes we need a major change to move forward in our lives. Also, a change can help breathe new energy into a situation. For example, we can become bored if we perform the same exercise routine every time we hit the gym. Taking a new class such as cycle or Zumba can help reinvigorate you and keep you on track with your goals.



Spiritual Uplifts Monthly Study

By Alicia Bilotti October 1, 2020.

Herb of the month: Skullcap – This herb has a calming and relaxing effect on the body and can be used during the day to restore balance to an overworked individual. It also can be used to promote healthy sleep.

Crystal of the Month: Pietersite – This crystal helps release emotions that have been previously repressed. It can aid with healing deeply buried past life issues that are creating conflicts in the present. Pietersite can also help you find creative solutions to problems.

Book of the Month: The Intercession of Spirits – In this book, Ted Andrews will tell you about the ups and downs of working with animals, angels, and ancestors through his personal experiences working with the spirit.

Oil of the Month: Jasmine Oil – This oil is excellent to use in spells and rituals for love, drawing money or dreams. Jasmine oil is also great for anointing your ritual tools and candles when seeking aid from the divine.



· SPIRITUAL UPLIFTS METAPHYSICAL STORE ·

Jewelry Show

Jewelry 10% off

Saturday October 10th 1pm-6pm

Sunday October 11th 10:30am-4pm



spiritualuplifts.com



904-292-4555



May Classes & Workshop

Saturday 24th and Sunday 25th 2 day Magical Cat Workshop

Explore different areas of magic, creating your own traditions. You will learn how to use a book of shadows, create an altar, candle magic, enchantments, a wand, circlet, pendant, blessing box, and protection oil. Lunch, snacks, supplies, leather journal, and altar cloth included.
Cost \$275.00



Tansy Dust

Tansy is our store fairy. She protects and guides us. She also wants to reward customers for shopping with us. So if you Join our rewards program, you get \$10.00 for every hundred 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, and recipes on crystals, herbs, protection charms, and more.

Spiritual Uplifts Metaphysical
spiritualuplifts.com
904-292-455



Spiritual Uplifts Metaphysical Store

NOW AVAILABLE

CRYSTAL LIGHT BED & BIO-MAT

- Release Blockages
- Relieve Headaches
- Ease Joint Pain
- Decrease Stress
- Aids Weight Loss

*Please allow 15 minutes for
the bed to warm up.
Headphones are required.*

spiritualuplifts.com

904-292-4555





Spiritual Uplifts Magical Moon.

By Lynn Pritchard October 1, 2020.

This year October's full moon is called the "Hunter's Moon." This was named many moons ago because it was a time where everything was cleared from the trees, making it easier for hunters to see their prey.

Samhain is a pagan religious festival originating from an ancient Celtic spiritual tradition. In modern times, Samhain (a Gaelic word pronounced "sow-win") is usually celebrated from October 31 to November 1 to welcome in the harvest and usher in "the dark half of the year." Celebrants believe that the barriers between the physical world and the spirit world break down during Samhain, allowing more interaction between humans and denizens of the Otherworld. You can do your ritual on the full moon or Halloween.

SAMHAIN RITUAL

Use an orange or black altar cloth, orange and black candles, and decorate the altar with apples, pomegranates, chrysanthemums, and marigolds. You can add pictures of deceased relatives or ancestors that you would like to contact. Burn Samhain incense. Use small jack-o'-lanterns to mark the quarters, placing an Element appropriate colored candle in each pumpkin.

Cast the circle creating a safe place. Call the four archangels in each corner: south, north, east, west. Go to the western Quarter and make an Invoking pentagram with the athamé to open the gate. Then evoke the Dead by saying:

"Spirits walking on this night - Harken! Harken to my call!"

Gather in this circle Light,

Enter! Enter! One and all!

Whether you are plant or pet or human spirit roaming free

into this Circle you are let. Blessings we bestow on thee

please say to us what you must say, and give us all your worries

deep. And we will guide you on the way, to peace and rest and gentle

sleep. Spirits walking on this night - Harken! Harken to my call!

Gather in this Circle Light,

Enter! Enter! One and all!"

Full Moon Oct 1st 1:23 am

Last Quarter Oct 10th 5:28 am

New Moon Oct 17th 7:00 am

First Quarter Oct 23rd 9:56 pm

Samhain Blessing

Ancestors hear my voice, know my heart, I think of you at the season's start, Descendant from your honorable tree, I am a proud member of your human family, Come to me from beyond the veil, Share the wisdom that you entail, Please bestow your gentle blessing, And accept these humble offering.

Samhain Incense

Use herbs or oils

2 1/4 parts rosemary

1 part frankincense

1 part cinnamon

1 part dragon's blood

1/2 part sage

Pinch of sea salt.

SEEKING THE TRUTH CRYSTAL GRID



Crystals pictured above are sold at Spiritual Uplifts

By Alicia Bilotti October 1, 2020

Step 1: Set your intentions for seeking the truth or truths behind a situation.

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.

Apophyllite – Known as the crystal of truths, this crystal will help unveil the truth and calm anxieties or worries. It will also help reveal truths between partners.

Chrysophrase – Use this crystal to help promote truth, love, and hope.

Lemon Chrysophrase – This crystal will aid in revealing truths within relationships.

Green Kyanite– This crystal will help connect the truths from within your heart to the truths from external situations.

Step 4: Place a crystal generator of your choice in the center of your grid. Any crystal generator will work, but for best results use a blue crystal representing the throat chakra.

Step 5: Speak out loud your intentions to activate your grid. You can also burn a Crone candle to help the truth be revealed faster.





HOROSCOPE

Aries- This month you will establish a happy work environment creating good relationships with co-workers.

Taurus- Offer to help someone with worry gratitude or appreciation.

Gemini - Avoid allowing ego to get in the way while taking on a leadership role within a group.

Cancer - Try smoothing over differences using your diplomacy skills.

Leo - It's an extraordinary time for promoting your ideas and viewpoint, although coming on too strong could work against you.

Virgo - Fast cash will only create a false security.

Libra - A time for introspective self-assessment with a degree of honesty and objectivity.

Scorpio - At this time make special efforts to get along with others both professionally and personally.

Sagittarius - Your expectations are not what you expect so you may feel a little impatient at this time.

Capricorn - Recognition is likely to come your way whether you ask for it or not, and the responsibly that come with it.

Aquarius - You find relief, relaxation, fun, pleasure in socializing, hospitality, and generally have a good time with friends.

Pisces - This is an especially introspective month during which you have the chance to truly uncover your personal strengths and talents.

Mercury in Retrograde

February 17th to March 10th

June 18th to July 12th

October 14th to November 3rd

What to do when Mercury in 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 with relationships.

Gemini- Un-clear real-estate.

Cancer - Misunderstandings 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.



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, cords cutting and removal of 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

Attention: All mediumship reads is one deceased loved one per session. Lynn talks to a lot of spirits in one day. It can be very draining when you keep asking. She needs her energy to finish the day.