



SPIRITUAL UPLIFTS NEWSLETTER

November 2020



Owner Lynn

Monthly Insight

Kimberly Hastings November 1, 2020.

The month November comes from the Latin *Novem*, meaning “nine,” as it was originally the ninth month of the Roman calendar, before the addition of July and August. November 1st is All Saint’s day, where Christians celebrate in honor of all the saints. November 14th is the Hindu holiday of Diwali, which is India’s most important holiday. During this time, participants light lamps outside their homes, symbolizing their inner light and protecting them from spiritual darkness. Closing out November is Thanksgiving on November 26th. Thanksgiving is the perfect time of year to reconnect with our loved ones and show our gratitude for all our blessings.

This month, Scorpio rules until the 21st until Sagittarius takes over on November 22nd, bringing friendly, outgoing, and creative energy. November’s birthstone is the topaz and is a great stone for bringing joy, abundance, and good health. It also helps us to forgive. November’s birth flower is the chrysanthemum, a wonderful healing flower, used in teas for detoxing and relieving migraines.

Quote of the month

“Focus on what is good and give thanks to all.”
By Lynn

Black Friday specials
November 29th

Small Business Saturday specials
November 30th

All sales specials will be listed a week before through email or pick up a flyer at the store.

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

Newsletter content

Services

Message from Lynn

Magical moon

Grid

Monthly classes

Horoscope

2186 Park Ave Orange Park Florida 32073



Don't miss our Black Friday and Small Business Saturday specials.

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

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

(Two weeks this month)

November 20th

to November 29th

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 November 1, 2020

Over the next four months, I will be teaching you to find your true self. 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 spiritualuplifts@gmail.com.

Month three: Relationships

What kind of relationships do you surround yourself with?

Whether the relationships are family, spouse, or friendships, many of us don't know what we are looking for or have high, unrealistic expectations. You truly deserve the best relationships. However nobody is going to be perfect.

Keep in mind that relationships are important, as they are a form of who we are. We learn and grow from the relationships that are around us, both good and bad. Having healthy relationships can create a happy and healthy environment for us to flourish in. What areas from the following do you need work in?

Communication: Communication is a good way to learn about the needs of others and to show them how to meet your needs. The best communication starts with listening.

*However, do you take things personally or lash out at others that make you feel threatened. How do you communicate?

Trust: Trust is when you know someone is loyal and you can tell them anything. They have your back and would never stray.

*If you feel disrespected, you need to address this with your partner. What is your self-esteem like? Do you depend on others to make yourself feel good?

Patience: Seeing beyond the person faults can show patience.

*Are you someone with high expectations? Are you with someone because you need them or because you love them?

Empathy- Put yourself in your partners shoes. This will give you the ability to understand why they feel the way they do.

*Do you assume the other person needs the same boundaries you need? Do you know what makes this person happy?

Once you have answer the questions above. Read them over the more you know yourself and the relationships you attract with help you take ownership and evolve.

Numerology

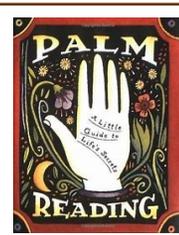
By Kimberly Hastings November 1, 2020

November 2020 is a 6 universal month, a nurturing number associated with family and relationships. November is also a master number month, as November is the 11th month of the year. The double 1's bring an independent energy. Broken down, the 11 also brings the energy of the 2, the number of cooperation.

For many of us, November starts the holiday season, planning family gatherings and spending quality time together. The 6 is also the number of duty and service, so do not be surprised if your assistance is required more than usual this month. Perhaps a co-worker needs assistance, or your children need more attention as usual. While you want to assist, boundaries are essential to ensure that you are taking care of yourself. Remember, you cannot help others if you are not taking proper care of yourself. Take advantage of the Master Number energy of the 1 to make time for yourself by utilizing your creative outlets.

The vibration of the number 6 also brings a conscientious energy to our lives. Do not rush any decisions this month. Take your time and weigh all your options before moving forward.

Black Friday and Small Business Saturday Special.



Palm Readings with Lynn cost \$25.00

Black Friday special: Numerology readings from 4 to 7 pm.



Cost: \$15.00. You can make appt ahead or walk in.



Spiritual Uplifts Monthly Study

By Alicia Bilotti November 1, 2020.

Herb: Yarrow Flower– Yarrow is the ultimate warrior and protective herb. Named after Achilles, yarrow energetically brings strength and protection, helping to bolster your energetic and emotional boundaries.

Crystal: Labradorite– Labradorite is an alluring crystal that balances your strength and personal power with intuition and spiritual connection. By guarding against negative energy and helping you communicate with your spirit guides, you can enjoy a vast and creative imagination coupled with a calm and clear mind. This stone also helps you get to the root cause of your issues and overcome any anti-social tendencies you might be having during Scorpio season.

Book: Divination for Beginners by Scott Cunningham: Cunningham presents this complete guide to divination, the art of determining your past, present, and future. In a series of practical steps, you'll learn to predict the future using simple yet effective techniques.

Oil- Carnelian Oil, featuring Carnelian Chips with a floral top note in a base of Musk, is formulated to enhance creativity and intimacy. Gem scents are created by combining gemstones and oils that are energetically com-



· SPIRITUAL UPLIFTS METAPHYSICAL STORE ·

Jewelry Show

Jewelry 10% off

November 20th to November 29th



spiritualuplifts.com



904-292-4555



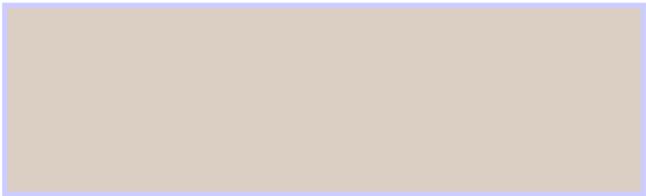
November Classes & Workshop

Saturday 14th from 2:00 pm to 4:30 pm **Aura Painting class.** You will learn the basics of the aura. Practice how to see the aura, how to experience your energy field, learn what the colors of the aura mean, and the many important ways that you can strengthen and protect your aura. Cost \$25.00 limited seating

Jewelry show Saturday 20th to Sunday 29th The jewelry show for this month will be for two weeks. Sparkle and shine with our rare crystal gem jewelry. There will be gemstones, vintage-inspired pieces, sterling silver, symbols, and more.

Black Friday 27th all day. Spiritual Uplifts will have sales throughout the store including crystals, candles, and jewelry. You will get a free gift with a \$30.00 purchase or more (limited supplies)

Small Business Saturday 28th. Spiritual Uplifts will have sales throughout the store. Bring your camera because Santa Claus will be there from 1 to 3 pm. Crystal bed and aura camera specials. Free Tansy dust to the first 30 people.



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



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.



Bring your camera. Santa is coming to Spiritual Uplifts, small business Saturday, November 28th from 1 to 3 pm.

See you then
Ho! Ho! Ho!

Spiritual Uplifts Metaphysical
spiritualuplifts.com
904-292-455

Spiritual Uplifts Magical Moon.

By Lynn Pritchard November 1, 2020.

November's full moon is called the "Beaver Moon" because of the beavers that become active during this time preparing for the winter months. You should also prepare yourself for this upcoming winter by clearing yourself of inadequacy and jealousy and welcoming in gratitude during this full moon.

Moon Phase	Date	Time of Day
Last Quarter	November 8	8:47 A.M.
New Moon	November 15	12:08 A.M.
First Quarter	November 21	11:45 P.M.
Full Moon	November 30	4:32 A.M.

Gratitude Ritual

You will need the following: Sage or Palo Santo, a dark green candle, incense (against jealousy), pen, and paper.

Cleanse the space that you plan on doing your ritual in with sage or palto santo. Light your dark green candle and an against jealousy incense to help yourself release any feelings that may be inhibiting you from seeing what you have to be grateful for. Get a pen and paper and write down all that you are grateful for.

When you are done with the list, repeat it three times.



HOROSCOPE

Aries: Changes can come up in your job or relationships.

Taurus: Relationships are the focus this month. 100% effort is required to confront issues and find compromise.

Gemini: This is the month to get back on track and complete your to do list.

Cancer: Beware of being overly nervous. You will overcome challenges easily.

Leo: Avoid big career changes. Focus on relaxing and recharging your energy.

Virgo: Others are listening to and relying on your guidance.

Libra: You are at peace and settle conflicts easily.

Scorpio: Your finances improve significantly. You will celebrate something special.

Sagittarius: You are always there for others. Treat yourself this month and take time for yourself.

Capricorn: Your economic situation is stable, but avoid unnecessary spending.

Aquarius: Time to focus on your goals. Avoid the problems of others.

Pisces: Explore new experiences and opportunities.

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

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.