



# SPIRITUAL UPLIFTS NEWSLETTER

December 2020

Owner Lynn Pritchard

## Monthly Insight

Kimberly Hastings December 1, 2020.

Monthly insight

December comes from the Latin *Decem* meaning “ten,” as December was originally the tenth month on the Roman Calendar. We all know that the most popular holiday this month is Christmas, which celebrates the birth of Jesus of Nazareth on December 25<sup>th</sup>, but the holiday seasons starts long before then. In 2020 the Jewish holiday Hanukkah begins on December 10<sup>th</sup> and ends the evening of December 18<sup>th</sup>. Hanukkah is an eight-day festival, celebrated by lighting a candle each night on the menorah, prayers, and foods. December 21<sup>st</sup> begins the holiday of Yule, or Winter Solstice. During this celebration Pagans mark the end of the fall and the start of the winter holiday. December 26<sup>th</sup> marks the beginning of Kwanzaa, a week-long celebration of African American heritage and values.

Sagittarius reigns over the majority of December until Capricorn takes over on December 22<sup>nd</sup>, bringing an ambitious and organized energy. December’s birth flower is holly, which is a symbol of hope and good fortune. This month’s birthstones are turquoise and tanzanite. Turquoise symbolizes friendship and is wonderful overall healer for the body. Tanzanite is a stone of transformation and activates our psychic abilities.

### Quote of the month

“When the power of love overcomes the love of power the world will know peace.”

Jimi Hendrix

## 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



**Come have fun and celebrate the holidays with Spiritual Uplifts.**



On Saturday 6th Decorate your own Christmas ornament for kids and adults. Snacks provided.  
Cost: Kids \$5.00 Adults \$10.00.

## 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: \$25.00 Appointment only

December Special \$20.00 by 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

(Two weeks this month)

December 12th

to December 13th

**20% off all Jewelry**

**(December only)**

(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 December 1, 2020

## Discovering your true self. Week four.

Over the past three months, I have given you sessions to help awaken your true self. First, you took a tragic event and turned it into a lesson that made you who you are today. Next, we worked on how you compare yourself to others. You learned to compare yourself to others without judgment, retain what is best for you, and motivate yourself by focusing on your strengths. Week three, you learned about how you deal with relationships. It has been scientifically proven that relationships make people happy. Knowing how you handle relationships can help you improve. These lessons brought you closer to understanding more about yourself.

Now let's look a little deeper. Certain life events can smother us if we handle it with false narratives about ourselves. For our last assignment, I would like to ask a big question: "What was your turning point?" There are defining moments of insight or experience you have had that caused you to make decisions that changed your life. Once you recognize the events that caused the changes, you now know why you make certain decisions in life. For instance, in my twenties, I got into a horrible car accident. At the time, I was a waitress, and I did tarot readings on the side. I didn't know if I would recover fully to be a waitress again, so I went back to school. I now have a bachelor's degree in business. The accident changed how I looked at everything.

1. What was your turning point?
2. What have you learned during this turning point?

If you enjoyed these last four months, come to our 33-day cleansing class for more, every Saturday morning from 10:30 am to 12:00 pm, beginning January 9, 2021. Cost: \$15.00. Love you all, Lynn

# Numerology

By Kimberly Hastings December 1, 2020

## December Numerology

December, 2020 is a 7 Universal Month. Seven is the number of knowledge, privacy and self-reflection. This is the month to embrace solitude and contemplate what is truly important in our lives. It is also a time to question things fully, to receive the true answer and work on developing metaphysical gifts.

Our 7 Universal Month consist of the 4 energy of this year, and the 3 energy the month of December brings. 3 is the number of creativity and socializing, which is an appropriate number, given all the holidays and celebrations this month. With this month bringing the energy of the 7, the Universe is reminding us to take time for ourselves. Personal development is key to our growth and evolution but be sure that you don't become so withdrawn that you don't enjoy what is going on around you. Remember that life is about balance.



# Spiritual Uplifts Monthly Study

By Alicia Bilotti December 1, 2020.

## Monthly study for December

**Herb:** Dandelion- The whole plant can be used in healing and its primary skill lies in its ability to help vitality move freely through the body. Dandelion is good for chronic inflammation of all sorts. It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall and spleen, and the diseases that arise from them, as the jaundice, and hypochondriac.

**Crystal:** Turquoise– Turquoise is often known as the "stone of wanders," as it keeps one safe while traveling making it ideal for Sagittarius season and the holidays. Turquoise can also protect against negative energy, and carries a lot of wisdom and truth, allowing you to listen to yourself more and understand yourself better.

**Book:** *Magickal Unicorns* by Flavia Kate Peters: Discover the path of ancient magick and lore with *Magickal Unicorns*. Learn to awaken, connect, and heal with these magickal creatures as you shift your personal energy to a different realm. Wishes, invocations, meditations, and easy-to-learn spellwork all feature in this book, enhancing our natural magickal abilities to bring about healing and balance in your life.

Spiritual Uplifts Metaphysical Store

## Healing Event

Saturday, December 5th  
12:00pm-3:00pm

Come meet our practitioners &  
experience different healing techniques  
for a \$15 love offering.

2186 Park Av. Orange Park Florida 32073 904-292-4555

spiritualuplifts.com



# December Classes & Workshop

**Saturday 5<sup>th</sup> Healing event from 12:00 pm to 3:00 pm.** The healing event is to give you a chance to meet our practitioners and experience different healing techniques. \$15.00 Love offering

**Sunday 6<sup>th</sup> Decorate your own Christmas ornament for kids and adults.** Come have fun and celebrate the holidays with spiritual uplifts. Snacks provided. Cost: Kids \$5.00 Adults \$10.00.

**Saturday 12<sup>th</sup> & 13<sup>th</sup> Jewelry Show.** Sparkle and shine, with our rare crystal gem jewelry. There will be gemstones, vintage-inspired, sterling silver, symbols, and more. 20% off in December only.

**Saturday 18<sup>th</sup> to 20<sup>th</sup> 3 Day Healing Retreat Part 1: Release and Recharge.** Take this workshop to pay attention to your deepest needs. Recharge mentally, physically, and spiritually. The focus is to give you a safe place to release blockages, karma debt, cord-cutting, and more. Limited seating call for pricing. This retreat is full. Please see our website for future dates.



Spiritual Uplifts Metaphysical Store

NOW AVAILABLE

## CRYSTAL LIGHT BED & BIO-MAT

Release Blockages

Relieve Headaches

Ease Joint Pain

Decrease Stress

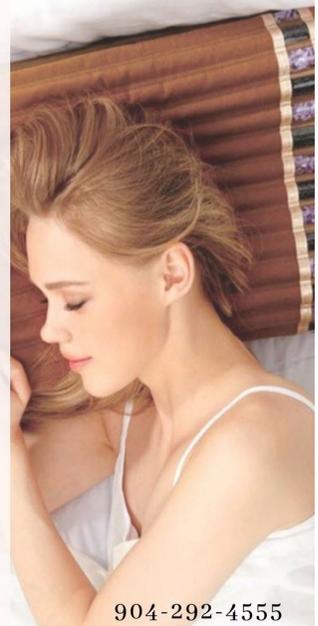
Aids Weight Loss

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

*Headphones are required.*

spiritualuplifts.com

904-292-4555



· SPIRITUAL UPLIFTS METAPHYSICAL STORE ·

## Jewelry Show

Jewelry 20% off

December 12th 1pm-6pm & 13th 10:30am-4pm



spiritualuplifts.com

904-292-4555

# Spiritual Uplifts Magical Moon.

By Lynn Pritchard December 1, 2020.

## December Full Moon (Cold Moon)

“The Cold Moon” otherwise known as the “Long Nights Moon” lays high in the horizon. This moon is the last before the New Year, a symbolic closing of the last years’ issues and welcoming in a new cycle. This Cold Moon also falls a week before the winter solstice.

Last Quarter: December 7, 7:37 P.M.

New Moon: December 14, 11:17 A.M.

First Quarter: December 21, 6:41 P.M.

Full Moon: December 29, 10:28 P.M.

### The Self-Love Ritual

During December we do a lot of giving to others and we often neglect to take care of ourselves. This Full moon ritual is to help invite self-love and caring for yourself as you do for others.

Lights some rose incense to help attract love to yourself and to make the room smell nice and set a relaxing atmosphere.

Draw a bath and put salt in it to cleanse yourself of your negative feelings towards yourself. Add chamomile flower powder to bring in love and relaxation. Chamomile flower powder is also good for soothing irritated skin.

Use this time by yourself to reflect on all of the things that you appreciate about yourself. Find three things that you love about yourself and repeat them three times.

As you drain the bath picture all of your negativity towards yourself washing away.

After you get out anoint yourself with guardian angel oil or heart chakra oil. Then look into the mirror and repeat the mantra you created once more with the intention so it will stick.

## Celebrating the Winter Solstice



The Winter Solstice falls directly opposite the Summer Solstice in the Wheel of the Year. It is the point of the shortest day and longest night. The world is frozen at Winter Solstice and in nature little is happening on the surface. Deep in the Earth, however, the roots are getting ready to be reborn. This is the season of rebirth, and many religions celebrate the birth of a Sun King. In Christianity, it is the child Jesus the “light of the world.” Yule in the modern world, in during the Winter Solstice and in some in Christian countries are replaced by Christmas.

This is a time of feasting and plenty, and hopefully setting the pattern of abundance for the year to come. There are Christmas trees, kissing under the mistletoe and yule logs.

The Yule’s Holly Wreath is also referred to the Wheel of the Year. As Yule means “wheel.” Holly and mistletoe were used in rituals. Also called a Yule log.

### Making a Yule Log

The Yule log was traditionally cut from oak, because of its connections with the Oak King of summer. It burns slowly and with great heat, redolent of the sun. Make your own Yule Log by following the steps below.

1. Get a piece of wood, preferably oak, approximately 4 inches thick and 10 inches long.
2. Drill three holes in the top of the log. Then wrap tin foil around the bottom of three red candles and wedge these in the holes in the log.
3. Decorate the log with holly, ivy, and mistletoe, and light the three candles to welcome the rebirth of the Sun King.

# Crystal Grid for a Boost of Energy

This grid will help give you the boost of energy you need this holiday season



Grid & Crystals pictured above are sold at Spiritual Uplifts

Step 1: Burn Sage or Palo Santo to cleanse the energy in your space.

Step 2: Using a cloth grid or wood plank, create 2 overlapping triangles or 2 overlapping squares using a combination of the crystals listed below.

Apatite – This crystal increase your motivation, helps you build energy reserves, and aids in overcoming emotional exhaustion.

Fire Agate – A great crystal to prevent energy burnout & increase vitality on all levels.

Honey Calcite – Use this crystal to remove stagnant, lazy energy and replenish it with productive energy. Great for a memory boost too.

Red Jasper – Red jasper will keep you grounded but also vitalized as it promotes physical energy

Terahertz Stone – This crystal gives you extra mental strength to overcome difficulties while helping boost your physical energy levels. It is also great for improving motivation and organization.

Step 3: Place a crystal generator of your choice in the center of your grid.

Step 4: Light a bright orange or yellow candle to help invoke motivating energy. Speak out loud your intentions to activate your grid.



## *HOROSCOPE*

Aries - Love relationship past issues will be dissolved. Take care of health issues.

Taurus - Make phone calls you have been putting off.

Gemini - Love might be complicated this month, although invigorating and certainly never boring! Now is the time to keep alert to vulnerable areas in your close interactions.

Cancer - Now is the time to take charge and try new things.

Leo - Changing your surroundings can make a big impact on how you work.

Virgo - You allow more people in your life that become important.

Libra - An increase in ego or overly too much pride will hurt you in the long run.

Scorpio - This is a time to assess yourself and you need to be honest about it. Don't just live your life, do whatever that makes it genuine and whole.

Sagittarius - Maybe a conflict or a rival that has surfaced is the reason for all of this. You tend to review your choices and options. No need to take unnecessary risks or do anything too extreme.

Capricorn - There is a positive momentum that you carry forward from last month.

Aquarius - Tensions are building involving your own responsibility to take on.

Pisces - If you are feeling wary and disheartened these days, do not waste time brooding about the past.

## **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.

**Sales for the month of December**

**Jewelry show 20% off from**



# Readings 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.