



SPIRITUAL UPLIFTS NEWSLETTER

May 2021

Owner Lynn Pritchard

Monthly Insight

By Taylor V. May 1, 2021.

Memorial Day is a National holiday that is held on the last Monday during the month of May. This year, Memorial Day will be observed on the 31st to honor all of the men and women who have passed while serving in the military. A national moment of remembrance takes place at 3:00 p.m. local time. The red poppy is considered a symbol of the holiday. The wearing of the poppy is traditionally done on Memorial Day in the United States, but the symbolism has evolved to include all Veterans, living and deceased. Therefore, poppies may be worn on Veterans Day as well. Today, poppies are not only a symbol of loss of life, but also of recovery and new life. Specifically in support of the servicemen and servicewomen who survived the war but suffered from either physical and/or psychological injuries long after it ended.

The May birthstone is Emerald. Emeralds are typically considered a symbol of rebirth and are believed to grant the owner foresight, good fortune, and youth. Emerald is derived from the word "*smaragdus*," or "green" in Greek. The May birth flowers are lily-of-the-valley and hawthorn. Lily-of-the-valley signifies sweetness, humility, and a return to happiness. Gift one to your lover to show them that they make your life complete. Hawthorn plants represent hope and supreme happiness. It signifies that you want only the best for the recipient.

Quote of the month.

"Act as if what you do makes a difference because it does."

Unknown



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



Healing with Alicia

Sunday

10:30 am to 3:30 pm

\$20.00 for 20 minutes

Call for appointment
or walk in.

1/2 hour and hour available
by appointment.

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 \$10.00 off if report is
emailed.

Jewelry Show

Saturday 8th and Sunday 9th

20% 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 May 1, 2021

Why is the Law of Attraction not working? How many people have tried to use "The law of attraction" and feel it never works? The first step of the law of attraction is self-worth. If you do not understand self-worth, then it becomes harder for you to attract something that you feel you don't deserve. Society has programmed us at an early age that if we want things like more money, a new car, nice clothes, or any luxury, we are selfish. When, in reality, our monetary needs are valid. We use the money to pay our rent, purchase our food, to go to the doctors, etc. We need a financial supplement to survive. The law of attraction can be tricky. We have to be in the right place of the mind to receive what we are trying to attract.

To be good at the Law of Attraction, you first have to understand how you are asking the universe. For instance, if you use the phrase "I just need enough money to get by," you are telling the universe, that's all you need. Most people say this because they don't want to feel greedy, but then struggle with just having enough money to get by. Would you use the phrase "I just need enough air to get by?" That would never cross your mind. However, money is energy just like air; we need it to survive. Therefore, you can ask for as much money as you need.

Another way around this way of thinking is to show gratitude. When we show appreciation for what we have, we receive more. But being grateful doesn't mean you have to apologize for what you have. It means that you feel proud of what you have accomplished.

Take control of your thoughts and self. Know that is okay to be proud. Our thoughts are powerful; they speak for us and create the flow of life. I love you all, Lynn.

A channel from Lynn: "Brothers and sisters I speak for all to hear and listen for this is not the day we reckon, this is the day we unite. Call and find the peace will in. The balance and order will be served."

Numerology

By Kim Hastings May 1, 2021

May 2021 is a 1 Universal Month, the number of new beginnings, opportunities and forward movement. What is unique about this 1 Universal Month is that it is made up of two 5s, as May is the 5th month of the year and 2021 is a 5 Universal Year. 5 is the number of massive change, progress and movement and the double 5s brings us a more powerful 5 energy.

This month you will feel more ambitious and determined but be cautious. Not only is the lesson of the 1 is that it can bring an impatient energy, the 5 also brings an impulsive energy. Impatience and impulsiveness can lead to less desirable outcomes.

When most of us think of "change," we think of tangible changes-a career move, losing weight, moving to a new home and the like. However, the double 5 energy of this month is challenging us to focus on ourselves, by doing something outside of our comfort zones and shifting something on the inside. This is the time to reflect on who you want to be and embracing the transformation within you.

We all know the phrase "April showers bring May flowers." If April was a trying month for you, I encourage you to spend some time this month reflecting. You may be surprised to find that the negative experience or situation helped to create a beautiful path.



May Classes & Workshop



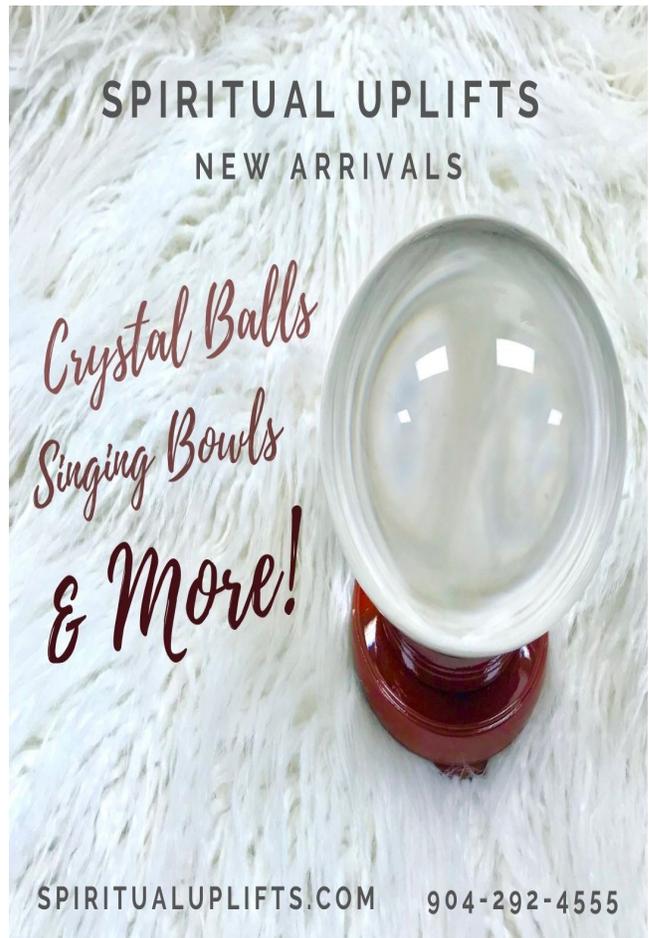
Saturday 1st Healing event from 12:00 pm to 3:00 pm. Come meet our practitioners and experience different healing techniques. Cost \$15.00 Love offering goes to St. Jude's hospital.

Saturday 8th & Sunday 9th Jewelry Show. Sparkle and shine with our rare crystal gem jewelry. There will be gemstones, vintage-inspired, sterling silver, symbols, and more. All jewelry will be 20% off.

Saturday 15th Understanding Dreams & Dream Journaling with Lynn from 12 to 5 pm

Those who understand their dreams have greater self-awareness of their personal and spiritual growth. This workshop shows you how to understand your dreams and journal them. You will make your own journal, dream sachet, and dream catcher. In addition, you will learn how to use your dream catcher to promote better sleep and to explore your dreams. Cost \$55.00, lunch included. Seating is limited. Prepayment is required to reserve your space.

*Refund policy on classes: We do not give refunds. However if you let us know at least 2 weeks before the class we will allow you to use the refund for another class.



Spiritual Uplifts Magical Moon.

By Lynn Pritchard May 1, 2021.

The May Full Moon is called the “Full Flower Moon”. It’s also called the “Mother’s Moon” and the “Milk Moon.” During this moon fertility increases and warm temperatures allow plants to bloom.

Last Quarter May 3 3:51 P.M.

New Moon May 11 3:01 P.M.

First Quarter May 19 3:13 P.M.

Full Moon May 26 7:14 A.M.

Full moon ritual for May. “Growth” This ritual can help relationships, careers or finance where you want positive growth immediately.

You will need:

Attract spray: To help with the attraction or triple action oil.

White sage: Helps attract desire and does a deep cleansing before the spell.

Two white candles: For protection.

White sage all four corners of the room. Place your white candle to the left at the top of altar and the other right side of the altar. After putting all the ingredients in the mojo bag, place in the middle of the altar.

Light your candles. Spray the attraction spray in the mojo bag and in the room all over the altar. Now write down 3 actions that you would like to take place. These actions are something you want positive growth and immediate action. Place the paper in the mojo bag.

Now say “ I align myself with the Flower Full Moon. Bring me positive growth and happiness. Allow the light of the moon magic to cast my enchantment and bring success to one bag for the mojo bag.

Ingredients for the Mojo Bag

One teaspoon of clover, attracts luck

One teaspoon of ginger, attracts power, and success

5 inches of red ribbon to enhance fast action, and growth

5 inches of purple ribbon to enhance spiritual power and self assurance.

5 inches of white ribbon to seal the weave.

Carnelian stone— creates a power



Horoscope

Aries: Take time to celebrate your successes, but don't let them go to your head.

Taurus: Focus on improving your relationships both at work and your personal life.

Gemini: Now is the time to focus on what makes you happy.

Cancer: You will see reward and recognition for all of your hard work.

Leo: Travel is likely, allowing you to experience spiritual and intellectual growth.

Virgo: This is the month to uncover your personal strengths and talents.

Libra: Working on your people skills will help you achieve success in all areas.

Scorpio: Changes are on their way, both professionally and personally.

Sagittarius: This is the time to embrace your creative side and new experiences.

Capricorn: Making changes will improve your situation, especially when it comes to your health.

Aquarius: This will be a busy month, be careful not to neglect important relationships.

Pisces: Standing up for yourself and your convictions is important at this time.

Mercury in Retrograde 2021

January 30 to February 20

May 29 to June 22

September 27 to October 17

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.

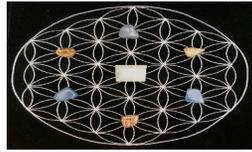
Sagittarius - Before you make decisions think of the consequences.

Capricorn - Revise education at this time.

Aquarius - Pay attention to financial agreements.

Pisces - Be cautious, Ex-partners return.

CREATE A CRYSTAL GRID FOR HEALTH



Grid and crystals pictured above are sold at Spiritual Uplifts

Step 1: Upon creating your grid set intentions of health and healing.

Step 2: Burn white sage to cleanse the energy in your space. White Sage has antioxidants, anti-inflammatory, and antimicrobial properties to target emerging infections and promote a healthy immune system.

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.

Amethyst – This crystal holds strong healing and cleansing powers to boost the immune system while cleansing the bloodstream and fine tune the metabolic and endocrine systems.

Apaches Tear – An excellent crystal to strengthen the immune system while helping you to eliminate toxins from the body and assimilate Vitamin C and Vitamin D.

Aragonite – Aragonite strengthens the immune system as well as relieves stress and restores balance when everything feels out of control.

Black Tourmaline – Purifies and protects the body while strengthening the immune system. This crystal is a powerful mental healer that can alleviate headaches and migraines.

Blue Quartz- This crystal purifies the bloodstream, strengthens the immune system, and inspires hope during times of hopelessness.

Clear Quartz – Often known as the Master Healer restoring balance to all aspects of the body and boosting the immune system.

Hematoid – This crystal balances the body, mind, and spirit while balancing the chakras. It boosts the immune system and cleanses the body from toxins while stimulating healing of the bloodstream, liver, kidneys.

Indigo Jasper – Indigo Jasper, aka Indigo Gabbro, aids in proper functioning of your immune system while reduces fevers and heals infections.

Sardonyx – This stone helps to repairs the lungs and bones while strengthening the immune system.

Sodalite – Sodalite relieves fevers, alleviates throat conditions, and strengthens the immune system.

Tibetan Black Quartz – A protective stone that will cleanse and purify your aura while repairing your body's nervous system and immune system. This crystal increases your vibrations to prevent both physical and psychic harm.

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

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



Reading by Lynn



Soul Package with Lynn

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 10:30 a.m. 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.

*Lynn is currently taking a break from readings to focus on her health. We will announce when we resume booking ap-



Spiritual Uplifts Monthly Study

Book of the Month: *The Healing Art of Essential Oils* by Kac Young, PhD. This book is a wonderful guide for using oils for physical and emotional healings, as well as in spells and rituals.

Herb of the Month: Astragalus Root Powder: Astragalus root powder is an excellent herb to provide relief from seasonal allergy symptoms. It is also great for relieving stress and anxiety.

Crystal of the Month: Lavender Quartz: Lavender Quartz encourages forgiveness and compassion and helps us to understand where another person is coming from and why a situation has occurred. It is a wonderful stone for those suffering from depression and anxiety.

Oil of the Month: Breathe Blend: This blend of organic essential oils helps support the clearing of the bronchial passages and powerful deep breathing. Can be used in a diffuser or diluted with carrier oils for topical use as a roll-on blend.