



FREE

Spiritual Uplifts Newsletter

September 2021

Owner Lynn Pritchard



Monthly Insight

By Taylor V. September 1, 2021

Labor Day is an annual celebration of the contributions and achievements of American workers. Traditionally observed on the first Monday in September, Labor Day will fall on the 6th of September this year. It was first recognized as a federal holiday in 1894, after Congress passed an act and President Grover Cleveland signed it into law. Labor Day is celebrated across the United States with events such as: parades, picnics, barbecues, fireworks displays and other public gatherings. For many Americans, this holiday represents the end of the summer and the start of the back-to-school season.

The birth flowers for September are the aster and the morning glory. Aster flowers are mainly a symbol of love, but according to folklore they were once burned to ward off serpents. Morning glories symbolize love and affection. Those who rise early may be able to watch their lovely blooms open. Morning glory flowers generally curl closed later in the day. The birth stone for September is Sapphire. Sapphires have been long associated with royalty & romance. They are also said to symbolize fidelity and the soul.

Works Cited: "September Birthstone." *GIA*, www.gia.edu/birthstones/september-birthstones.

Old Farmer's Almanac. "September Birth FLOWERS." *Old Farmer's Almanac*, www.almanac.com/september-birth-flowers.

History.com Editors. "Labor Day 2021." *History.com*, *A&E Television Networks*, 13 Apr. 2010, www.history.com/topics/holidays/labor-day-1.

Quote of the month.

"Peace cannot be kept by force; it can only be achieved by understanding." Albert Einstein

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

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Grid

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Horoscope

2186 Park Ave., Orange Park, Florida 32073



Message from Lynn

By Lynn Pritchard September 1, 2021



Numerology

By Kim Hastings September 1, 2021

Feeling Overwhelmed.

Let's talk about how easily we can become overwhelmed. Family, work, friends, health, careers, etc., can be hard to balance. When I opened my business, I had no time for anything else. Personally, I lost a lot because I couldn't find a balance. I was too overwhelmed trying to figure out what to do next for my business. As a result, I came up with a plan that helps me not feel overwhelmed.

It's easy to feel overwhelmed by finances. Paying bills in order of priority is the first thing you need to do. I organize my bills on a monthly calendar so I can see their due dates at the same time. My monthly income is easily determined this way.

Having established your bills, it's time to prepare your monthly to-do list. I create two lists. The first list consists of what I need to accomplish for the month. You may find writing it down overwhelming, but remember you have a whole month to do it. The second list is what I can accomplish today. Think of your list for today as a job. Set yourself a start time, a break time, and a finish time. Being realistic about what you can accomplish in a day is essential. You can always add to it if necessary.

You may not be able to do everything right away. My living room is currently filled with old photos, which I have been meaning to go through. Although it hasn't been completed yet, it doesn't define me as a person. The plans for them will be completed by the end of the month.

Family activities can be overwhelming especially trying to keep everyone informed. You should always designate a place in your house to put your mail and keep the family calendar. It allows you to keep up with shopping lists, doctor's appointments, events, quests, chores, etc.

The fact is you don't have to get overwhelmed if you have a plan in place. I hope this helps. Love you all, Lynn.

September is a unique month for numerology, as we will experience the double energy of the number 5 with September being a 5 Universal Month and 2021 being a 5 Universal Year. 5 is the number of transitions and transformations, which is a crucial part of personal growth and happiness. This month, these energies will intensify, making it the perfect time to make a move you've holding off on.

When we think about change, most of us think of a transition of a situation. Perhaps a career move, finding a new home, or beginning a new relationship. While these are all important transformations in our lives, we cannot forget that internal change is just as critical to our happiness. Whether we start a new exercise routine, expand our horizons by traveling or taking a class, or perform an internal assessment and modify what is not working for us. Inward positive changes will help us embrace outward transitions.

Have you been feeling stuck lately? This peak energy of the double 5s will help open positive change and bring a shift in your current movement. To truly embrace these changes, you must be open to feeling uncomfortable. Unwelcome change can be scary, but the most transformative outcomes occur when we step outside our comfort zone and put doubt to the side.

SPIRITUAL UPLIFTS
SALT LAMPS
STARTING AT
\$20.00

SELENITE

HIMALAYAN

spiritualuplifts.com



Healers are now available by appointment every Thursday. Call for availability.

Prices vary.

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

The Jewelry Show will not be available again until November.

Thank you for understanding.

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

Spiritual Uplifts Magical Moon

By Lynn Pritchard September 1, 2021

In September, the Full Moon is the Harvest Moon, which is the full moon closest to the autumnal equinox. The full moon in September brings balance to our lives and helps us settle things.

New moon September 6th 8:52 pm

First quarter September 13th 4:41 pm

Full Moon September 20th 7:54 pm

Last Quarter September 28th 9:58 pm

Honoring the Goddess, bless yourself with a full moon bath.

Clear the space with sage and copal mixed.

Use a Jasmine-scented candle to attract the Goddess Put 1 tablespoon of lavender flowers in the bath, and add 1 teaspoon of patchouli.

Put 3 carnations in the bath.

Take one carnation and place it in a vase next to your soap. The soap will collect the essence of the flower creating beauty and softening the fragrance of the soap.

Place a moonstone crystal next to the bath.

As you wash in the bath feel the moonlight connect you to the goddess energy. The Goddess teaches you to love and care about self, others, and the divine. Wash all negative energy away, leaving you feeling healthy, pure, refreshed and ready to increase the power within you.





September Classes & Workshops

Upcoming Workshops

Saturday 4th 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 October 16th & Sunday October 17th. The 2-Day Magical Cat Workshop: Explore the different areas of magic, creating your own traditions. You will learn how to use a book of shadows, create an altar, use candle magic, enchantments, and do a full moon ritual on the last day. The package includes a leather journal as well as lunch, snacks, and supplies. The cost is \$300.00. Reserve your space with a \$200.00 non-refundable deposit.



Classes will not be scheduled for the month of September. We will be updating our classes for the rest of the month, so keep an eye on our website.

Spiritual Uplifts

CERTIFIED ORGANIC TEAS

Sold at Spiritual uplifts

spiritualuplifts.com
904-292-4555

SPIRITUAL UPLIFTS

CRYSTAL GRID FOR PEACE & JOY

By Sabrina Borchers September 1, 2021



Step 1: You can begin setting intentions of connecting with your higher consciousness through meditation.

Step 2: Burn sage or Palo Santo to cleanse the energy in your space.

Step 3: Place a crystal generator of your choice in the center of your grid. Light colored crystals like Clear Quartz or Citrine are preferred.

Step 4: Using a cloth grid or wood plant, create two diagonal lines forming a "X" around the generator.

Clear Quartz- A powerful healer & amplifier of energy. Aids memory, excellent to program and store information.

Ruby Kyanite- Surrounds with peace, manifesting heart's desire, Ruby acts as healing and positive stone, allows us to see true nature of divine love.

Angelite- Creates a great feeling of peace & tranquility. Raises awareness, stimulates healing & facilitates telepathic contact.

Chalcopyrite- Will boost the joy that lives inside and around you. It will encourage you to live every day of your life in a more hopeful and positive way.

Step 5: Speak out loud your intentions of connecting with your higher consciousness to activate your grid.

Crystals and grid pads sold at Spiritual Uplifts



Horoscope

Aries: Changes within your job or work relationships will be beneficial for your health.

Taurus: Embrace your playful side and creative outlets. Spontaneity will bring joy.

Gemini: Making changes in your personal/home life will bring happiness and contentment.

Cancer: Be mindful of communication with others. Taking things too personally can lead to arguments.

Leo: Staying true to your convictions is important, especially for money matters.

Virgo: Being honest and making improvements within yourself will reap rewards.

Libra: Changes made now will reap rewards in the future.

Scorpio: Accepting help from others will help you accomplish your goals.

Sagittarius: Your one-on-one relationships with others are important at this time.

Capricorn: This is the time for spiritual, intellectual, and personal growth.

Aquarius: Focus inwardly to uncover your personal strengths and talents.

Pisces: Be cautious with financial decisions. Being unprepared can lead to debts.

Mercury in Retrograde 2021

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- Unclear 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.

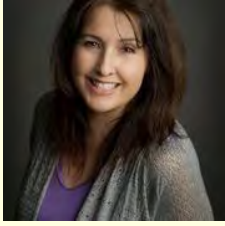
Aquarius - Pay attention to financial agreements.

Pisces - Be cautious, Ex-partners return.





Reading by Lynn



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

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 pro-

Call for an appointment

Readings: 1/2 hour \$90.00; 1 hour \$145.00. 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.

We do have some days available for reads in September. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.



Spiritual Uplifts Monthly Study

Sabrina Borchers September 1, 2021

Crystal-Desert Rose: Promotes forgiveness, honesty, & harmony. Calms inner chaos. Encourages you to go for your dreams without fear. Provides strong yet delicate connection to all things so you can find your path.

Oil- Sun's Eye Honey Rose: Honey Rose Oil, featuring Rose Petals, is a lively floral combination of Honeysuckle and Rose. Brings love and happiness, and promotes the mending of relationships.

Herb- Skullcap: A comforting herb. It is used to promote emotional well-being and relaxation during times of occasional distress.

Book- Angel, Angel, Angel! by David Christopher Lewis: Author David Christopher Lewis has been visited by angels over 700 times over the last 16 years. Discover the names and missions of angels never revealed. Angels interact with us to lighten our load and inspire us in so many ways. In communion with the angels our lives are happier and more fruitful. Find out how angels are working with humanity.

