



FREE

Spiritual Uplifts Newsletter

October 2021

Owner Lynn Pritchard

Monthly Insight

By Taylor V. October 1, 2021.

Halloween has always been a holiday filled with mystery, magic and superstition. It began as a Celtic end-of-summer festival during which people felt especially close to deceased relatives and friends. Over 2,000 years ago the Celts celebrated their New Year on November 1st. They chose this date because November signified the end of the summer harvest and the beginning of the dark, cold winter, (a time of year that was often associated with human suffering.) Many Celts believed that the night before, referred to as All Hallows Eve, the boundary between the worlds of the living and the dead became blurred, and the ghosts of those who have passed could return to Earth. This was known as the festival of Samhain, where many individuals would light bonfires and dress in costumes to ward off spirits. The American Halloween tradition of trick-or-treating most likely dates back to the early All Souls' Day parades in England, and the tradition of dressing in costume for Halloween has both European and Celtic roots.

The Cosmos and Marigold flowers are typically associated with the month of October. Marigolds symbolize the sunrays or light paths that guide the dearly departed. Cosmos symbolize order, peace, and serenity. The birthstones for October are Opal and Tourmaline. Both stones offer a spectrum of different shades. The name "opal" originates from the Greek word *opallios*, which means "to see a change in color," whereas the name "tourmaline" comes from the Sinhalese words *tura mali*, which translates to "stone of mixed colors."

Works Cited: History.com Editors. "Halloween 2021." *History.com*, A&E Television Networks, 18 Nov. 2009, www.history.com/topics/halloween/history-of-halloween. Old Farmer's Almanac. "October Birth Flowers." *Old Farmer's Almanac*, www.almanac.com/october-birth-flowers. "October Birthstone Choices: Opal & Tourmaline: October Birthstone Color Variety." *American Gem Society*, 20 Apr. 2021, www.americangemsociety.org/birthstones/october-birthstones/#:~:text=October%20Birthstone%20Choices%3A%20Opal%20%26%20Tourmaline%20%7C%20October%20Birthstone%20Color%20Variety.

Quote of the month.

"Peace comes to those that give it."

- Lynn Pritchard

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

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Spititualuplifts.com



SPIRITUAL UPLIFTS ANNUAL HALLOWEEN

CORPSE BRIDE

Victor's and Victoria's families both arranged marriages with the aim of gaining wealth. They fall in love at first sight. During the wedding ceremony, Victor becomes nervous, and the minister cancels the ceremony until he is capable of carrying out the ceremony correctly. Upset, Victor walks into the dark woods. There he practices his wedding vows. As he practices, he finally gets his vows correct, but just then the ground shakes and he is pulled underground. That's when he meets Emily, a corpse bride who says "I do." Join the adventure and see how this story ends!

There will be eight tables. Each table will have a theme of the story with a divination for you to learn. There are tables of runes, crystal balls, tarot cards, and more. You can vote for your favorite table. We will also raffle a crystal ball. \$2.50 ticket or 5 ticket for / \$10.00. All tickets must be placed in the bowl on the day of purchase.

Cost \$10.00 per person





Message from Lynn

By Lynn Pritchard October 1, 2021

We have reached the end of September. Over the next three months, the store becomes very busy. We have events, a Halloween party, a magic cat class, taxes, inventory, small business Saturday, and private sessions with clients, along with our annual retreat in December. I am currently planning the Halloween party. Every employee participates, and most of the decorations are handmade. This year, we are doing the "Corpse Bride." We're setting up six to eight tables. The tables are themed according to the movie and provide knowledge about divination, like palm readings or tarot cards. You vote on the best table theme created by each employee. If an employee wins, they receive a crystal ball. We do this every year. The party costs \$10.00 per person, and some of the game pieces can be purchased. The party will be held on October 30th, and I hope to see you there.

If you have been to my store, you know that it is a place where you can find peace. We see a lot of people that are going through things like bad breakups or job loss. To get through a loss like this, you need to learn to let go and move on. I understand how difficult it can be. Upon opening my store, I discovered that people I thought were my friends were telling others not to come to my store. I was so hurt. However, I continued. I realize that if I allow anything to control or direct me to anything other than my goal, I won't grow my business.

Anytime we end something that occurs unexpectedly, it means a divine intervention stepped in to make sure you don't lose sight of the bigger picture. Despite the fact that you may not always accept what happens, you can still move forward. When I say "move forward," I mean to say "move through." No matter what the situation may be, you will experience grief during the process. Grieving is a necessary part of your new transformation. You need to accept the person you are at the moment. As time goes by, you will see that not everything is going to go as planned. Forgive privately in your heart. Remember that if you don't move forward, you remain stuck. Love you all, Lynn

Numerology

By Kim Hastings October 1, 2021

October 2021 is a 6 Universal Month, the number of responsibility and family. The 6 is truly a nurturing number, as it brings balance, forgiveness, and harmony.

Last month was a big month for change, movement and breaking out of our comfort zones. This month, we will be settling back into our stable routine, but perhaps bringing some of the changes we implement in September and making them a habit.

The focus will be on what matters most to you and taking steps to achieve your happiness. Under the energy of the 6, helping others and giving back may be what is important to you at this time. If this is the case, remember that you can nurture and assist, but cannot make someone grow or change. Do not get weighed down with the problems of others, as it will only hinder your progress. Should you feel bogged down, remember that 6 is the number for home and security, so treat your home as your sanctuary to recharge.





Healers Will and Lisa are now available by appointment every Thursday and the first Wednesday of the month.

Call for availability.

Prices vary.

Healing event with all our healers is the first Saturday of the month

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 October 1, 2021.

Spiritual Uplifts Magical Moon.

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

New Moon October 6th 7:05 am

First Quarter October 12th 11:27 pm

Full Moon October 20th 10:57 am

Last Quarter October 28th 4:06 pm

SAMHAIN RITUAL

Use white sage to cleanse you area. Place an orange or black altar cloth, orange and black candles, and decorate the altar with apples, pomegranates, grapples, chrysanthemums, and marigolds. (whichever is available to you.) Place a heart shaped crystal and rose quartz crystal that has not been use on the altar to hold your spell. Burn Samhain incense. Use small jack-o'-lanterns to mark the quarters, placing an Element appropriate colored candle in each pumpkin. Add pictures of decease loves and ancestors to your altar. Cast the circle creating a safe place. Call the four archangels in each in each corner. Make sure you have a Journal ready. (I use the same journal every year to compare notes) Next do the Samhain blessing. Hold your crystal in your hand as your ancestors come in. Once the ritual is done, close your circle thank them for coming and use cedar sage to cleanse your space.

Samhain Blessing

Ancestors hear my voice,
know my heart, I think of
you at the season's start,
Descendant from your hon-
orable 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.



October Classes & Workshop

Upcoming workshops

Saturday 2nd 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 16th & 17 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.

SPIRITUAL UPLIFTS MAGIC CAT CLASS



2- Day workshop Saturday 16th & 17th from 12 pm to 7 pm each day.

Saturday 30th Halloween Party from 12:00pm to 5:00 pm more details on page 2.

SPIRITUAL UPLIFTS RETREAT

3 DAY SPIRITUAL RETREAT WORKSHOP

3 day spiritual retreat
RELEASE AND RECHARGE
APRIL 12TH 2019
SPIRITUALUPLIFTS.COM

RECHARGE MENTALLY, PHYSICALLY, AND SPIRITUALLY

CREATE A HEALTHIER PATHWAY TO HIGHSELF

904-292-4555 | 2186 PARK AVE ORANGE PARK FL 32073 | SPIRITUALUPLIFTS.COM

December 10th, 11th and 12th



SPIRITUAL UPLIFTS

CRYSTAL GRID FOR CONNECTING TO SPIRITS

By Sabrina Borchers October 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 are preferred.

Step 4: Using a cloth grid or wood plank, 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.

Angelite- A Facilitator for connections and communications with the divine. It promotes spiritual awareness and raises your spiritual senses, enabling you to open yourself to new information.

Celestite- Opens your connections to higher realms. It begins to do so by helping you relax, clearing away thoughts, worries, or stresses you might have.

Charoite- Is wonderful for channeling and communicating with spirits. It helps you connect with the divine by enhancing your natural intuitive talents.

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: This is a social time. Focus your attention on important relationships.

Taurus: Take an accounting of how much effort you are giving others. Make your health the priority.

Gemini: Time to embrace your creative side. Your playfulness will attract others to you.

Cancer: Focus on maintaining a strong family relationship to build a secure foundation.

Leo: Evaluate what is important to you and vocalize it, especially when it comes to your personal life.

Virgo: Financial matters are your focus but think things through. This is not the time to “make a quick buck.”

Libra: Embrace your independence and focus on yourself. It will benefit you long-term.

Scorpio: Listen to your intuition before making any major moves.

Sagittarius: New beginnings, whether personal or professional, will flourish this month.

Capricorn: One-on-one relationships bring stability, whether personal or professional.

Aquarius: Embracing new experiences and knowledge will benefit your career and personal life.

Pisces: Recognizing what makes you feel secure and safe will bring you peace.

Mercury in Retrograde 2021

May 23, 2021–October 10, 2021 Saturn is one of the big players in 2021. It's the planet that is responsible for our boundaries, structure and habits that keep our daily lives in check. Essentially, it's something to be mindful of when you're focusing on your career.

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.

For updates and any changes visit our website at www.spiritualuplifts.com or join us on Facebook at www.facebook.com/spiritualupliftsnewagestore



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

Reading by Lynn

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 \$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.

We do have some days available for reads in October. 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 October 1, 2021

Crystal: Labradorite- A highly mystical stone that can bring in light. A protective stone that forms a barrier to negative influences or energies. Provides faith in oneself & trust in the Universe. Known as a transformative stone that can turn dreams into reality.

Oil: Psychic power- A ritual oil designed to help open the Third Eye and enhance psychic awareness. Especially useful for trance work and divination or anointing scrying tools. The fragrance has minty top notes in a base of Rose. Includes a pinch of Mugwort to focus psychic vision.

Book: Angel Numbers- Best selling angel author Kyle Gray explains exactly what your angels are trying to tell you through these repeated sequences from numbers 0 through 999 and popular digital clock combinations like 1:23, 21:12, 22:22 and 5:55.

Herb: Mugwort- Spiritually, used for protection and enhancing astral projection & lucid dreaming. Also used to ease headaches, fatigue, insomnia, nervous tension, anxiety, and restlessness. Topically applied in lotions to soothe itchy skin and burn scars.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Healing event
3	4	5	6	7	8	9
			Healer Available Call for appointment	Healer Available Call for appointment		
10	11	12	13	14	15	16
				Healer Available Call for appointment		Magic cat class 12 to 7 pm
17	18	19	20	21	22	23
Magic cat class 12 to 7 pm				Healer Available Call for appointment		
24	25	26	27	28	29	30
				Healer Available Call for appointment		Halloween Party 12 to
31						