



FREE

Spiritual Uplifts Newsletter

November 2021

Owner Lynn Pritchard

Monthly Insight

By Shayna Payne . November 1, 2021.

November is the last full month of autumn and marks the beginning of the holiday festivities celebrated by many North Americans. The month of November comes from the early Roman calendar and is derived from the Latin word *novem*, meaning "nine." Nine represents completion in numerology, as well as the wisdom and skills gained from the journey. November is also the 11th month of our calendar year. A highly spiritual number of enlightenment, the number 11 encourages us to be a guiding light for others which is especially helpful during this busy and sometimes hectic time of year. Living in the vibration of gratitude will most certainly have a positive effect on not only ourselves but others. As more leaves fall and the weather becomes chillier, the month of November gives us a cozy time to reflect on- and be thankful for- the year we have had.

REFERENCE: Old Farmer's Almanac (2021, October 4). *The Month of November 2021: Holidays, Fun Facts, Folklore*. Old Farmer's Almanac. Retrieved October 31, 2021, from <https://www.almanac.com/content/november-holidays-fun-facts-folklore>.

Quote of the month.

The bridge you burn today may be the path you need to take tomorrow. Be kind to others. You never know when you may need them.

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.

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Message from Lynn

By Lynn Pritchard November 1, 2021

Traditionally, karma has been defined as cause and effect. Buddha believed that our own past and present actions determine our Karma. In other words, what we think or do in the present determines our future. Everyone creates their own heaven and hell. We are the architects of our own destiny.

Most people use the word karma when they are upset with someone who has hurt them. In the instance that a person steals my crystals, they are going to get bad karma. When someone creates that kind of energy for themselves, they are typically miserable and never really satisfied with themselves or anything else. They have determined their own karma, and nothing ever goes right for them.

Good karma is something people don't talk about. When you do for others and respect and value them, you receive good karma. To give an example, my husband and I went out of town to help a friend. In the course of our trip, I stopped to buy something. Afterward, I thought I'd lost something important. My mind recalls me placing it on the counter of the store. The next thing I know I found it in a place I never would have thought to look. When I put out positive energy, I get good karma back. I thanked the Divine when I found my item. The feeling of knowing they are watching over me is wonderful. I need to get back to work. Love you all, Lynn.

Numerology

By Kim Hastings November 1, 2021

For the past few months, we have been on the go, accomplishing our tasks and focusing on our families. As a reward for our hard work, sacrifice and dedication, the Universe gives us the month of November. November is a 7 Universal Month, bringing us the solitary energy we all need after months of constant work and sacrifice. This is our time to take a moment for ourselves and enjoy activities that make us happy. 7 also represents intellect, so this is a great opportunity to explore new classes and places.

This month, the 7 energy is the combination of the 5 energy of 2021 and the 2 energies of November. We mostly associate November with the beginning of the holiday season, which is when we spend more time with family and friends. The risk of the 7 energy is the tendency to become too introverted. Remember that the energy of the 5 gives us freedom to choose how to spend our time, but the 2 energy is pushing for togetherness and family time. You can still relax and enjoy more time to yourself, but keep in mind that your presence at that family dinner or outing you may not want to attend could mean the world to someone else. This month is all about balancing our wants with the needs of others.



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

**Our Jewelry Show is
back!**

**Saturday, November
25th & Sunday,
November 26th**

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

CRYSTAL GRID FOR FAMILY BLESSING & LOVE

By Lynn Pritchard & Kim Hastings November 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 plant, create two diagonal lines forming a “X” around the generator.

Amethyst- Assists families struggling with addiction issues by aiding recovery. Also brings protection and cleanses the home of any energies that are not in your family’s best interests.

Jade- Jade brings stability to our relationships with one another. Releases limiting thought patterns and helps repair broken family relationships.

Larimar- Larimar helps heal any unresolved anger issues and/or resentment. Also helps family members communicate more clearly.

Pink Calcite- A wonderful heart stone that helps us become more compassionate towards others. Heals any kind of loss or emotional trauma.

Rose Quartz- The stone of unconditional love, Rose Quartz helps heal family issues and bring the members closer together.

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

Family is not limited to our blood relations. This blessing grid is helpful for friendships and your specific “family” unit.

Crystals and grid pads sold at Spiritual Uplifts

Spiritualuplifts.com

Spiritual Uplifts Magical Moon

By Sydney Anteau

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.

New Moon: November 4th 5:14 PM

First Quarter: November 11th 7:45 AM

Full Moon: November 19th 3:57 AM

Last Quarter: November 27th 7:29 AM

Gratitude Ritual

You will need the following:

- Sage or Palo Santo;
- A dark green candle;
- Against Jealousy incense;
- Pen and paper.

Cleanse the space that you plan on doing your ritual in with sage or palo santo. Light your dark green and 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 your done with the list repeat it three times.



November Classes & Workshop

Upcoming Workshops

Healing event Saturday November 6th, from 1 pm to 3pm Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, reconnective healing, singing bowls and more. All our practitioners are intuitive healers that are well-trained and attuned. Cost \$15.00 Love offering goes to St. Jude's hospital. First come, first served.

Saturday 13th from 3:00 pm to 5:00 pm
Make your own Gratitude Tree. Design a gratitude tree to express your gratitude this Thanksgiving. This class will teach you how to keep a gratitude journal and how to make a tree. All supplies and snacks are provided. Cost: \$35.00. Limited seating. Please sign up ahead.

Saturday 20th from 12:00 **Therapeutic bath class with Lynn.** Learn how to make bath oils and salts that can soothe aching muscles and help you relax after a long day. You will also learn how to make a scrub and a therapeutic pillow. This is an excellent idea for making Christmas gifts this year. Cost \$55.00. Limited seating available. Please sign up ahead.

Friday 26th Black Friday specials, Free gift with a \$40.00 purchase or more. Palm reading, numerology readings and healings available

Saturday 27th Small business Saturday. The first 30 people get fairy dust. We will have free classes, crystal bed and aura camera specials. Palm reading, numerology readings and healings available. Free gift with a \$40.00 purchase or more. More information will be emailed and flyers will be passed out a week before.

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**

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December 10th, 11th and 12th



SPIRITUAL UPLIFTS MONTHLY STUDY

By Shayna Payne November 1, 2021

Crystal- Lemon Topaz

The birthstone of November, Lemon Topaz also known as "Golden" or "Imperial" Topaz. This topaz connects to our solar plexus which will assist you in manifesting what is for your highest and best good.

Oil- Honey Rose

A delightful mix of honeysuckle and rose, helpful for getting in the spirit of gratitude. Honeysuckle promotes happiness while Rose encourages love in all forms.

Herb- Hawthorne Berries

Hawthorne berry is used to soothe the nerves which is helpful during the holiday season. It is also used to heal, open and protect the energetic heart. A balanced heart chakra will allow us to feel unconditional love for the self and others.

Book- The Intuitive Dance by Atherton Drenth

This book will teach you how to improve your overall wellness by clearing and protecting your energy. When we can calm the energy within we can change the environment without.



Horoscope

Aries: Now is the time to be cautious. Do not ignore health concerns.

Taurus: Be mindful of finances. Spend money wisely and focus on saving.

Gemini: Embracing more time with family could benefit you financially.

Cancer: This is a favorable month for finances, bringing you a sense of peace.

Leo: Patience is key as it will bring you success in your career and studies.

Virgo: Romantic relationships thrive this month but be sure there is healthy communication.

Libra: Enjoy spending free time with your partner. If single, this is a month to embrace potential love interests.

Scorpio: Being frugal with spending will improve finances significantly.

Sagittarius: Embracing new responsibilities at work will bring favorable results for your career.

Capricorn: Avoid family conflicts by maintaining focus on your goals.

Aquarius: Be sure to manage your tasks and time well so your family time is not affected.

Pisces: Go outside the box and let your imaginative side run free, but don't neglect your duties and responsibilities.

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

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 \$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 November. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.



Spiritual Uplifts Monthly Study

By Kimberly Hastings November 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
				Healer Available. Call for appointment		Healing event 1 to 3 pm
7	8	9	10	11	12	13
				Healer Available Call for appointment		Make your own Gratitude Tree. 3 to 5 pm
14	15	16	17	18	19	20
				Healer Available Call for appointment		Therapeutic Bath Class 12 to 6 pm
21	22	23	24	25	26	27
				Closed for Thanksgiving	Black Friday Sales Jewelry show	Small Business Saturday Sales & Classes & more Jewelry show
28	29	30	31			