



FREE

# Spiritual Uplifts Newsletter

December 2021

Owner Lynn Pritchard

## Monthly Insight

By Kimberly Hastings December 1, 2021.

December comes from the Latin *Decem*, meaning “ten” as there were only ten months on the original Roman calendar. On December 21<sup>st</sup> the Winter Solstice, the longest night of the year, occurs. The Pagan Scandinavian and Germanic people of northern Europe celebrated the winter solstice with Yule (also called *Julblot*). Many of our Christmas traditions date back to Yule. Christmas trees, wreaths, and yule logs all date back from this Pagan holiday.

In addition to Christmas and Yule, we also have the Jewish holiday of Hanukkah, which is the eight-day festival of lights that celebrates the rededication of the Holy temple. December 26<sup>th</sup> begins the seven-day African holiday of Kwanza, which celebrates family and community.

Sagittarius rules until December 21<sup>st</sup>, bringing a curious energy. Our quest for knowledge is intensified during this time. Capricorn takes over until January 19<sup>th</sup>, bringing a more reserved energy, which will help us get back into our routines. December’s birth flowers are the Narcissus and Holly. Both symbolize hope and domestic happiness. The birthstones are the Turquoise and Tanzanite. Turquoise brings good health and fortune, while Tanzanite connects us to a higher consciousness and intuition.

### Quote of the month.

Let go of all your fears and obstacles from the past year and gratitude for what you learned for the new years.

Lynn

### November Holiday hours:

Mon.6th Closed for Employee holiday

Christmas Eve hours

10:30 am to 5:00 pm

## 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

Spitiualuplifts.com



## Message from Lynn

By Lynn Pritchard December 1, 2021

I hope you had a wonderful holiday. Now that the holidays have arrived, we can enjoy them. For some, that means they will get to see the family they haven't seen in a while. While for some people it can be a joyous occasion, for others not so much. For some families, having other family members around can present challenges. There is almost always at least one family member who can cause distress to others. Do you remember Uncle Frank from the movie Home Alone? He was a cheap and selfish uncle. In any case, it could be anyone in your family who makes you feel uncomfortable. I read an article about a military woman who was returning home for the holidays. Despite her hard work, the woman was reluctant to return home since she knew her mother would criticize what she did instead of what she achieved.

When we find ourselves around toxic people, we need to be aware of our triggers. We need to devise a strategy that makes us less emotionally attached so they won't feel satisfied. Some people indeed have trouble keeping themselves happy, and if they see you happy, they find a way to stop it. Make decisions based on your power, not their control, never feeling trapped by them. Toxic people will project themselves onto you. No matter how generous and honest you seem, they will convince themselves that you are a liar, unfair and nasty. In my opinion, if I have to explain myself to anyone, that person is not worth my time. Say "no" as a complete sentence. Most important, own your strengths and weaknesses. That way, anything they do or think will not matter. Whatever you do, enjoy the holidays, keep busy, and always keep in mind that you deserve happiness and love. Love you all, Lynn

## Numerology

By Kim Hastings December 1, 2021

We have reached the final month of 2021. I don't know about you, but it feels like this entire year has flown by! Are you ready for the new year?

For 2021, we are finishing the year off right, as December is an 8 Universal Month, the number of achievement and material success. However, our accomplishments will not be handed to us. Rather, this will be a busy time and organization will be crucial to our success. But remember to not become too consumed with chasing reward that no amount of success will satisfy you. Celebrate all accomplishments, no matter how big or small the bounty.

8 is also a number of balance, specifically focusing on finding harmony between material gain and spiritual/personal growth. The risk that comes with the 8 energy is becoming all consumed in material gains that other aspects of our lives become neglected. While achievement takes hard work, we must find time for self-care. This month, the 8 energy is comprised of the 3 of the month of December, with the 5 energy of 2021. Both of these numbers welcome a creative and social energy to help us tap into what truly makes us happy and takes our mind off of the work ahead.

Enjoy these last few days of the year and I hope everyone has a wonderful holiday! See you in 2022!



*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 12th, Sunday, 13th.**

**Then again Tuesday 21st to Friday 24th.**

## 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 THE NEW YEAR

By 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 is preferred.

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

**Aragonite:** Helps to overcome obstacles, remove negative energy, allowing positive energy to thrive. Helps with self-healing and emotional growth.

**Bronzite:** Alleviate nervous energy generated when placed in new situations. Increases self-esteem, helps with decision making and enhances creativity.

**Jade:** A stone of abundance and prosperity, good luck and long life. Jade helps bring what our heart desires.

**Malachite:** A powerful stone of change, allowing us to break negative ties to the past. Encourages stepping outside of your comfort zone and taking chances.

**Mookaite Jasper:** Stone of new beginnings by helping you see change as a new opportunity. Perfect for those starting a new business.

**Moss Agate:** Attracts prosperity and supports growth. Wonderful stone for those starting a new business or self-employed, as it brings new business and encourages saving money/focusing on money matters.

**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

[Spiritualuplifts.com](http://Spiritualuplifts.com)

# Spiritual Uplifts Magical Moon

## Spiritual Uplifts Magical Moon

By Linda Pritchard December 1, 2021

December's Full Moon is called the "Full Cold Moon," or the "Full Long Nights Moon." During this month the winter cold fastens its grip, and nights are at their longest and darkest. The term "Long Night Moon" is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time.

New Moon: December 4<sup>th</sup> 2:44 A.M EST

First Quarter: December 10<sup>th</sup>, 8:37 P.M. EST

Full Moon: December 18<sup>th</sup>, 11:37 P.M. EST

Last Quarter: December 26<sup>th</sup>, 9:26 P.M. EST

### 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 others.

You will need sea salt, chamomile flower powder, and Guardian Angel or Heart Chakra Oil.

**Step 1:** Light rose incense to help attract love to yourself, to make the room smell nice, and set a relaxing atmosphere.

**Step 2:** Draw a bath and put salt in it to cleanse yourself of any negative feelings towards yourself. Then add chamomile flower powder to bring in love and relaxation. Chamomile flower powder is also very good for soothing irritated skin.

**Step 3:** Use this time by yourself to reflect on all the things that you appreciate about yourself. Find three things that you love about yourself and repeat them three times.

**Step 4:** As you drain the bath picture all your negativity towards yourself washing away.

**Step 5:** After you get out anoint yourself with guardian angel oil or heart charka oil. Then look into the mirror and repeat the mantra you created once more with the intention that it will stick.



# November Classes & Workshop

# Upcoming Workshops

**Healing event Saturday December 4th, from 1 pm to 3pm** Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, re-connective 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.

**Jewelry Show 12th to 13th & then again 21st to 24th.** 20% off anything over \$20.00. There will be tables full of jewelry in our event room.

**Make your own Ornament starts Sunday 13th to 15th.** Take a break, have some hot cocoa, and create three Christmas ornaments. The cost is \$10.00 for adults and \$5.00 for children under 18.

**3 Day Healing Retreat, Part 1: "Release and Recharge" Friday, December 17 to 19th.** Take this workshop to pay attention to your deepest needs. RECHARGE MENTALLY, PHYSICALLY, AND SPIRITUALLY. Our main focus is to give you a safe place. The workshop will be at the store. We will provide 2 meals, snacks, drinks, we will send you a menu. Hotels are price separately. We will provide a list of hotels with pricing. **Limit 6 students. Cost \$425.00. Seat is reserved with a \$200.00 non-refundable deposit.**

**Vision board with Kim January 2nd to 9th** On the dates of the class, you can come during opening hours at any time. Manifest what you want for the new year. A vision board is a collage of images and words that represents what your goals. Kim will show you how to put everything together so you can manifest positive outcome for the new year. Cost \$15.00 limited seating please sign up ahead.

**Now Sold At Spiritual Uplifts**  
**New Year Candles**  
**Just came in**

**Burn this candle on  
December 31st to  
manifest Health,  
Wealth, and Happiness.  
It is time to release that  
which no longer serves  
you.**

[spiritualuplifts.com](http://spiritualuplifts.com)



**Available December 2nd**



## SPIRITUAL UPLIFTS MONTHLY STUDY

By Kimberly Pritchard November 1, 2021

### Spiritual Uplifts Monthly Study

**Herb of the Month: Fidnemed Nighttime Tea:** This relaxing and calming blend of herbs promotes sleep and aids those suffering from insomnia. Also reduces anxiety and stress.

**Oil of the Month: Frankincense:** Reduces high blood pressure and heart rate. Aids those suffering from anxiety and depression. Also boosts the immune system and improves memory.

**Crystal of the Month: Emerald Tanzberry Quartz:** This stone helps us achieve mental and emotional balance and a deepened sense of compassion, understanding and acceptance. Helps those dealing with co-dependency issues, trauma, and self-worth.

Spiritual Uplifts Metaphysical Store

Great for during the holidays

*Throat Chakra Oil*

Balances throat  
chakra for healthy  
communication &  
expression

Great to diffuse or  
use with a carrier oil

[spiritualuplifts.com](http://spiritualuplifts.com)



904-292-4555



## Horoscope

**Aries:** This is a time of spiritual and moral growth, to learn what your true values are.

**Taurus:** Pending matters will be resolved. Time to focus on ridding bad habits and spiritual clutter.

**Gemini:** Investments will prosper this month but be sure to do your homework.

**Cancer:** this is an active month. Embrace your creative and outgoing side.

**Leo:** Embrace your spontaneous side and take risks but know your limitations.

**Virgo:** Take advantage of opportunities that arise. They will build a strong foundation to your success.

**Libra:** Family relationships will flourish, and finances are strong.

**Scorpio:** You will be successful in whatever you set to do, so long as you utilize your capabilities.

**Sagittarius:** There is much activity going on. Do not sacrifice your health and rest to get everything done.

**Capricorn:** Confidence will bring you love if single. Embrace time together if already in a relationship.

**Aquarius:** This month is a time for growth. Established relationships will be the key to your success.

**Pisces:** Welcome any changes that arise, for they will benefit you later.

## 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.

### Spiritual Uplifts Metaphysical Store

TURKISH MOSAIC TABLE LAMP, EXTRA LARGE GLOBE (NO5 GLOBE)

\*100% HANDMADE TURKISH MOSAIC TABLE LAMP FROM ISTANBUL TURKEY.

Make your home beautiful



Sold at  
SpiritualUplifts

spiritualuplifts.com

For updates and any changes visit our website at [www.spiritualuplifts.com](http://www.spiritualuplifts.com) or join us on Facebook at [www.facebook.com/](http://www.facebook.com/)



## 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

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



## December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Healer Available. Call for appointment		Healing event 1 to 3 pm <b>Full Moon</b>
5	6	7	8	9	10	11
				Healer Available Call for appointment		Jewelry Show 10:30 am to 6 pm
12	13	14	15	16	17	18
Jewelry Show 10:30 am to 6 pm Make your own Ornament 12 to 5 pm	Make your own Ornament 12 to 5 pm	Make your own Ornament 12 to 5 pm		Healer Available Call for appointment	3– day retreat Starts at 4:00 pm	3-day retreat Starts 10:30
19	20	21	22	23	24	25
3-day retreat Starts 10:30		Jewelry Show 10:30 am to 6 pm	Jewelry Show 10:30 am to 6 pm	Jewelry Show 10:30 am to 6 pm	Jewelry Show 10:30 am to 6 pm	
26	27	28	29	30	31	