



FREE

Spiritual Uplifts Newsletter

MAY 2022

Owner Lynn Pritchard

Monthly Insight

By Kimberly Hastings May 1, 2022.

The month of May is named after the Greek Goddess Maia. "Maia" translates to "the nursing mother." Maia is the goddess that represents growth, both in nature and in business. In May, the Romans celebrated *Floralia*, a festival for fertility which lasted from April 27th to May 3rd. During this holiday, the ancient Romans would dance, perform plays and put on banquets.

On May 1st Pagans celebrate *Beltane*, also known as "May Day." This holiday typically falls between the spring and summer equinoxes and celebrates the spring season, as well as the summer. Beltane is associated with fertility and is celebrated with bonfires, dancing, and rituals. Modern-day pagans celebrate with a maypole, which is a pole with ribbons attached. During a Maypole ceremony each person grabs a ribbon and dances around the pole in a way that weaves the ribbons in a certain pattern. Practitioners may also weave flowers into their hair or create a floral wreath to wear upon their head as a celebration of spring or prepare "May baskets," filled them with flowers and goodwill, which are then to someone in need of care, such as an elderly friend, or someone who is recovering from an illness.

Taurus reigns over us until May 20th, when Gemini takes over on the 21st. Taurus will continue to provide practical and grounded energy, until Gemini steps in with a more spontaneous and playful energy. May's birth flower is the Lilly of Valley, which symbolizes motherhood, sweetness and purity of heart, making it a wonderful flower for Mother's Day. The birthstone for May is Emerald. Emerald supports strength in character and brings patience, wisdom, and balance.

<https://www.timeanddate.com/calendar/months/may.html> [https://](https://www.bpl.org/blogs/post/the-origins-and-practices-of-holidays-beltane-and-the-last-day-of-ridvan/)

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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.

Quote of the month

"Never bend your head. Always hold it high. Look the world straight in the eye."

- Helen Keller

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Message from Lynn

By Lynn Pritchard May 1, 2022.

“Don’t worry about mistakes.”

I received an email from a woman named Rosa. According to her, she feels blocked because she keeps thinking about the mistakes she made in the past, which prevents her from moving forward.

Each of us makes mistakes, and we are all responsible for those mistakes. At the same time, we all learn from our mistakes and achieve success by doing things differently. Sometimes it takes us more than one attempt to realize this. Of course, for some, it’s easier said than done. It is normal to make mistakes over, and over again, but if you keep doing this, then you can demoralize yourself and send yourself on a rollercoaster of negative emotions, such as regret, shame, and self-blame. In reality, we are only human. Mistakes are inevitable.

The main thing we change about a mistake is how we think about it. For instance, instead of thinking about what occur think about how you can forgive yourself and focus on the good things in life. Below are some tips to help:

- Accept your mistakes and learn to accept yourself. No one is perfect, and you can’t change who you were or what you did in the past.
- Stop worrying. It doesn’t mean that if you accept yourself, you let your mistakes get away from you. Instead, it can be used to motivate oneself to become a better person in the future.
- If you hurt someone, you should sincerely apologize to them. You may even attempt to forgive yourself and focus on the positive aspects of your life.

I am currently dealing with a similar situation. A woman warned me about a person years ago. At the time, I thought she was being mean, but now I realize I should have listened to her. Even so, I realize it was a good time for me to learn as I do not want to repeat the same mistake with my future plans.

Be optimistic about your mistakes! After all, they have made you who you are today!

Love you all Lynn

Numerology

By Kim Hastings May 1, 2022.

May 2022 is a 2 Universal Month, the number of cooperation. However, since the number 2 is made up of two 1s, there will be a strong sense of independence as well. The challenge this month will be to balance the need for self-reflection with the need for partnership.

Additionally, May, being the fifth month of the year, brings the energy of the number 5, the number of travel, adventure and transition.

For most, we’ve been cooped up indoors working from home, remote learning, etc. and haven’t been able to enjoy time outdoors and with others. As a result, it has become our normal routine to spend more time indoors. Many of us are probably feeling the need to reconnect with nature and our community as part of our overall health.

This month, embrace the warmer weather and go explore what the world has to offer. Traveling doesn’t have to be visiting a new state or country. It could be learning more about the local community and what it has to offer. Go outside your comfort zone and you’ll be amazed at what you’ll learn about yourself.



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

SPIRITUAL UPLIFTS

WE'RE HIRING!

We have two part-time positions available.
We have competitive pay with room to grow.

Please fill out an application in the store.

SPRITUALUPLIFTS.COM



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 FOCUS & MOTIVATION

By Amanda Dublo May 1, 2022.



Step 1: Begin by 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 or wood grid, create two diagonal lines forming a “X” around the generator using the crystals below.

Chevron Amethyst: While promoting a calm and peaceful energy, this stone is a wonderful aid for the decision-making process. It can assist you in gaining clarity of thought and insight into any situation by revealing hidden layers of that situation so you can better understand everything that is involved.

Fluorite: Known as “the genius stone”, this crystal supports mental clarity and enhancement. It also aids in strengthening the analytical mind to increase concentration. Not only does it balance the chemistry in the brain, but it also shields the aura from psychic manipulation.

Green Leopard Skin Jasper: A mix of leopard skin jasper and rhyolite, this stone brings you strength and stability for your endeavors and lets you see that there is no such thing as impossible.

Hematoid- A stone that balances the body, mind, and spirit. Calms anxieties. Brings success in legal disputes. Enhances focus and concentration which is especially beneficial for those suffering from ADD and ADHD.

Nephrite: A great stone for those who have trouble standing their ground and creating boundaries. Nephrite brings forth strength, fortitude and courage while also aiding in finding inner peace and balance. It also allows us to be persistent and complete our goals.

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

Crystals and grid pads sold at Spiritual Uplifts

Spiritual Uplifts Magical Moon

By Kim Hastings & Lynn Pritchard May 1, 2022.

May's full moon is called the "Flower Moon," as the spring season is in full effect with blooming flowers bringing an abundance of beauty for us to enjoy. The Native American tribe Cree called the May Moon the "Budding Moon" as a celebration of the flowers beginning to emerge. Additionally, the Dakota and Lakota tribes called it the "Planting Moon," to mark the time of year when seeds should be planted to ensure a prosperous farming season.

Moon Phase Date Time of Day

First Quarter: May 8, 8:22 P.M. EST

Full Moon: May 16, 12:15 A.M. EST

Last Quarter: May 22, 2:44 P.M. EST

New Moon: May 30, 7:32 A.M. EST

Full Moon Ritual for Creativity and Passion

This full moon is considered one of the most powerful moons of the year, as it coincides with a Lunar Eclipse. Performing a ritual during the full moon will bring an extra boost of energy and passion to your tasks.

You will need the following:

White sage with peppermint;

Two white candles;

One Maiden candle;

One Lemon Chrysoprase crystal;

Carnelian or Sacral Chakra oil.

First, cleanse your space using the white sage and peppermint mix. This bundle removes negative energy, along with stress and worry, allowing you to welcome in growth and transformation.

Next, set up your altar by first placing the two white candle at the top of your altar, one on the left and the other on the right, with the Maiden candle in the middle. Place your Lemon Chrysoprase crystal furthest to the left end of the alter. This crystal invites happiness, creativity and increases confidence.

Light your white candles to call in your protection. When you light the Maiden candle focus on the flame as the creative fire within you. Then, say the following:

“My heart brings inspiration,
My mind is full of creation.
Thank you Source for all is well,
So mode it be.”

Anoint your oil on your wrist as needed and take your crystal to carry with you.



May Classes & Workshop

Upcoming Workshops

Healing Event Saturday 7th from 1 pm to 3pm Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, reconnection 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.

Sunday, May 1st, 8th, 15th, and 29th 10:30 am to 12:00 pm Your Journey Begins Here! This workshop will introduce you to spiritual sources that can empower your mind and align you with your higher self. The workshop will last 18 days. The program will include lectures and activities. Cost: \$20.00 or pay for all 18 classes in full for \$300.00. Limited seating. To sign up call (904) 292-4555.

Crystal Grid Class Sunday, May 15th from 3:00 pm to 5 pm Learn how to make your own crystal grid. Learn how to make a crystal grid. Lynn will show you how to make several different grids. In class, you will design your own feng shui style grid to take home. Additionally, you will receive handouts on how to create different grids. Cost: \$45.00 which includes materials and snacks. Limited seating available. Call (904) 292-4555 to sign up.

2 ½ hour Meditation Sunday 29th from 4:00 pm to 6:30 pm During this meditation, all seven chakras are activated. Sometimes it is just necessary to relax and practice mindfulness. This is the perfect course for beginners as well as experts, whether you are stressed out and in need of some peace, or just want to enjoy all the benefits of meditation. You may bring pillows or blankets if necessary. We will take a 15-minute break in between. Snacks will be provided. The cost of the workshop is \$35. *Call 904-292-4555 to sign up.*

Now Available

Spiritual Uplifts Metaphysical Store

NOW AVAILABLE
CRYSTAL LIGHT BED & BIO-MAT

- Release Blockages
- Relieve Headaches
- Ease Joint Pain
- Decrease Stress
- Aids Weight Loss

Please allow 15 minutes for the bed to warm up. Headphones are required.

spiritualuplifts.com

904-292-4555





SPIRITUAL UPLIFTS MONTHLY STUDY

By Kimberly Hastings May 1, 2022.

Book- *How to See and Read the Aura* by Ted Andrews. This guide gives simple and effective techniques for not only seeing auras, but also deciphering what the aura reveals about a person's physical, emotional, and spiritual self.

Herb- Orange Cream Rooibos Tea: This delicious caffeine-free blend of vanilla and citrus uplifts your mood and reduces stress and can be enjoyed day or night, hot or cold. Aids those suffering from muscle and joint inflammation, balances blood sugar and boosts the immune system.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

Crystal- Star Jasper: This unique stone protects you both physically and energetically. It provides a boost of energy, sparks your willpower, and provides inspiration and is helpful to those that suffer from prolonged illness.

Oil- Classic Essential Oil Kit. This convenient kit contains five of the most popular oils used for aromatherapy. Use one at a time, or blend to create your own unique therapy mix. This set includes the following oils:

- Organic Eucalyptus Oil: Supports clear breathing and clears a foggy mind. Great for a boost of energy.
- Organic Lavender Oil: Calms the mind and brings peace. When mixed with a carrier oil, soothes minor skin irritations and burns.
- Oregon Peppermint Oil: Great oil to use while working or studying, as it helps you to stay alert. Relieves sore muscles and eases headaches.
- Organic Sweet Orange Oil: Great for an energy or vibrational boost, it also welcomes abundance and prosperity. Promote better digestion, eases cramps and relieves other stomach issues.
- Organic Tea Tree Oil: As an antifungal and antiseptic oil, it is a wonderful cleaning oil that helps with minor cuts and scrapes. When used with a carrier oil, soothes skin irritations such as dry skin and eczema.

Never use essential oils undiluted, in eyes or mucus membranes. Do not take internally unless working with a qualified healthcare practitioner. Keep away from children and pets. Before using perform a small patch test on your inner forearm or back. Apply a small quantity of diluted essential oil and cover with a bandage. If you experience any irritation use carrier oil or cream to further dilute the essential oil, and then wash with soap and water. If no irritation occurs after 48 hours it is safe to use on your skin.

All Spiritual Uplifts essential oils and herbs are certified organic. All crystals are hand-picked and purchased by licensed vendors.

This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.



Horoscope

Aries: Taking alone time to focus will benefit your health and career.

Taurus: Cooperation is key. Avoid confrontations at this time.

Gemini: Speaking your mind has consequences, good and bad. Choose your words carefully to avoid conflict.

Cancer: Expressing your ideas and viewpoints is important but avoid coming on too strong.

Leo: Your hard work will be rewarded. Take time to celebrate your achievements.

Virgo: Avoid dwelling on past issues. It will pave the way to a brighter future.

Libra: This is the time to focus on and make changes for your health.

Scorpio: You have worked hard, now embrace your creative side.

Sagittarius: Welcome any changes that come your way, as they are planting the seeds to your success.

Capricorn: Now is the time to get out of your comfort zone and try new things, but avoid overindulgence.

Aquarius: Focus your efforts on family matters to create a strong foundation to rely on.

Pisces: Finding the balance between material wants and financial security will bring you success.

Mercury in Retrograde 2021

January 14 to February 3rd

May 1st to June 3rd

September 9th to Oct 2nd

December 28th to January 28th 2023

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.

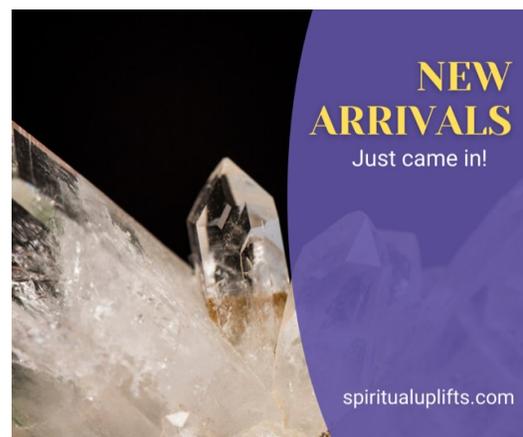
Sagittarius - Before you make decisions think of the consequences.

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/





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.

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



May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Your journey begins here 10:30 am to 12:00 pm						Healing event 1 to 3 pm
8	9	10	11	12	13	14
Your journey begins here 10:30 am to 12:00 pm				Healer Available Call for appointment		
15	16	17	18	19	20	21
Make your own grid 3:00 pm to 5:00pm Your journey begins here 10:30 am to 12:00 pm				Healer Available Call for appointment		
22	23	24	25	26	27	28
				Healer Available Call for appointment		
29	30	31				
Your journey begins here 10:30 am to 12:00 pm 2 1/2 Meditation 4:30 pm to 6 pm				Healer Available Call for appointment		