



FREE

# Spiritual Uplifts Newsletter

July 2022

Owner Lynn Pritchard

## Monthly Insight

By Kimberly Hastings July 1, 2022.

The month of July was named in honor of Julius Ceasar after his death. Its was originally called Quintilis, which is Latin for the "fifth month," as it was the 5<sup>th</sup> month on the Roman calendar. However, when Julius Ceasar became *pontifex maximus*, he reformed the calendar, basing the 12 months on Earth's revolutions around the Sun. As a result, January and February were moved to the front of the year, and leap years were introduced.

This month, we observe Independence Day, which has been a federal holiday since 1941. Although, it has been celebrated since 1776, when delegates from the 13 colonies adopted the Declaration of Independence. Today, we celebrate our independence with parades, fireworks, gatherings, and cookouts.

Cancer reigns over us until July 23<sup>rd</sup> continuing its protective and nurturing energy, while bringing a boost to our intuition. Leo takes over on July 24<sup>th</sup>, allowing our confidence and leadership abilities to shine.

July's birth flowers are the Larkspur and the Water Lily. The Larkspur brings happiness and love, while the Water Lily is a symbol of enlightenment and creation. Both flowers symbolize positivity, dignity, and purity. July's birthstone is Ruby, which has been a popular gem throughout history. Medieval Europeans believed that rubies bestowed wisdom, wealth, health, and success in love. Today, Ruby is thought to protect against evil, while attracting good luck and love.

[www.history.com/topics/holidays/july-4th](http://www.history.com/topics/holidays/july-4th)

<https://www.petalrepublic.com/birth-flowers-for-july/>

<https://www.gia.edu/birthstones/july-birthstones#:~:text=Ruby%20is%20the%20July%20birthstone,color%20of%20love%20and%20passion.>

### Quote of the month.

"If you get tired, learn to rest, not to quit."

-Banksy

## 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

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

# Message from Lynn

By Lynn Pritchard July 1, 2022.

Dear all, greetings. This week was an exciting one for me. As we are on our sixth year in this location, our rent will be at market value at the end of this year. Anyone who pays rent understands my dilemma. I decided to make a big commitment by purchasing a property for the store. It will take some time for us to move. The new location is 3 miles away from the old one. Despite the rising rent and neighbor problems, we decided this was the best course of action. Among the store's new features are a meditation garden and tea bar. The storefront will be tripled in size. The renovation will take six months to a year, but we will keep you updated.

Today's topic is How to deal with inflation spiritually. The law of attraction is well known to us all. It is here that our thoughts tend to attract our results. As a result, negative thinking produces negative experiences, while positive thinking produces desirable experiences. To begin with, become aware of your thoughts. How often do you complain about gas prices? Are you living in fear because you are afraid of inflation? Your perspective on the world influences the challenges you face in life. By becoming aware of your thoughts, you can learn how to make money work for you. Inflation should teach us to learn to be generous and respect others. For example, I have been in business for 12 years. I believe that a business is a place where people can bless and prosper from one another. I take this outside of my business as well. It has always been my practice to honor people's prices. Who am I to tell someone how much they should charge for an item I want to purchase? When I go grocery shopping, I look at food purchases as an investment in my family and a business that pays its employees with their own families. Additionally, I affirm this. Every time I make a purchase, I get three times the money back." That's what I tell the universe every time I make a purchase.

## Affirmations

1. I am determined to build a strong financial foundation no matter what.
2. I received three times the money back when I made purchases.
3. I consider wealth to be a positive aspect of my life.
4. My income channels are expanding.
5. My skills can generate profit for me.

Love you all Lynn Pritchard. Have a great 4th July.

Nothing says "I care about you" more than gratitude.

# Numerology

By Kim Hastings July 1, 2022.



July is a 4 universal month, which is a practical number. The 4 is all about logic, structure and discipline. This month, the focus is on our responsibilities and commitments, and ensuring that we think things through before acting. This could apply to our careers or our home lives.

Routines and establishing tasks are especially important this month. This is not the time to "wing it" if you want to continue your growth. Instead, think about your long term goals, as it will give you the extra boost you might need to complete a task.

The 4 energy gives out strong independence energies, making us feel that we are the only ones that can get things done. However, part of being strong is knowing when to ask others for help. Delegate when necessary to ensure all of your goals are accomplished. As the number 4 also relates to money, your efforts could result in prosperity.

The month of July, being the seventh month of the year brings the additional energy of intellectual growth, the knowledge that there is always something to learn. This month, quests for knowledge that should not be ignored as we need as much information as possible to make the right decisions. The 7 is also an analytical number, helping us to sort truth versus fiction. This allows us to stay on track.



*Healers 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

## Jewelry show

July 9th and 10th

From 10:30 to 6 pm on both days.

**20 % of any jewelry \$20.00 or more.**

## 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

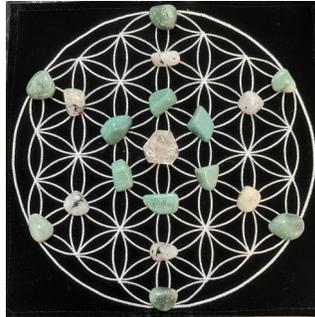
1 hour: \$80.00



# SPIRITUAL UPLIFTS

## Crystal Grid for Harmony

By Amanda Dublo July 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.

- **Amazonite:** A soothing stone that calms the mind and nervous system and aids in maintaining optimum health. Helps you to see both sides of a problem and balances masculine and feminine energies. Alleviates worry and fear. Filters information through the mind into your intuition.
- **Blue Kyanite:** This crystal helps you to speak your truth with clarity, feel more peaceful and connect to a higher consciousness. It encourages psychic abilities and communication on all levels and aids in one’s connection to spirit guides. Blue Kyanite also helps with growing compassion and encourages healing dreams.
- **Clear Quartz:** Clear Quartz is possibly the most versatile and multipurpose healing stone. It’s a powerful healer and amplifier of energy. It promotes mental clarity and emotional stability, and also restores balance both spiritually and bodily. Clear Quartz is associated with the Crown Chakra, which is about higher consciousness and leads you to a deeper sense of spirituality.
- **Jade:** This crystal helps to soothe the mind and promote positive thinking. Jade has the ability to transform negative energies into positive ones, which encourages joyfulness and love. The calming and harmonious energy from this stone can also help you heal from emotional and physical illness and injury.
- **Moonstone:** A stone for “New Beginnings”, Moonstone is a stone of inner growth and strength. This crystal is an emotional healer that can soothe emotional instability and stress. It stabilizes the emotions, providing calmness which in turn increases harmony and balance.
- **Rose Quartz:** Rose Quartz is the stone of unconditional love and peace. It attracts love to and from you, while also promoting self-love and acceptance. This Quartz helps to release suppressed emotions and heart-ache, as well as comforting grief. It can encourage forgiveness in oneself and others and boost feelings of peace and calm.

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

# Spiritual Uplifts Magical Moon

By Kim Hastings July 1, 2022.

July's full moon is the Buck Moon, this will be the biggest and brightest supermoon of the year! Native Americans called it the Buck moon because this is the time year that the antlers of male deer are fully grown. The Tlingit tribe called it the Salmon moon, as July is the time of year when fish were abundant and ready for harvest.

This month's moon is also a Supermoon, which occurs when the moon is at its fullest and is closest to Earth's orbit, making it extremely power and intense. It will appear full from early Tuesday morning through early Friday morning. Any ritual performed under this moon will be exceptionally powerful.

First Quarter: July 6<sup>th</sup> 10:14 PM EST

Full Moon: July 13<sup>th</sup> 2:38 PM EST

Last Quarter: July 20<sup>th</sup> 10:19 AM EST

New Moon: July 28<sup>th</sup> 1:55 PM EST

## **Full Moon Ritual: Releasing Energy Cords**

Severing energy cords help release us from anything that is weighing us down. This could be a bad relationship, an unfulfilling career or negative thoughts or emotions.

You will need the following:

White sage with yellow rose;

One Black Kyanite or Banded Agate crystal;

Two white candles;

Spirit Bath Salt or white sea salt.

One Blockbuster candle:

First, cleanse your space using the white sage and yellow rose mix. This bundle removes negativity, while welcoming positive energy. For an additional boost, spray Ritual Mist to prepare your altar for the ritual.

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 Blockbuster candle in the middle. Place your crystal furthest to the left end of the alter. Black kyanite helps cut cords and connections, while being an excellent tool for self-discovery. Banded Agate removes negative cords by getting to the root of the issue.

With your paper, write down all connections that are standing in the way of your progress and what you want to free yourself from. When you are finished, fold the paper and Light your white candles to call in your protection. When you light the Blockbuster candle focus on what you want to remove. Hold your paper while repeating the following: "I cut and release all cords that do not serve my highest good,

I am thankful for the lessons I have learned,

Any cords that do not serve me are removed with the best intention for both sides.

Leaving both sides healthy and happy.

I welcome peace and prosperity to my life,

So mode it be."

Lastly, take a bath using your bath salts, visualizing the water washing away those cords you've released. Carry your crystal with you.



## July Classes & Workshop

## Upcoming Workshops

**Healing Event Saturday 2<sup>nd</sup> 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, July 3<sup>rd</sup>, 17<sup>th</sup> & 24<sup>th</sup> "Your Journey begins here!" 10:30 am to 12:00 pm** 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. Cost: \$20.00 per class. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

**Jewelry Show Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> from 11:00 am to 6:00 pm.** Our event room will be filled with sterling silver jewelry and gems from around the world. Everything over \$20.00 is 20 percent off. If you spend \$200.00 or more, you'll receive a gift. Demonstration of wire wrapping class Saturday 3:00 p.m. to 3:30 p.m. and free crystal class Sunday 3:00 p.m. to 3:30 p.m. Please call (904) 292-4555 for more information.

**Saturday 23<sup>rd</sup> from 2:00 pm to 5:00 pm Psychic Medium class with Lynn.** Whether you are new or just trying to advance your skills, this class will teach you to grow into your gifts and find your niche. It doesn't matter if you're a beginner or just trying to improve your skills. The class will teach you how to discover your gifts. This is a series of 5, each designed to push you further each time. The cost is \$45.00 per class or \$200.00 for the series. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

**2 ½ Hour Meditation Sunday 24<sup>th</sup> from 4:30 pm to 7:00 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

**Spiritual House Cleansing Full Day Workshop Saturday July 16th from 12:00 pm to 7:00 pm.** Improve your lifestyle by creating a better flow of energy throughout your surroundings, including at home and at work. Learn about protection, energy portals, cutting cords, and the basics of feng shui. Additionally, you will make a feng shui craft to help the chi in your home. You will also make cleansing bath salt and blessing oil.

**Find out how you can create the sacred space you have always imagined.** We will start at home and work our way to your workplace. The goal of this course is to teach you how to make energy flow better in your home.

**Learn the basics of Feng Shui. Invest** in a better flow of energy through your home to create a new lifestyle. Create a blueprint or a drawing of your home for Lynn Pritchard to show you how to arrange things so that chi flows better.

**Learn about protection and how to cleanse your home. Negative energy can accumulate in a home.** Perhaps the previous owner of the house had a divorce, and now you feel that you need to divorce him or her. This is stagnant energy that needs to be cleansed. In this workshop, Lynn Pritchard will show you how to locate any portals or hot spots in your home. There will be a meditation to connect with your home, a cleansing ritual, a way to encourage positive energy in your surroundings, as well as how to not attract negative energy to your home.

**Cleaning ritual: Use the 4 archangels to perform a cleaning ritual with Lynn Pritchard.** You will be provided with supplies to perform the ritual at home. Once completed Lynn Pritchard will send a blessing to your home.

**Keeping the positive energy in the work environment**  
Sometimes it can be challenging to maintain a positive attitude in the workplace, especially when you are dealing with customers and surrounded by other employees who may be difficult to work with. The workshop will teach you how to protect yourself from psychic vampires and how to deal with critical behavior. There will be cord-cutting, and Lynn will demonstrate how to create a rewarding career by fixing the alignment at work.

**Self-purification through meditation.** Lynn will guide you through her own personal meditation to clear and release negative energy.

**Identify any energy cords on your body.** The human body is a magnet for energy, and you will learn what is unhealthy energy and what is healthy. There will be a cord-cutting ceremony and guided meditation to let go and release what does not serve you.

**Energy work: Receive** an energy healing as you learn the importance of keeping your body, mind, and spirit in balance.

Lunch and supplies included. Cost \$125.00 Lunch and supplies included. To sign up call (904) 292-4555. Payment is full is required to reserve your seat, non-refundable.



## SPIRITUAL UPLIFTS MONTHLY STUDY

By Amanda Dublo July 1, 2022.

**Book: *Ask Your Guides* by Sonia Choquette.** This newly revised edition features brand-new stories, channeled meditations and other tools and techniques. This book provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love, abundance and joy you're entitled to. Learn to experience divine guidance, develop trust in your inner guidance, and invite your guides into your heart and mind so that you can accept their help.

**Oil: Wishing Oil:** This oil features Cinnamon Bark with a spicy top note in a base of Violet. It is formulated for alignment with one's dreams and wishes. This oil is created by combining herbs and oils traditionally associated with its intention. Do not ingest.

**Herb: Peppermint Leaf:** Eases Stomach and digestion issues, motion sickness, hiccups, colds and flus, sinus issues, and headaches. Externally, calms itching or inflamed skin.  
<https://www.mountsinai.org/health-library/herb/peppermint>

**\*\*Persons on blood thinners should use caution before use.**

**\*\*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. 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: Banded Agate:** This stone is often referred to as the "Earth Rainbow" or "Layered Agate" due to its distinct banding. This stone is great for healing the mind, body and spirit. Banded Agate can aid in the cutting of cords. Although it works slowly and gently, it has a long lasting impact and works directly with the cause of a problem.

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



## Horoscope

**Aries:** A change in your surroundings will be beneficial to your overall growth.

**Taurus:** Embracing concerns about health and money will lead to self-awareness and place you in a better position.

**Gemini:** Think major decisions through carefully. Rash decisions may lead to undesirable outcomes.

**Cancer:** The spotlight is on you. Be sure to put your best self forward to attract favorable results.

**Leo:** The steps you make today will greatly influence future results. Now is the time to make as much progress as possible.

**Virgo:** Embracing cooperation with others will earn you recognition and reward.

**Libra:** Separating work matters and focusing on personal relationships is important for your overall health.

**Scorpio:** Time to take account of money matters. Not researching matter can lead to debt.

**Sagittarius:** Be mindful of your emotions and do not allow them to overshadow your progress

**Capricorn:** The focus in on personal relationships. Checking in with contacts will help you prosper.

**Aquarius:** Ridding yourself of what no longer serves you will make life easier. Focus on the good, rather than the annoyances.

**Pisces:** Open up and try something new. Spontaneity will bring positive changes to you.

You can get your daily horoscope by visiting our website at <https://www.spiritualuplifts.com/horoscopes-numerology/>

## Mercury in Retrograde 2022

January 13 to February 3

May 10 to June 2

September 9 to October 1

December 28 to January 18 (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](http://www.spiritualuplifts.com) or join us on Facebook at [www.facebook.com/spiritualupliftsnewagestore](https://www.facebook.com/spiritualupliftsnewagestore)



**NEW ARRIVALS**  
Just came in!  
New arrivals seem to sell quickly.  
See you soon.  
[spiritualuplifts.com](http://spiritualuplifts.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

6 sessions for \$400.00

(This requires total commitment and must be scheduled ahead for once a week. )

## 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 process associated with the loss of deceased loved ones, divorce, new ventures and finding oneself. I am dedicated to helping others identify and eliminate obstacles standing in their way in all aspects of life, including personal growth and relationships.

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

# Spiritual Uplifts Monthly Study



## July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Healing event 1 to 3 pm
3	4	5	6	7	8	9
Journey Class 10:30 am to 12:00 pm				Healer Available Call for ap- pointment		Jewelry Show 11:00 am to 6:00 pm
10	11	12	13	14	15	16
Healer Available. Call for appoint- ment  Jewelry Show 11:00 am to 6:00 pm				Healer Available Call for ap- pointment		Spiritual House Cleansing Workshop 12:00 pm to
17	18	19	20	21	22	23
Journey Class 10:30 am to 12:00 pm				Healer Available Call for ap- pointment		Psychic Medium class 2:00 pm to 5:00 pm
24	25	26	27	28	29	30
Journey Class 10:30 am to 12:00 pm  2 1/2 Hour Mediation Class 4:30pm to 7:30pm				Healer Available Call for ap- pointment		
31						