



FREE

Spiritual Uplifts Newsletter

August 2022

Owner Lynn Pritchard

Monthly Insight

By Kimberly Hastings August 1, 2022.

August comes from the Latin, *Augustus*. In 8 B.C., the Roman Senate added the month of Augustus to honor the first Roman emperor, Augustus Ceasar. August was originally called *Sextillis*, Latin for “sixth month,” as it was the sixth month on the Roman Calendar.

August 1st is the celebration of Lughnassdah or Lammas, which marks the midpoint between the summer solstice and the fall equinox. In early Ireland, it was considered bad luck to harvest the grains before Lammas and it marked the day when the first loaves of bread of the season were baked. In other cultures, Lughnasad honors the Celtic god of craftsmanship, Lugh. Lugh was skilled in many trades including blacksmithing, wheel-making, and fighting. Lammas is the first harvest festival of the year and is a time for gathering, harvesting grains, giving thanks for abundance and enjoying the warmth and light that is still to come. Pagans celebrate Lammas by performing a harvest ritual. They decorate an altar with corn, grapes, apples and other crops, giving thanks for the harvest. They also bake breads and cakes and host a feast after the Harvest ritual. As a tribute to Lugh, they make crafts and decorations representing his skills.

Leo continues to reign over us until August 22nd, when Virgo takes over. Leo allows us to be proud of who we are and what we have accomplished. Virgo reminds us that in order to accomplish our goals, we must be resourceful and dedicated to the task at hand. August’s birthstones are peridot, sardonyx and spinel. Peridot was called “the gem of the Sun” by Ancient Egyptians and is believed to have strong healing powers. Sardonyx also has a rich history, as Roman soldiers would wear Sardonyx rings for protection in battle. Lastly, Spinel was often mistaken for Ruby and wasn’t properly identified until the 18th century. Spinel is a wonderful crystal for inflammatory disease and eases anger while promoting harmony. The birth flowers for August are the Gladiolus and Poppy. The Gladiolus represents remembrance and integrity, while the red Poppy symbolizes pleasure, and the yellow poppy brings wealth and success.

<https://www.bpl.org/blogs/post/the-origins-and-practices-of-lammas-lughnasad/>; <https://www.gia.edu/birthstones/august-birthstones#:-:text=Sardonyx%20Birthstone%20Meaning%20%26%20History,or%20black%20layers%20of%20onyx.>; <https://www.naturallycolored.com/birthstones/august-birthstone>; <https://www.gia.edu/birthstones/august-birthstones#:-:text=The%20name%20%E2%80%9Cspinel%E2%80%9D%20comes%20from,was%20mistaken%20for%20other%20gemstones.>; <https://www.almanac.com/content/august-birth-flowers>

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.

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

- Robert Louis Stevenson

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Message from Lynn

By Lynn Pritchard August 1, 2022.

Communication with Spirit

When I am communicating with Spirit, I am speaking with my guides. Everyone has guides that they have been assigned to them at birth, and they can only help if you ask. In addition to Guardian Angels, we now have Master Ascended given to us. Your guides usually introduce themselves one by one if you haven't connected with them yet. Communication with Spirit becomes clear during an awakening, although we are consistently evolving during our spiritual development through more than one awakening. Communication with Spirit is just like praying.

When I communicate with spirits, I speak out loud, use cards, or ask for signs. If you ask them to show you, they will do so in a way that you will understand. I was driving once, thinking about a decision I needed to make. I asked Spirit to show me a number 5 if the answer to my question was yes, and a number 6 if the answer was no. I then added, "Please show it from the angels." I stopped at a red light, looked to my left, and saw a sign "Heavenly 5" on the side of a truck. So my answer was "Yes."

I recently contemplated inviting someone new to come and work with me. I asked Spirit to show me what it would be like. My initial reaction to what they showed me was shocking, and I began to understand what Spirit was showing me immediately. I am not sure why I never did this in the past when hiring. I guess it's like being a mechanic who never works on their car, lol . Next, I asked Spirit if investing in a building was the right decision. Earlier this week, I had an incident affecting my store, but many people came to my rescue. The incident helped me to realize how many people were behind me.

Having a relationship with your guides is a beautiful thing. Use a pendulum or oracle cards to get to know your guides. If you need assistance finding any of my products, the girls up front at my store can help.

Be patient if you can't see or hear them, sometimes they just send you a message in a way you understand. The more you communicate, the stronger it will become. The more you communicate with Spirit, the sooner you will understand the signs.

Love you all, Lynn.

Numerology

By Kim Hastings August 1, 2022.



August 2022 is a 5 Universal Month, bringing us the energy of change and transformation. Most of us are resistant to changes in our routines and habits, but adjustments must be made to continue our growth. This month we will be challenged to go outside our comfort zones and embrace the unknown. Change is essential and it is how we deal with life's transitions that defines us. Taking a leap of faith and trying something new can result in positive results.

Additionally, as August is the eighth month of the year, we have the additional energy of leadership, abundance, and success. By stepping up and taking more responsibility, we can control the outcome of a situation, which leads to overall success. It can also lead to recognition by those who matter most to us, such as a boss, a spouse, a parent, etc.

We've been working hard over the past few months, and it always feels great when others acknowledge the work we have done and the sacrifices we have made. Remember that no accomplishment is too small to celebrate-each step we complete brings us one step closer to achieving our end goals.

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



Healers are now available by appointment

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 picked-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 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

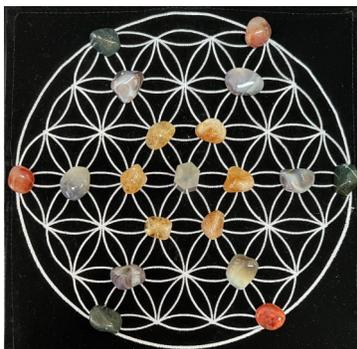
1 hour: \$80.00



SPIRITUAL UPLIFTS

Crystal Grid for Gratitude

By Amanda Dublo August 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.

- **Botswana Agate:** This is an excellent stone for grounding and bringing the emotional, physical, and intellectual into balance. It soothes anyone who doubts themselves or their abilities and builds back their self-confidence. Emotionally, it aids in conquering negativity and sadness from heartache or hurt, while also giving a person the courage to start over.
- **Carnelian:** This crystal is terrific for restoring vitality and motivation. It helps us to except the cycle of life and lessens fear. Carnelian can help you trust in yourself, along with the decisions you make. It brings about courage and can help reduce or stop feelings of envy, rage, anger, and resentment.
- **Citrine:** This stone of great abundance can attract wealth, prosperity, and success in all aspects of life. It encourages the sharing of wealth and good fortune without allowing others to take advantage of your kindness and generosity. This crystal boosts motivation and helps you to embrace a positive attitude in life.
- **Clear Quartz:** Clear Quartz is a powerful healer and amplifier of energy. It promotes mental clarity and emotional stability and restores balance both spiritually and bodily. It is associated with the Crown Chakra, which is about higher consciousness and leads you to a deeper sense of spirituality.
- **Green Moss Agate:** Known as “The Gardener’s Stone”, it is a useful crystal for boosting plant growth. It has a strong relationship with nature spirits and can attract prosperity and abundance. It can help you tune into the energies in your garden or field of crops. This stone can be hung from tree branches, buried in pots, or set on the ground to help support a healthy and plentiful harvest.
- **Moonstone:** Moonstone has a comforting energy that can boost the growth of plants, trees, and flowers. This stone is also known as the “Stone of New Beginnings”, and its energy reminds us that everything is part of the ever-changing cycle of life.

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

Spiritual Uplifts Magical Moon

By Kim Hastings August 1, 2022.

The full moon for August is called the Full Sturgeon Moon because this was the time of year that these giant fish of the Great Lakes and Lake Champlain were caught. The Native American tribes Algonquin and Ojibwe called this the "Corn Moon," while the Dakota tribe referred to this moon as the "Harvest Moon," as this was the time of year to gather crops for the year.

This will be the last Supermoon of the year! A Supermoon occurs when the moon is at its fullest and is closet to the Earth's orbit. As with the previous Supermoons, this full moon will be exceptionally powerful and intense and any ritual performed during the full moon will amplify your intentions.

Moon Phase Date & Time of Day

First Quarter: August 5th 7:07 AM EST

Full Moon: August 11th 9:36 PM EST

Last Quarter: August 19th 12:36 AM EST

New Moon: August 27th 4:16 AM EST

Full Moon Lammass Harvest Ritual

This ritual gives thanks to Mother Earth for the bounty she provides us and the abundance we receive.

You will need the following:

White sage with sunflower;

One Citrine or Tiger's Eye crystal.

Two white candles;

Grapes, Apples or any type of fruit

One Mother candle:

Bread

First, cleanse your space using the white sage and sunflower mix. This bundle removes negativity, while welcoming abundance and prosperity. 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 Mother Candle in the middle. Place your crystal furthest to the left end of the altar. Citrine brings us success in all aspects of life, and encourages us to share our bounty with others. Tiger's Eye allows us to attract abundance by expressing gratitude for what we already have. Lastly, place your fruit and bread furthest to the right end of your altar.

Light your white candles to call in your protection. When you light the Mother candle, give thanks for all the Mother Earth provides us and say the following:

"I honor the cycle of rebirth and regrowth,

I am thankful for the lessons I have learned,

I share my bounty as thanks for all I have received,

So mode it be."

When you are finished, eat your bread and your fruit. Take your crystal and carry it with you.



August Classes & Workshop

Healing Event Saturday 6th from 1:00 pm to 3:00 pm Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, 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.

Sunday, August 7th, 21st & 28th "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 13th & Sunday 14^h 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 20th 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.

Upcoming Workshops

Healing with the Crystals Saturday 27th from 2:00 pm to 5:00 pm This workshop provides a basic understanding of crystal healing. According to traditional belief, crystals have healing effects on the mind, such as calming, enhancing focus, and enhancing immunity. You will learn how to use different crystal formations for healing in this class. In addition to the class, you will receive a chakra set of crystals. Please bring a blanket or pillow for comfort as we will also be having meditation. The cost \$45.00 snacks and supplies are included. To learn more, call 904-292-4555

2 ½ Hour Meditation Sunday 28th 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 workshop is \$35. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

Spiritual Uplifts Metaphysical Store

NEW ARRIVALS

Crystals, Pendulums
Jewelry & More!

spiritualuplifts.com 904-292-4555



SPIRITUAL UPLIFTS MONTHLY STUDY

By Amanda Dublo August 1, 2022.

Book: *Pocket Guide to Spirit Animals* by Dr. Steven Farmer. When animals come to you in unusual ways or repeatedly, they are serving as spirit guides attempting to get a message to you. This convenient pocket guide will help you understand and discern these messages whenever this occurs by offering several possible interpretations for the animal you encounter.

Oil: Lemongrass. Lemongrass oil helps deter pests, and eases headaches and stomach issues. The cleansing properties of lemongrass makes it a wonderful oil to use in deodorants and soaps. <https://jacanswers.com/what-is-a-blended-essence/>

****This oil may interact with certain drugs, can cause skin sensitization, and is potentially teratogenic. Avoid while pregnant. Keep away from children and pets.**

****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.**

Herb: Feverfew: Treats fevers, migraine headaches, and problems with menstruation. Eases symptoms of rheumatoid arthritis, soothes stomach aches, toothaches, and insect bites. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210009/>

****Not for use during pregnancy.**

****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: Turritella Agate: This agate is associated with your personal roots, ancestry, and past lives. It has the energies of grounding, strength, and protection. Helps with healing, wealth, inner stability, and self-confidence. For travelers, it will protect you from danger and keep you close to your loved ones at home. Removes fears and sharpens intuition.

All Spiritual Uplifts Essential oils and herbs are certified organic. All crystals are handpicked and purchased by licensed vendors.



Horoscope

Aries: Embrace spontaneity but maintain caution when it comes to matters of the heart.

Taurus: Focusing on small improvements in your life will make you feel less chaotic.

Gemini: Money is the focus this month. Getting a handle on your finances will ease any anxiety.

Cancer: Learn to forgive yourself. The lessons learned are essential for your future growth.

Leo: Your health is of the utmost importance. Be sure to take time to recharge.

Virgo: This is a time for self-reflection. Assess your limitations and make them work for you.

Libra: Time to explore what life has to offer and plant the seeds for future aspirations.

Scorpio: Recognition for all your efforts not only brings the confidence to set higher goals, but to also take on more responsibility.

Sagittarius: Higher knowledge and spiritual growth opportunities are abundant if you are patient and willing to listen.

Capricorn: Lack of confidence will hinder your progress. Focus on activities that bring you happiness.

Aquarius: Be aware of potential threats to your progress by focusing on your personal relationships.

Pisces: Selfless giving to others will reap rewards.

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 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

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

Spiritual Uplifts Monthly Study



August 2022

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
Journey Class 10:30 am to 12:00 pm						Jewelry Show 11:00 am to 6:00 pm
14	15	16	17	18	19	20
Healer Available. Call for appointment Jewelry Show 11:00 am to 6:00 pm				Healer Available Call for appointment		Psychic Medium class 2:00 pm to 5:00 pm
21	22	23	24	25	26	27
Journey Class 10:30 am to 12:00 pm Healer Available Call for appointment				Healer Available Call for appointment		Healing with the Crystals 2:00 pm to 5:00 pm
28	29	30	31			
Journey Class 10:30 am to 12:00 pm 2 1/2 Hour Mediation Class 4:30pm to 7:30pm						
31						