



FREE

# Spiritual Uplifts Newsletter

September 2022

Owner Lynn Pritchard

## Monthly Insight

By Kimberly Hastings September 1, 2022

September 4th is World Goddess Day. World Goddess Day was first recognized in 2014 and is celebrated on the first Sunday of the month as a day to pay tribute to the Goddess as a way to connect us to our true selves. It came to being by Brazilian author Claudiney Prieto, and is observed in September because the number nine is connected to the Goddess. There are many different Goddesses to honor, as many cultures and religions have their own Goddess to worship. We can honor the Goddess of our choosing by creating an altar that includes that Goddess' sacred stones or by completing a full moon ritual to awaken our inner goddess. (See Page 5).

Virgo continues to bring us practical and loyal energy until September 22nd, when Libra takes over on the 23rd, bringing us balance, cooperation and peace. September's birth flowers are the Aster and the Moring Glory. Both flowers represent love and affection. Additionally, the Aster represents achievement and wisdom, while the Morning Glory is a symbol of patience.

Sapphire is September's birthstone, which is a stone of truth and faithfulness. In Ancient Greece, Sapphire was the stone of royalty, as they believed sapphires protected them against harm and envy. In medieval times, Sapphire was believed to cure eye diseases and to be an antidote for poisoning. Today, Sapphire helps us to express our thoughts and inner feelings. It is an excellent stone for those suffering from insomnia, depression and mood swings.

<https://wildhunt.org/2014/09/the-celebration-of-world-goddess-day.html>; [September Birth Flowers: Aster and Morning Glory | The Old Farmer's Almanac](#) ; <https://www.gia.edu/birthstones/september-birthstones#:~:text=The%20September%20birthstone%20has%20traditionally,owners%20from%20harm%20and%20envy.>

### Quote of the month.

“Every accomplishment starts with the decision to try.”

- John F. Kennedy

## 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

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2186 Park Ave Orange Park Florida 32073

(904)292-4555 [www.SpitiaUplifts.com](http://www.SpitiaUplifts.com)

# Message from Lynn

By Lynn Pritchard September 1, 2022.

As we learn more about ourselves and others during our spiritual journey, we better understand ourselves. A diversity of people come into our lives to teach us different lessons. Despite what some may think, even those who are problematic for us teach us lessons.

However, some problematic people can be draining, which challenges the lessons. I am referring to a psychic vampire. Psychic vampires are people in your life who drain your energy. You don't need to be psychic to be considered a psychic vampire. In most cases, the person is unaware that they are a psychic vampire. In general, psychic vampires are needy and ask for advice but rarely take it. Whether you want to listen or not, they start the conversation with you. Often, they overreact and make things seem worse than they are. They love hearing themselves talk and will talk you into a coma if you don't stop them. Everything you do or say is questioned, and you must explain yourself repeatedly. It can leave you feeling drained, tired, and even disorganized. You might experience headaches, muscle aches, and sometimes feel nauseous.

All of us are capable of becoming psychic vampires, and we must be more self-aware and courteous. When others see your change, they will follow, and you can take the first step.

You can stop a psychic vampire from draining your energy by saying to yourself while they are talking, "This energy is mine, not yours." If you want them to stop stealing energy, tell yourself, "I have all the power I need in healthy ways."

# Numerology

By Kim Hastings September 1, 2022.



September 2022 is a 6 Universal Month, the number of commitment and responsibility. Now is the time to buckle down and focus on our main objectives, by taking an assessment of where we are in our journey and prioritizing our tasks. Success will come when we are organized.

As September is the ninth month of the year, it brings the additional energy of completion. The best way to feel accomplished is to complete our short-term goals, so we should harness this extra push to resolve our easily obtainable task(s). Once those are completed, we will have more energy to pursue our long-term goals.

Part of this process is to be honest with ourselves. Recognize where we have fallen short, accept that it happened, and get back on track. Importantly, try not to compare your progress to someone else's. Your accomplishments may seem small but are milestones for you.

Often times, we forget that what we truly want takes time and the greatest reward takes the longest. But once we have reached that goal, the feeling of joy is immeasurable.

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**904-292-4555**



*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

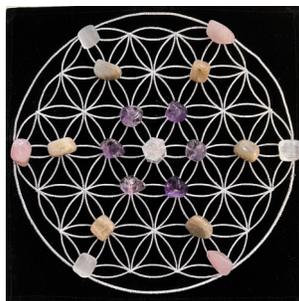
1 hour: \$80.00



## SPIRITUAL UPLIFTS

### Crystal Grid for Goddess Energy

By Amanda Dublo September 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.

- **Amethyst:** Metis, is the daughter of Gaia and the Goddess of Wisdom. Amethyst is known as the Stone of Wisdom. It enhances the mind, intuition, and psychic abilities. Lightworkers and healers can benefit from this high frequency stone. Placing amethyst in your house clears out negativity and leaves you protected and encircled with a high, soft energy.
- **Carnelian:** Brigid is the Celtic Goddess of fertility, light, energy, and creativity. Carnelian is a stone of action and can boost motivation, creative endeavors, help with releasing emotional attachments from past challenges and assist with achieving your goals. It is an excellent crystal for balancing the energy in your space.
- **Garnet:** Aphrodite is the Greek Goddess of passion. Garnet is known as the Stone of Awakening and is great for activating your life force, inner fire, and personal empowerment. It is one of the most powerful crystals for attraction. It can be used to call in a new lover, improve current relationships with new passion and interest, and connect you with your sensual self.
- **Lapis Lazuli:** This deep blue crystal symbolizes a night sky and carries the mystical and intuitive properties of Isis. The Egyptian Goddess Isis is a Mother Goddess connected with magic, rebirth, and healing. Isis magically brought Osiris back to life. Lapis Lazuli is a deeply healing stone that also assists you in clearing trauma from past lives.
- **Moonstone:** Artemis is the Greek Goddess of wild animals, hunting and childbirth. She is a passionate protector of women and their right to choose their partners. Moonstone aids you in connecting with your divine feminine power and lunar energy. It is a stone of travel and allows your intuition to lead you towards your goals and destiny
- **Rose Quartz:** Rose Quartz is associated with the planet and the Roman Goddess Venus. Venus is the goddess of love, beauty, and gardens. She is occasionally depicted with a mirror suggesting that loving yourself makes you more attractive. Rose Quartz is the self-love and self-care crystal. This feminine stone aids you in loving yourself, relationships or attracting a partner.
- **Selenite:** This stone links you with Divine consciousness and is a connector to Lunar Goddesses. It is named for Selene, the Greek Goddess of the Moon. Selenite eliminates negative and stagnant energy from magical tools and crystals. It does not need cleansing, as it transforms and converts negative energy.

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

# Spiritual Uplifts Magical Moon

By Kim Hastings September 1, 2022

The full moon for September is traditionally called the Harvest Moon, as it is usually the full moon closest to the Fall Equinox. However, this year the October Full Moon is closest to the Equinox, so this September Full Moon is called the Corn Moon. Native Americans named this the Corn moon, as late summer/early fall was the time of year when they began harvesting corn for the year. The Cree tribe called it the "Autumn moon" and the Ojibwe tribe referred to it as the "Falling Leaves moon" to highlight the transitional period between the end of summer and the beginning of fall.

## Moon Phase Date & Time of Day

First Quarter: September 3rd, 2:08 P.M. EST

Full Moon: September 10th, 5:58 A.M. EST

Last Quarter: September 17th, 5:52 P.M. EST

New Moon: September 25th 5:54 P.M. EST

## Honoring the Goddess Full Moon Ritual

This ritual helps us to connect with our inner goddess, celebrating what makes us unique and magical.

You will need the following:

White sage & cinnamon Bundle; Wild Gypsy Candle;

Garnet crystal; 2 white candles;

Paper and Pen.

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

Next, set up your altar by placing the two white candle at the top of your altar, one on the left and the other on the right, with the Wild Gypsy candle in the middle. Place your crystal furthest to the left end of the altar. Garnet is the crystals connected to several different Goddesses and awakens our personal power and life force.

Light your white candles to call in your protection, then take your paper and write down all the things about yourself that makes you feel powerful. As your Wild Gypsy candle burns, read your list to yourself and embrace the strong person you are. When you are finished, take your crystal and carry it with you.

## Goddess Bath Ritual

Honoring the Goddess, bless yourself with a full moon bath.

You will need: sage & lavender smudge, Triple Goddess Oil, 4 Carnations and a moonstone crystal.

Clear the space with sage and lavender mix. Diffuse Triple Goddess oil or add to your bath water to attract the Goddess. Place three carnations in the bath and take one carnation, put it in a vase and set it next to your soap. The soap will collect the essence of the flower creating beauty and softening the fragrance of the soap. Place a moonstone crystal next to the bath. As you wash in the bath feel the moonlight connect you to the goddess energy. The Goddess teaches you to love and care about self, others, and the divine. Wash all negative energy away, leaving you feeling healthy, pure, refreshed and ready to increase the power within you.

Don't forget each full moon to make your seven wishes! Write them as though you have already received them. Once your list is complete, burn it and bury the ashes in the earth.



## September Classes & Workshop

**Healing Event Saturday 3<sup>rd</sup> 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, September 4<sup>th</sup>, 18<sup>th</sup> & 25<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.

**Dreaming Journaling with Lynn Saturday, 17<sup>th</sup> from 2:00 pm to 5:00 pm** Dreams and dream journaling: The purpose of this workshop is to help you better understand your dreams and your own dream symbols. Learn about premonition dreams. Visits from the other side and much more. You will also make a dream catcher and dream sachet. Cost: \$45.00. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

**Saturday 24<sup>th</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. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

## Upcoming Workshops

**10 Week Tarot Class.** Begins Thursday, September 15<sup>th</sup> from 7:00 pm to 9:00 pm. In this ten-week class, you will be given information and assignments to help you learn the meaning of the cards, including mythology, numerology, and the tree of life. You will also learn to do past life regressions through the tarot. At the end of each class, you will be paired up to practice with each other. Book included. Cost: \$400.00 if paid in full or \$45.00 per class.

**2 ½ Hour Meditation Sunday 25<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 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.



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



## SPIRITUAL UPLIFTS MONTHLY STUDY

By Amanda Dublo September 1, 2022

**Book: Kundalini Energy** by Shannon Yrizarry. This book reveals powerful, energy-transforming secrets that you can unlock using yoga, breathwork, meditations, chanting, astrology and more. Kundalini expert Shannon Yrizarry shows you how to boost your intuition, let go of fear, and experience life-altering bliss.

**Herb: Hawthorn Berries:** These berries uplift and strengthen both the physical and emotional heart, as it supports healthy circulation and cardiovascular function. Spiritually, Hawthorne berries heals the heart by helping us to both give and receive love. <https://traditionalroots.org/hawthorn-heart-healing-from-physical-to-spiritual/>

**\*\*Processed in a facility that also produces tree nuts. Tree nut fragments may be occasionally present.**

**\*\*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: White Buffalo Turquoise:** This is a powerful strengthening stone that aids in cleansing your energy. It can be used for protection since it absorbs negative energy. It is also a great stone for communication, as it allows you to speak freely and clearly without blockages.

**Oil- Patchouli Roll-On:** Patchouli awakens the consciousness and stimulates focus. An uplifting aroma, it raises self-confidence and self-worth, making it a wonderful oil for those suffering from depression. Eases cold symptoms and soothes upset stomachs.

**\*\*This oil may interact with certain drugs and may inhibit blood clotting.**

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



## Horoscope

**Aries:** This is a time for great change to discover what makes you unique and happy.

**Taurus:** Creative inspiration is at a high. Embrace playfulness and spontaneity.

**Gemini:** Family is the focus to build a strong foundation.

**Cancer:** Time to regroup and reorganize. Carelessness will hinder your main objectives.

**Leo:** Trust your instincts, especially regarding financial matters. Stand by your convictions.

**Virgo:** The efforts you make now will have a significant impact on your future.

**Libra:** Evaluating your needs and settling conflicts will make your relationships stronger.

**Scorpio:** You know what needs to be done to achieve your goals. Take the steps necessary for accomplishment.

**Sagittarius:** Separating work from home will be beneficial for your personal relationships.

**Capricorn:** Do not allow events of the past affect your growth. Focus on your end goal and avoid distractions.

**Aquarius:** Pending issues will reach resolutions. Time to clear out the old and welcome the new.

**Pisces:** Your success lies in your people skills. Communication is crucial to continued success.

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:** Unclear 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](http://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 September. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.

# Spiritual Uplifts Monthly Study



## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Healing event 1:00 pm to 3:00 pm
4	5	6	7	8	9	10
Journey Class 10:30 am to 12:00 pm						
11	12	13	14	15	16	17
				Tarot Class 7:00 pm to 9:00 pm		Dream Journaling 2:00 pm to 5:00 pm
18	19	20	21	22	23	24
Journey Class 10:30 am to 12:00 pm						Psychic Medium class 2:00 pm to 5:00 pm
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						