



Spiritual Uplifts Newsletter

November 2022

Owner Lynn

Monthly Insight

By Kimberly Hastings November 1, 2022

The month of November comes from the Latin word, *novem*, meaning “nine,” as November was the ninth month on the Roman calendar. It became the eleventh month after the addition of July in honor of Julius Caesar, and August in honor of Roman Emperor Augustus.

For most of us, November marks the beginning of the holiday season. There are two federal holidays in November, the first being Veteran’s day on November 11th. Veteran’s day is celebrated on the 11th, regardless of what day it falls on because it symbolizes the major end of hostilities during World War 1, which occurred at the 11th hour of the 11th day of the 11th month. It became a holiday in 1918. Today, it is a day to honor members of the military that have served the country and their sacrifice. This year, Thanksgiving falls on November 24th, the fourth Thursday of the month. Thanksgiving is a time to spend with family and to show gratitude for all of our blessings.

Scorpio continues to keep us ambitious and focused until the 23rd, when Sagittarius takes over. Sagittarius rewards for all of our hard work by bringing a spontaneous and youthful energy, encouraging us to take a break and enjoy the fruits of our labors.

November’s birthstones are the yellow topaz and citrine. Topaz was associated with the Sun God and thought to have the power to heal and protect the wearer. Today, people gift topaz as a symbol of love and affection. In ancient times citrine was thought to ward off evil thoughts. Now it is known to bring success and prosperity, while improving intellect. The birth flowers for November are the chrysanthemum and the peony. Chrysanthemums are a symbol of friendship, joy and happiness, while the peony represents compassion, honor and good fortune.

<https://www.almanac.com/content/how-did-months-get-their-names>
<https://www.borsheims.com/blog/birthstones-by-month-chart/>
<https://www.botanicchoice.com/blog/health-and-wellness/november-birth-flowers-chrysanthemum-peony/>

Quote of the month

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

-Eckhart Tolle



Tansy Dust



Tansy is our store fairy. She protects and guides us. She also wants to reward customers for shopping with us. Join our rewards program, and you will receive \$10.00 for every \$100.00 you spend on retail. You also get update emails on workshops, discounts, and services. Also, all emails include a special treat we call Spiritual Uplifts Chocolate.

Spiritual Uplifts Chocolate gives either a message from Lynn, information, recipes on crystals, herbs, protection charms, and more.

Newsletter content

Services

Message from Lynn

Magical moon

Grid

Monthly classes

Spiritual Uplifts Metaphysical Store

Presents

Shaman Elka Boren

November 10th to November 16th



Private Healings

Date: Nov. 10th to 16th from 10:30 am to 6:00 pm.

Healings: ½ hour \$75.00 1 hour \$125.00 1 ½ \$175.00

CASH ONLY

Angel Circle

72 Archangels. New angels have been added.

New participants will be updated

Discover your Guardian Angels

2 Chances to participate

Dates: Friday, November 11th from 7:00 pm to 9:00 pm. OR

Saturday, November 12th from 7:00 pm to 9:00 pm

Cost: \$40.00 **CASH ONLY**

**Due to the high volume of participants, priority will be given to those that sign up in advance. Please call (904) 292-4555 to reserve your space.

Spend Black Friday Weekend with Spiritual Uplifts!

Black Friday

Friday, November 25th Specials:

- Everyone will receive a flyer detailing our specials the day of
- 30% off Service packages (must be purchased same day)
- 20% off select workshops (must be purchased same day)
- Jewelry sale: All jewelry over \$20.00 is 20% off
- Free crystal bingo from 2:30 to 3:30. (Space is limited. Must sign up ahead.)
- Free pocket astrologer with purchase of \$40.00 or more.
- Spend \$100 or more and receive pocket astrologer AND a Spiritual Uplifts cleansing kit.



Small Business Saturday

Saturday, November 26th Specials:

- Everyone will receive a flyer detailing our specials the day of
 - 30% off Service packages (must be purchased same day)
 - 20% off select workshops (must be purchased same day)
 - Jewelry sale: All jewelry over \$20.00 is 20% off
- Free class: 3:00-4:00 pm-Wire wrapping demo and crystal class.
 - Free class: 4:00 to 5:00 pm– Crystals for children .
- We will be serving hotdogs, baked goods, chips and soda.
- Free pocket astrologer with purchase of \$40.00 or more.
- Spend \$100 or more and receive pocket astrologer AND a Spiritual Uplifts cleansing kit.



Message from Lynn

By Lynn Pritchard November 1, 2022.

First series of Shadow Work

Can you give compliments to other people without feeling awkward or uncomfortable with them getting the attention? Or do you provide them with a backhand compliment? (A backhand compliment is a compliment with some criticism.) Despite the fact that recognition should never be relied upon, it is always gratifying to hear it. You don't need it when you are confident in what you do.

When you don't like to give compliments because it makes you feel uncomfortable, it could also mean you weren't given enough approval as a child. Maybe a sibling got all the attention, and now you look at others as that sibling. Consider what you have trouble complimenting. Compliment someone on the personal trait that you desire. Now think about how that made you feel. Why do you feel this way? Most of the time, once you find out that this is from the past, you won't think this way anymore.

When you give a meaningful compliment, it should make you feel good, and it should make the other person feel good as well. The upcoming Thanksgiving holiday is the perfect opportunity to work on self-improvement. Below are some compliments that you might find helpful.

1. You have such a great style
2. You are perfect just the way you are.
3. I enjoy talking to you.
4. You did a great job
5. You look amazing.
6. You did so well on that job.
7. You are so intelligent.

Numerology

By Kim Hastings November 1, 2022.



November 2022 is a 8 Universal Month, the number of achievement, reward and financial success. If you have been diligent with your goals, expect to see the fruits of your labor bloom this month. The 8 brings successful energy, giving us ambition by urging us to strive towards our goals.

The 8 also conveys the spirit of giving back. It helps us to be grateful for any help that is vital to our successes, while encouraging us to help others achieve their own success.

We typically find the most success when we speak our truth and assert our boundaries and expectations. The 8 brings an assertive energy, allowing us to remain discipline and not deviate from our path.

This is an important energy going into the month of November, as November is the start of the holiday season. The holiday are typically a time where we put our needs to the side for the sake of others. The 8, as a symbol of balance, specifically between material and spiritual gains, reminds us that we can still keep our focus while taking time to helping others.

Spiritual Uplifts Metaphysical Store

Golden Healer

Emotional, physical, mental and spiritual healing

- Releases blockages and unwanted energies
- Calming and strengthening
- Attracts prosperity
- Opens your consciousness
- Inner peace and harmony
- Physical vitality and energy

spiritualuplifts.com
904.292.4555



Healing event with all our healers is the first Saturday of the month.

Private healings available by appointment.

Call for more information.

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 is Back!

November 25th & November 26th

All Jewelry over \$20.00 20% off

(the whole event is full of jewelry.)

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

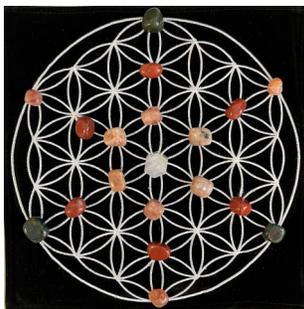
1 hour: \$80.00



SPIRITUAL UPLIFTS

Crystal Grid for Healing-Feast of Sekhmet, the Goddess of War & Healing.

By Amanda Dublo November 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:

- **Bloodstone:** This crystal is great for enhancing physical and mental strength. It’s a powerful stone of revitalization when experiencing exhaustion, irritability, aggressiveness, and impatience. It is known for having strong healing properties that ward off negative energy. It can also rejuvenate the body, raise energy, increase endurance levels, and boost the immune system.
- **Carnelian:** Carnelian is a healing crystal since it has the ability to heal the body, mind and soul. Its connection to the Chakras allows healing in various aspects of our lives. It can balance and open the Sacral Chakra, where our creative and sexual energies live. This Sacral Chakra is orange, just like Carnelian, and invites power and boosts vitality.
- **Garnet:** Garnet enhances the feelings of our sensuality, sexuality, and romantic intimacy. It guards against sad or negative thoughts and energy. It is also a wonderful crystal to use for protection during travel. It is said to help cleanse the body and decrease many toxins. Garnet also works with memory, heart disease, nervous tension, and insomnia.
- **Red Jasper:** Known as a stone of endurance, it is a gentle stimulator of chi, bringing physical strength, stamina, and focus. It calms the emotional body to produce lasting, steady energy for improving health or conquering illness. It is a stone of passion, which is helpful for restoring and revitalizing the libido.
- **Ruby:** Ruby has the power to enhance your energy levels and inspire love. It also enhances vitality and Chi life force energy in both the physical and spiritual body. It promotes wealth and wellbeing, as well as stimulates the Heart and Root Chakras.
- **Sunstone:** Sunstone is a great crystal that gives a source of strength to those who are emotionally dependent or have experienced the loss of a partner. It protects against individuals who drain your energy and finances. Sunstone also assists with respiratory abdominal strain, gastritis, and other digestion or metabolic problems.

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

Spiritual Uplifts Magical Moon

By Kim Hastings November 1, 2022.

The November 2022 full moon is the Beaver moon. This full moon is quite unique, as it will occur with a blood total lunar eclipse. This takes place when the moon, sun and earth stand in a line, with the earth in the middle. As a result, Earth's shadow will be cast on the moon, giving it a reddish hue. The November moon was named by Native American tribes as the Beaver moon because this was the time of year that beavers would take shelter for the winter months. This was also the time the tribes would trap beavers to make warm clothing from their thick pelts.

There are several alternative names for the Beaver moon. The Dakota and Lakotna tribes called this moon the "Deer Rutting Moon", referring to the time of year that deer seek out mates. The Cree called it the Frost Moon, referring the dropping temperatures during this time of year.

First Quarter: November 1st 2:38 AM EST

Full Moon: November 8th 6:02 AM EST

Last Quarter: November 16th 8:29 AM EST

New Moon: November 23rd 5:57 PM EST

Full Moon Ritual

As we enter the holiday season, prepare yourself with a full moon ritual. This ritual will cleanse any insecurities and jealousy, while helping you to express gratitude for your blessing. This will help abundance and prosperity flow.

You will need the following:

- Palo Santo
- 2 white candles
- 1 Road Opener candle
- Against Jealousy incense
- Angelite and/or Rose Quartz crystal
- Pen and Paper

First, cleanse your space using the palo santo stick. Palo Santo cleanses negative energy, while inviting abundance. For an additional boost, spray Ritual Mist to prepare your altar for the ritual. Then burn the Against Jealousy incense. Next, set up your altar by placing the white candles at the top of your altar, one on the left and the other on the right, with the Road Opener candle in the middle. Place your crystal furthest to the left end of the altar. Angelite promotes clear communication and is great for establishing a practice of gratitude. Rose Quartz helps us release emotional baggage, making room for abundance to flow.

Light your white candles to call in your protection, then take your pen and paper and write down everything you are grateful for. To attract abundance, write down what you wish to acquire as if you already have it. For example, "I am so grateful for my pay raise to x dollars an hour. Thank you." When you are finished, repeat your list three times, then fold and place under the Road Opener candle. When you are finished, take your crystal(s), and carry it with 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.

<https://www.almanac.com/full-moon-november>



November Classes & Workshop

Healing Event Saturday 5th 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.

2 ½ Hour Meditation Workshop Sunday 20th from 4:30 pm to 7:30 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 \$35.00. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

Jewelry Show Friday 25th, Saturday 25th & Sunday 27th 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. Please call (904) 292-4555 for more information.

SPIRITUAL UPLIFTS Metaphysical Store



APOPHYLLITE

"The Power of the Soul Star"

Many refer to the Soul Star as the Eighth Chakra. This Chakra is above the Crown Chakra, above the head, and represents the place where one's soul rests.

- Removes traits of anger, fear and jealousy
- Promotes acts of kindness and charity
- Helps with painful emotional trauma
- Enhances clarity and inner growth
- Aids in astral projection
- Heightens intuition

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Special Events

Elka Boren Private Healings Thursday, November 10th to Wednesday, November 16th 10:00 am to 6:00 pm. Private healings include removing stuck energies. Create a stronger alignment with purpose and divine self, integrate physical, emotional and mental bodies. Cost: 1/2 hour \$75.00 1 hour \$125.00, 90 mins.\$175.00. (CASH ONLY).

Please call (904) 292-4555 to schedule your session.

Elka Boren Healing Circle Friday, November 11th or Saturday, November 12 from 7:00 pm to 9:00 pm. Learn about your Angel and receive a message from the Angels. Raise your energy frequency to the higher vibration of love. Elka opens an Archangel & Divine Begins Healing Vortex, which helps you to identify root causes of emotional barriers around your heart and know the impressions stuck in organs and heart chakra. This circle helps create an enhanced heart connection in your life, with individual healings offered for each person present. Ascended Masters and Higher Beings perform the healings. Cost: \$40.00 (CASH ONLY)

**Due to the high volume of participants, priority will be given to those that sign up in advance. Please call (904) 292-4555 to reserve your space.

Friday November 25th Black Friday specials. Free gift with a \$40.00 purchase or more. Free Spiritual Uplifts Cleansing Kit with purchase of \$100.00 or more. For more information, see page 3.

Saturday 26th Small business Saturday. We will have free classes, specials and more! Receive a free gift with a \$40.00 purchase or more and a free Spiritual Uplifts Cleansing Kit with purchase of \$100.00 or more. For more information, see page 3.



SPIRITUAL UPLIFTS MONTHLY STUDY

By Sabrina Borchers November 1, 2022.

Book: *The Healing Power of Tea* by Caroline Dow. Caroline Dow is a long-time expert on herbalism, as well as an avid tea drinker. In her book she has provided the health benefits of drinking tea and herbal infusions, while explaining the history of tea. Revealing how tea can help heal body, mind, and spirit.. You will discover the colorful array of white, red, yellow, green, black teas and herbal infusions to create your own tea blends, as well as learn to grow your own herbal garden.

Crystal: Autumn Jasper: Autumn Jasper is known as the “Spotted Stone”. It is a powerful healing stone that helps one to relax when stressed. It helps us to move beyond just surviving to making us grateful to be alive. Helps to ground and center the wearer, offering support while inspiring tranquility.

Herb: Burdock root: Used as a cleanser and protector, Burdock root is known to cleanse the urine and purify the blood. Improves digestion and clears skin irritations such as eczema and acne. Utilized in warding work, it is said that if you hang or bury burdock root south corner of your home, it will protect your home from evil influence. Can be added to protective charms and amulets to carry while traveling.

<https://www.groveandgrotto.com/blogs/articles/magickal-properties-of-burdock>

**** Avoid if pregnant or taking diuretics. 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.**

Oil: Bergamot: Bergamot oil is cold pressed from fruit peels and then fractionated to remove the bergapten, making this oil non- phototoxic. Used in lotions, hair care, salves and especially in perfumery. The fragrant citrus is mainly found growing in southern Italy, the fruit is used for some confections and juice, bergamot is predominately grown for its essential oils and earl grey tea.

All Spiritual Uplifts Essential oils and herbs are certified organic.

All crystals are handpicked and purchased by licensed vendors.





Horoscope

Aries: Do not let other responsibilities overshadow your objectives, especially money matters.

Taurus: Focus on relationships, both personal and professional. Use logic to ease any animosity.

Gemini: Embrace the changes, despite any obstacles. This is the time to shed what no longer serves you.

Cancer: This is a playful time. Your spontaneity will bring positive results.

Leo: Avoid over-extending yourself during the holidays. Less is more.

Virgo: Communication and your relationships with others is crucial for future growth.

Libra: Balancing between promoting your ideas and not coming off too strongly will benefit you greatly.

Scorpio: This is an introspective time. Self-evaluation and recognition of your faults will lead to success.

Sagittarius: Your patience and willingness to listen is important to mending conflicts.

Capricorn: Health and well-being is at the forefront. Be open to any help that comes your way.

Aquarius: Opportunities and success in your career bring happiness in other areas of your life.

Pisces: Do not dwell on the past. Direct your energies towards exploring new places and experiences.

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

SPIRITUAL UPLIFTS Metaphysical Store

Malachite

A Stone of Transformation

- Absorbs negative energy
- Heals feelings of unworthiness
- Sharpens senses and intuition
- Protects during travel
- Clears and activates the Chakras
- Boosts immune system



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

Spiritual Uplifts Monthly Study



November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						Healing event 1 to 3 pm
6	7	8	9	10	11	12
				Elka Boren Private Healings 10:30 am to 6:00 pm	Elka Boren Private Healings 10:30 am to 5:00 pm Angel Circle 7:00 pm to 9:00 pm	Elka Boren Private Healings 10:30 am to 5:00 pm Angel Circle 7:00 pm to 9:00 pm
13	14	15	16	17	18	19
Elka Boren Private Healings 10:30 am to 6:00 pm	Elka Boren Private Healings 10:30 am to 6:00 pm	Elka Boren Private Healings 10:30 am to 6:00 pm	Elka Boren Private Healings 10:30 am to 6:00 pm			
20		22	23	24	25	26
2 1/2 Hour Mediation Class 4:30pm to 7:30pm				Closed. Happy Thanksgiving!	Black Friday Jewelry Show 10:30 to 7:00 pm	Small Business Saturday Jewelry Show 10:30 to 6:00 pm
27	28	29	30			
Jewelry Show 10:30 to 6:00 pm						

