



FREE

# Spiritual Uplifts Newsletter

December 2022

Owner Lynn Pritchard

## Monthly Insight

By Kimberly Hastings December 1, 2022

For many, December marks the true beginning of the holiday season. On December 21st the Winter Solstice, the longest night of the year, occurs. This night begins the Pagan celebration of Yule (also called Julblot). Many of our Christmas traditions date back to Yule. Christmas trees, wreaths, and yule logs all date back to this Pagan holiday. Yule celebrates the magic of the season, honoring rebirth and renewal, marking the end of fall and the beginning of winter.

In addition to Christmas and Yule, we also have the Jewish holiday of Hanukkah, which is the eight-day festival of lights that celebrates the rededication of the Holy temple. December 26th begins the seven-day African holiday of Kwanza, which celebrates family and community.

Sagittarius rules until December 21st, continuing its compassionate energy. Sagittarius encourages us to put family first and get along with others. It also brings a yearning to learn more. Capricorn takes over until January 19th, bringing a more reserved energy, which will help us get back into our routines. December's birth flowers are the Narcissus and Holly. Holly is commonly used in holiday decorations such as wreaths and centerpieces and symbolize protection and defense. Planting Holly near your home is thought to protect against evil spirits. Narcissus are native to the Mediterranean and represents pure and unconditional love. The birthstones are the Turquoise and Tanzanite. Turquoise brings good health and fortune, while Tanzanite dissolves old patterns, allowing us to move forward with optimism and sense of direction.

<https://www.almanac.com/content/december-birth-flowers>

<https://www.charmsoflight.com/tanzanite-healing-properties>

### Quote of the month

“Nothing is impossible. The word itself says ‘I’m possible.’”

-Audrey Hepburn

## 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

2186 Park Ave Orange Park Florida 32073

Spitualuplifts.com



**Merry Christmas!**  
**You are invited to our**  
**Christmas Party**



**December 17th 2022**

**Time: 12 pm to 5 pm**

**Please call for reservations.**

**Design your own ornament: vintage, retro, snowman, beads, unicorn, etc. Additionally, you will do an angel painting. After that, Lynn can then identify which angels you are working with for you.**

**There will be a catered lunch served at the party.**

**\$10.00 for Adults**

**\$5.00 for children.**

**Please call ahead and reserve your seat to avoid any wait time and guarantee a seat. On the day of the party, if you still need to re-serve a seat, please call first to ensure there's room on the day.**

**Call 904-292-4555**



# Message from Lynn

By Lynn Pritchard December 1, 2022.

## The Holly King and The Oak King

A beautiful goddess of nature gives birth to twin boys representing different aspects of the same being. The first child is lively and full of warmth, while the second is dark and cold. As a result, they fought for supremacy over the seasons, splitting them into two halves.

The dark & cold child becomes the Holly King, who rules the waning year from Midsummer to Yule, and the lively and full of warmth child becomes the Oak King, who rules the waxing year from Yule to Midsummer.

The Holly King represents the darkness, mysteries, and inner knowledge, and the Oak King represents light, growth, wealth, and expansion. The battle between the Kings is to win the crown of the year at Yule; when one loses, it is not defeat, just a time of rest.

The Holly King rules winter. Besides wearing red clothing, he has a beard and hat covered in ice. He is usually followed by a pack of deer. (Sound familiar, lol.) The Oak King rules summer. Despite his long beard, he wears a Holly crown, and his clothes are green.

Throughout the year, the kings represent light and darkness. Burning candles at this time of year is the most powerful. Winter Solstice rituals include lighting black and white candles to honor seasonal changes which bring transformation and rebirth.

Don't miss our Christmas party. Love you all, Lynn

# Numerology

By Kim Hastings December 1, 2022.

We have reached the end of 2022 and its only fitting that December is a 9 Universal Month this year. 9 represents completion, celebrating the ending of this latest cycle, and the excitement of a new beginning.

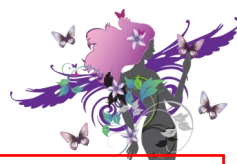
This month, take a moment to analyze your experiences over the last months and recognize what you have learned. You may have released persons and/or things that no longer served your highest good. How did that make you feel? Did it contribute to growth or are you still having regrets?

Being a completion number, the 9 also represents forgiveness. Forgiveness has many faces. It could mean being understanding with yourself for not accomplishing all your goals, or showing grace to someone that you feel wronged you.

Most importantly, celebrate all you have accomplished, no matter how trivial it may seem. Every small step forward is still progression.

Wishing you all a joyus holiday season.

See you in 2023!



*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 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

**Monday December 5th we will be closed for Employee Holiday.**

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

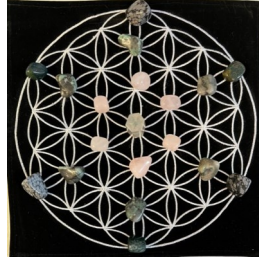
1 hour: \$80.00



## SPIRITUAL UPLIFTS

### Crystal Grid for Yule: The Winter Solstice

By Amanda Dublo December 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.

- **Black Onyx:** Black Onyx is a stone for strength and offers support during challenging situations. Its grounding and protective energy diminishes negativity and unites you with your higher self. It encourages moving forward in life since it enhances self-confidence and understanding.
- **Bloodstone:** Bloodstone is excellent for increasing physical and mental strength. If you get stressed around the holidays, this stone is great for exhaustion, irritation, hostility, and exasperation. It can increase energy to the physical body, boost endurance levels, and improve the immune system. Bloodstone is also known for warding off negative energy and removing barriers.
- **Emerald:** This protection stone is great for those who are traveling this holiday season. Emerald is also known as a “lover’s stone” since its meaning is everlasting love. Don’t let your romantic relationships suffer from the stress of the holidays, let this crystal bring you joy, unconditional love and health.
- **Garnet:** Garnet is a stone of fire and vitality and has long been used for the Winter Solstice. 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.
- **Rose Quartz:** Rose Quartz is a wonderful stone for the holiday season. We spend so much time and energy on others, that we often neglect ourselves. This stone encourages unconditional self-love and self-care. Let it bring a caring and nurturing energy into your life, as well as bring peace and balance.
- **Snowflake Obsidian:** This form of Obsidian brings about focus and dedication. It is great for breaking bad habits and freeing our lives of destructive perceptions. It can bring the force we need to work out our problems and move on in life. Work with this crystal to delve into the matters that this season brings you, allowing you the chance to free yourself and move forward with life.

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

# Spiritual Uplifts Magical Moon

By Kim Hastings December 1, 2022

December 2022 Full Moon is the Cold Moon. It was named by the Mohawk tribe, as this is the time of year that we see some of the most frigid weather. There are several alternative names for the Cold moon. The Mohican tribe called it the Long Night Moon, as the nights are longer and darker near the Winter solstice and this full moon shines for a longer period of time. Ancient Pagans in European referred to this moon as "Moon before Yule."

Full Moon: December 7<sup>th</sup> 11:09 PM EST

Last Quarter: December 16<sup>th</sup> 3:59 AM EST

New Moon: December 23<sup>rd</sup> 5:17 AM EST

First Quarter: December 29<sup>th</sup> 8:22 PM

## Full Moon Ritual for the Winter Solstice

The Winter Solstice is a time for releasing what no longer serves us, to invite what we want to manifest. This ritual will help you to release anything holding you back, leaving you open to receive.

### **You will need the following:**

Palo Santo stick or spray; 2 white candles; 1 gold or yellow candle;  
Lavender & Cedar Sage Mix, Bay leaf, Hawthorne Berries, High John Root, orange oil  
Carnelian  
Pen and Paper, Mojo bag

First, cleanse your space using the palo santo stick or spray. Palo Santo removes negativity and reduces stress and anxiety, while inviting positivity and joy. For an additional boost, spray Ritual Mist to prepare your altar for the ritual. 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 your yellow or gold candle in the middle to represent the sun. Decorate your altar with symbols that remind you of the season such as wreaths, pinecones, pointsettias, etc. Place your crystal furthest to the left end of the altar.

Light your white candles to call in your protection, then take your mojo bag and add the cedar and lavender mix. Cedar brings healing and protection, along with hopeful energy of what is to come. Lavender promotes patience, reminding us of the importance of rest for mind, body and spiritual health. Add your bay leaf to promote connection with your inner self and your hawthorn berries for heart healing and removing blocked energy. Add your High John root to bring money, success and happiness, then place on your altar.

Take your paper and pen and write down what you hope to manifest. When you are finished, repeat it three times, then fold and place it in your mojo bag. On a separate sheet of paper, write down what you need to release. It could be a person, situation, habit, etc. that is holding you back. When you are finished, burn it in a fire safe container, feeling the release of what no longer serves your end goals. Bury the ashes when cool. Complete your mojo bag with your carnelian crystal. Carnelian represents the fire of life, bringing us renewed energy, passion, and self-expression, helping us grow new ideas and beginnings. Anoint your bag with orange oil for an additional boost of positivity. Carry your mojo bag with you to attract your goals.

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



## December Classes & Workshop

**Healing event Saturday 3<sup>rd</sup> from 1 pm to 3pm.** Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, reconnective 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 serve.

**3 Day Retreat Friday 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>.** Create a healthier pathway to connect with your higher self. Cut cords, make healing grids, receive a Lemurian Crystal, and all supplies and food included.

**Christmas Party Christmas Party Saturday 17th from 12 pm to 5 pm.** Make your own ornament: Vintage, retro, snowman, beads, unicorn, crystals, and more. Everyone at the party is welcome to attend a free house cleaning class at 2 pm. We are looking forward to seeing you. Lunch will be catered for this event. Adults pay \$10.00 and children pay \$5.00. Reservations are required

**Jewelry Show starts Saturday 16th to the 24th from 10:30 am until 6pm.** Sparkle and shine with our rare crystal gem jewelry. There will be gemstones, vintage-inspired, sterling silver, symbols, and more. All jewelry over or added up to \$20.00 is 20% off. To learn more,

**2 ½ Meditation Sunday cancel for this month only.**

## 3-Day Healing Retreat

**Friday, December 9th - Sunday,  
December 11th**

Take a weekend to RECHARGE MENTALLY, PHYSICALLY, & SPIRITUALLY. This workshop will help CREATE A HEALTHIER PATH TO CONNECT WITH YOUR HIGHER SELF. Release blockages, cut cords, clear chakras and MORE!!

Included: A full 3 day workshop, healing workshop schedule, 1 Lemurian crystal, journal, design your own crystal grid, 3 meals, snacks, and drinks. Total package is \$425 per person Reserve your seat with a \$200 deposit Limit 6 students maximum



# SPIRITUAL UPLIFTS MONTHLY STUDY

By Sabrina Borchers December 1, 2022.

**Book- Lunar Nodes**- This book investigates how your life is affected when the planets aspect the Nodes and how you can use this knowledge to live with greater purpose and confidence. Also learn about transiting aspects, archetype pairings, and Lunar Nodes in relation to the houses and sun signs. Featuring thorough research and hundreds of examples, this book shows you how to best utilize the cosmic connection between planets and Lunar Nodes. The North and South Nodes of the moon represent a gateway, not just to your past lives, but also to the relationship between human consciousness and the universe.

[https://books.google.com/books/about/Lunar\\_Nodes.html?id=JctcEAAAQBAJ&source=kp\\_book\\_description](https://books.google.com/books/about/Lunar_Nodes.html?id=JctcEAAAQBAJ&source=kp_book_description)

**Herb- Lemon Balm**: a member of the mint family, is considered a calming herb. It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease pain and discomfort from indigestion. Use dry lemon balm leaves by adding them to love sachets and amulets.

<https://www.mountsinai.org/health-library/herb/lemon-balm>

**Crystal- Purple Opal**: Purple Opal is a stone of tranquility and spiritual connection. Encourages the breaking away from self-imposed bonds of past or present lives by strengthening intuition and clair-sentience. Teaches you how to take responsibility for how you are feeling and encourages you to send out positive emotions. Brings loyalty and faithfulness.

**Oil- Unblocker**: Remove those obstacles in your way to success, health, happiness, and wealth.

<https://aura-44.com/products/brybradan-unblocker-oil-destrancadera-aceite-fl-oz-14-7ml>

All crystals are handpicked and purchased by licensed vendors.

The perfect gift idea  
for when you have no idea

Spiritual Uplifts Metaphysical Store

**Gift Cards**

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





## Horoscope

**Aries:** Your responsible and authoritative nature are enviable but be mindful how you communicate with others.

**Taurus:** Take time to explore something new but avoid overindulging.

**Gemini:** Social connections are important at this time. Reconnecting with others will reap rewards.

**Cancer:** Embrace changes, no matter how uncomfortable it may feel. The later reward is worth the strain now.

**Leo:** Creativity and spontaneity are desirable. Avoid risky behavior.

**Virgo:** Change in behaviors and actions is crucial for future happiness

**Libra:** Focusing on communicating your ideas without incorporating personal feelings will benefit your relationships.

**Scorpio:** Money is the priority, both immediate and future finances. Avoid rash decisions.

**Sagittarius:** Be honest in your expression but avoid unnecessary conflict.

**Capricorn:** Make any changes that are critical to benefiting your physical, mental, or spiritual health.

**Aquarius:** A positive attitude and a willingness to broaden your horizons will benefit you immensely.

**Pisces:** Recognition and reward for your efforts brings security.

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)*



# Reading by Lynn



## 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. )

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

# Spiritual Uplifts Class Calendar



## December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Healing event 1 to 3 pm
4	5	6	7	8	9	10
	<b>Closed for Employee Holiday</b>				3 Day Healing Retreat	3 Day Healing Retreat
11	12	13	14	15	16	17
3 Day Healing Retreat					Jewelry Show 10:30 am to 7:00 pm	Jewelry Show 10:30 am to 6:00 pm  Christmas Party 12:00 pm to 5:00 pm
18	19	20	21	22	23	24
Jewelry Show 10:30 am to 6:00 pm	Jewelry Show 12:00 pm to 5:00 pm	Jewelry Show 10:30 am to 7:00 pm	Jewelry Show 10:30 am to 7:00 pm	Jewelry Show 10:30 am to 7:00 pm	Jewelry Show 10:30 am to 7:00 pm	Jewelry Show 10:30 am to 6:00 pm
25	26	27	28	28	29	30
Closed for Christmas						
31						