



FREE

Spiritual Uplifts Newsletter

January, 2023

Owner Lynn Pritchard

Monthly Insight

By Kimberly Hastings January 1, 2023

The month of January is named after Janus, the Roman God of beginnings and endings. He is also the protector of gates and doorways. January's Latin name, *Ianuaris*, comes from the Latin word for door, *ianua*. The first month of the year is a time for new beginnings, a doorway to a new chapter of your life. It's no surprise that the most popular holiday this month is New Year's Day. In pre-Christian Rome, New Year's Day was dedicated to Janus. Today, we welcome New Year's Day with fireworks at midnight, and by saying goodbye to the prior year. New Year's Day is an exciting time where we set our resolutions for the upcoming year and are optimistic about the opportunities the new year brings. We must remember to keep our goals realistic to achieve the best results. On January 16th we observe MLK Day, celebrating the life and legacy of Dr. Martin Luther King, Jr. It is the only federal holiday designated as a national day of service, encouraging us to volunteer and improve our communities.

Capricorn rules until the 19th, keeping that reserved and organized energy that will help us as we adjust back into our routines after the holidays and focus on our goals. Aquarius takes over on the 20th, bringing a logical yet optimistic energy. This free spirit energy rewards our commitment by giving us permission to "let our hair down" and enjoy the moment. This is the time to perfect our New Year's resolutions and map out how we will reach our goals this year.

The birthstones for January are Garnet and Emerald. Garnet is a protective talisman, especially during travel and is wonderful tool for manifestation, as it motivates you to stay on track. Emerald enhances memory and aids recovery after illness. Emerald also helps to overcome misfortune, allowing the wearer to enjoy life. The Carnation is January's birth flower, representing luck, gratitude and rebirth. It is important to remember when we are making our resolutions that we express gratitude for what we already have or have accomplished. This helps welcome in abundance and success.

Quote of the month

"You are never too old to set another goal or to dream a new dream."

-C.S. Lewis

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

Www.SpiritualUplifts.com

Message from Lynn

By Lynn Pritchard January 1, 2023.

My thoughts turned to memories as I drove into the parking lot for my Pilates class. I began to think about my past and why I started exercising. My ex used to make me feel like I was never good enough for him. The truth is, he wasn't good enough for me. I wish I had been stronger and stood up for myself back then. Do you ever wish you could change the past? Strangely enough, I wouldn't change a thing. The experience made me stronger and gave me a better understanding of myself.

As a spiritual person, it's my belief that where we come from, we are higher beings who come here to learn emotions and feelings. Souls who lack emotions and sensitivity are newer souls, while those who are very sensitive are older souls. We write our contract before coming here about what we want to learn, and we can change it whenever we want. We can also choose a different path but learn the same lesson.

During a period of time when I was on the path with my ex, I lit a red and black candle and asked to be put back in my contract. About two weeks later, the energy began to change. I ended my relationship with my ex. Due to my ex's refusal to watch my son, I lost my job. Initially, it felt like a slap in the face, but it was a blessing in disguise. I started a better career, made more money, and returned to school. Although my path changed, the lesson remained the same. I was learning how to survive.

If you decide to try lighting the red and black candle, as I did, make sure you are ready for change.

Love you all, Lynn.

Numerology

By Kim Hastings January 1, 2023



Welcome to 2023! This year is a 7 Universal Year, the number of introspection and individual development. For some, this will be a welcomed break after a year of putting the needs of others first.

Others find it difficult to slow down and focus on themselves. If this is you, challenge yourself to embrace the solitude and focus on your goals and make the changes necessary for growth. Remember that self-care is critical to our happiness and if you are not taking proper care of yourself, you cannot effectively care for others.

Each month will bring its challenges and rewards, but the main focus this year will be personal and spiritual growth. The 7 brings a quest for knowledge, a crucial part to our growth. Remember that every day is an opportunity to learn more.

The month of January is an 8 Universal month, composed of the 7 of the Universal Year and the 1 from January being the first month of the year. The 1 and the 7 are powerful together, as they are both numbers that bring independent energy. The 1 brings determination and a desire to take charge, which we will need to set our goals for the new year. The 8 is also a number of authority, as well as self-confidence and inner strength.

Harness all of this energy to map out exactly what you hope to accomplish for 2023!

Need a physical reminder of your goals? Create your 2023 vision board with me! I will have everything you need to manifest what you desire in 2023. We will have 2 opportunities for you to create your unique vision board: Saturday, January 14th and Sunday, January 15th from 1:00 pm to 4:00 pm. Hope to see you there!



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

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

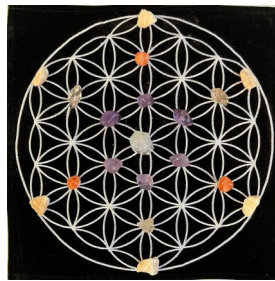
1 hour: \$80.00



SPIRITUAL UPLIFTS

Crystal Grid for Setting and Achieving Goals in the New Year

By Amanda Dublo January 1, 2023



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:** Amethyst is a calming stone that stimulates the mind, which helps you become more focused and attentive. It can also enhance memory allowing you to remember what you have learned as well as focus on work, studies, and goals.
- **Carnelian:** Known as one of the greatest crystals for inciting motivation. It increases energy, vitality, motivation, and drive. It also boosts personal power, confidence, and understanding which is helpful when working towards goals for the upcoming year.
- **Citrine:** Citrine is known as the “Success Stone” since it brings good luck and good fortune. It can be an exceptional crystal for personal relationships. It soothes family or social disagreements and encourages problem solving.
- **Orange Calcite:** Stuck in a rut? Let Orange Calcite shift your approach to situations and aid you in looking for answers and solutions. It works with the Solar Plexus and Sacral Chakras to enhance confidence, creativity, and inner power.
- **Smoky Quartz:** This crystal helps with the manifestation of goals and the ending results. Carry Smoky Quartz with you to enhance your focus, motivation, and energy. It is also great to use for grounding and staying in the current moment.
- **Tiger’s Eye:** A perfect crystal for self-confidence and getting rid of unreasonable fears. Keep a Tiger’s Eye close during times when you may be running low on confidence, or you are faced with a challenging experience.

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

Spiritual Uplifts Magical Moon

By Kim Hastings January 1, 2023

The January full moon is called the “Wolf Moon,” named for the time of year that the howling of the wolves was most prominent in the air. It was believed that wolves howled to express hunger, but it is now known that wolves howl to locate pack members, to establish territory, and to socialize with other wolves. This full moon is unique as it is a Micromoon. Unlike a Supermoon, which is at its closest to the earth, a micromoon or apogee moon is the furthest point from earth.

Full Moon: January 6th 6:09 PM EST

Last Quarter: January 14th 9:13 PM EST

New Moon: January 21st 3:55 PM EST

First Quarter: January 28th 10:20 AM EST

Full Moon Ritual for Manifestation

January marks the beginning of a new year, a time to set our intentions and goals. This ritual will help renew your focus, allowing your desires to flow freely.

You will need the following:

2 white candles; Palo Santo stick or spray; Against Jealousy incense;

High John Candle; Black Obsidian and/or Sunstone; 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 abundance and prosperity. 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 High John candle in the middle. High John helps you to achieve specific goals regarding love, money, legal situations, protection, etc. Place your crystals furthest to the left end of the altar. Black obsidian is a supportive stone during times of change, protecting you against negativity. Sunstone is an uplifting stone, motivating you and bringing joy.

Light your white candles to call in your protection, then light your attract jealousy incense to remove any obstacles in your path, specifically envy or comparison of your self to others. This will allow you to focus your energies on your heart's desires. As the incense burns, picture all the negativity leaving your mind, allowing a clear headspace.

When you are ready, write down all the goals you want to achieve this year. Light your High John candle, and read your list aloud three times. Thank the Universe for fulfilling your wishes. When you are finished, fold and place under your candle. Once your candle is spent, take your paper and carry with your crystals in a mojo bag.

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



January Classes

Upcoming Workshops

Healing event Saturday 1st 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.

Vision Boards with Kim Saturday, January 14th or Sunday, January 15th from 1:00 pm to 4:00 pm. Walk-ins available but reservations are preferred Manifest what you want for the New Year! A Vision Board is a collage of images & words that represent your goals. Kim will show you how to put together your vision board so you can manifest a positive outcome for the New Year! Cost: \$15.00. Limited seating. To sign up call (904) 292-4555

Psychic Attunement Saturday, January 21st from 1:00 pm to 3:00 pm. This attunement increases your awareness and channels your gifts. Also, you get energy work and a message from Lynn. Cost: \$35.00. Please call (904) 292-4555 to reserve your space.

2 Day Psychic Development Class

Day 1: Dates to be determined.

Learn how to protect yourself.

When working with the spiritual world protecting yourself is very important. If you are doing psychic work without protection there is a chance you can connect with negative spirits. You will also find yourself getting tired, angry, ill or taking on your client's problems. **Learn to receive messages with your guides, angels, and ascended masters.** During this session you will have a better understanding of how connect with your guides. Lynn has developed four simple techniques that can be practiced to help receive messages. Next, you will walk through a meditation with Lynn to connect with your guides.

What are your gifts? What kind of gifts do you have? Are you clairvoyant, clairsentience, or a medium? Learn about the different abilities and how you can use them to heighten your gifts. Walk through a meditation with Lynn to discover your gifts.

Psychic development In this part of the session you will be given a series of exercises to gain new insight and connect yourself to a higher level using your abilities. We will learn to read auras, feel energy and pair up to practice on other students. You will do automatic writing, remote viewing, telepathy, visionary work, and ESP.

Psychometry is something you may have seen used on television by psychics to help solve cases and find missing people. Psychometry is the ability to tune into the physical and emotional history of an object by touching it. Bring an object with you but only show it to the instructor or front desk.

Psychic Attunement The attunement increases your awareness and channels your gifts. In addition you get energy work and a message from Lynn.

Day 2 Dates to be determined.

Learn how to read oracle cards: Oracle cards are good for beginners or people whom study mediumship. Learn about the different types and how to use them to connect with your intuition. Learn to cleanse the cards, connect with them and the different ways you can use oracle cards. Do you have a deck of oracle cards you cannot relate to? Bring the deck in and swap with another student.

Psychic Divination tools. Learn how to use different tools help with psychic work including pendulums, Runes, and Crystals.

Psychic Family Feud: You will be playing the game with a group that is assigned to you. Each member of the winning team will receive a prize.

Information: Lunch, snacks, drinks and supplies included. Meditation: Some of the meditations that are used will be recorded. However, most of the meditations are personally written by Lynn.

Divination tools: The class will have many divination tools available to use for practice. However you will need to bring or purchase a deck of oracle card and a pendulum.

Food: Lunch, snacks, drinks will be provided. We will have menus for you to choose your lunch from. The family feud game will be in two teams. There will be a first place prize and a consolation prize.

All students who attend both days will receive a certificate of completion.

Cost: \$275.00. Limited seating.

Reserve your seat with a non-refundable \$50.000 deposit. Paperwork must be completed before the date of the Class



SPIRITUAL UPLIFTS MONTHLY STUDY

By Sabrina Borchers January 1, 2023

Book: *Gemstones and Animal Totems* by Margaret Ann Lembo. This guide teaches you how to work on your mental, emotional, spiritual and physical self using animals and their companion crystals. Learn about animal medicine by exploring the meaning of over 80 animal totems and the gemstones connected to them, finding peace and inner wisdom.

Crystal: Rhodochrosite: A nurturing stone, it encourages us to focus on what we truly desire and embrace changes. Breaks old patterns, allowing you to move forward towards your goals

Herb: Rosemary leaf: An excellent source of antioxidants and anti-inflammatories, rosemary leaf improves circulation, boost the immune system and improves memory. A powerful manifestation herb, it improves your focus, allowing you to concentrate to receive exactly what you want.

Precautions: No known precautions. 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: Gold oil: An wonderful manifestation tool, gold oil attract money, abundance and prosperity. Use to anoint candles or as a perfume to boost your fortunes and new years rituals.

All Spiritual Uplifts Essential oils and herbs are certified organic.

All crystals are handpicked and purchased by licensed vendors.



Horoscope

Aries: Organizing your thoughts and ideas will improve focus and bring reward.

Taurus: Embracing travel and new connections will enhance your spiritual and intellectual growth.

Gemini: Health is the priority. Do not put off medical care.

Cancer: Communicating and working effectively with others at work will benefit your personal relationships.

Leo: Changes made will reveal what no longer serves you and what makes you truly happy.

Virgo: Open yourself to new experiences. Spontaneity will bring positive results.

Libra: A strong supportive foundation around you is crucial to your overall success.

Scorpio: Be cautious of what you share with others as negative attention can delay your goals.

Sagittarius: Stand by your beliefs and strategize your actions to bring reward. Avoid hurried decision making.

Capricorn: Finding the balance between financial security and material things is important at this time. Avoid overindulgence.

Aquarius: Being open to unconventional experiences will bring success.

Pisces: Keeping a positive attitude will bring you continued success.

Week to Week Horoscope

January 2023

January 2nd to January 8th: Revelations and lessons revealed. Time to shed the past.

January 9th to January 16th: Expect possible conflicts requiring resolution.

January 17th to January 23rd: Energies are high. Think of the lessons learned during Mercury retrograde.

January 24th to January 31st: Set intentions and begin long term projects.

Mercury in Retrograde 2023

December 28, 2022 to January 18th

April 21st to May 14th

August 23rd to September 14th

December 13th to January 1, 2024

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.

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

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.

Availability for reads is limited for the month of January. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.

Spiritual Uplifts Class Calendar



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
						Healing event 1:00 pm to 3:00 pm
8	9	10	11	12	13	14
						Vision Boards 1:00 pm to 4:00 pm
15	16	17	18	19	20	21
Vision Boards 1:00 pm to 4:00 pm						Psychic Attunement 1:00 pm to 3:00 pm
22	23	24	25	26	27	28
29	30	31				