

FREE

Spiritual Uplifts Newsletter

February, 2023

Owner Lynn

Monthly Insight

By Kimberly Hastings February 1, 2023

The month of February was named after the Roman Festival of purification, “Februa,” a month long event of purification where Romans would make offerings and sacrifices to the Gods to cleanse the city. Today, we perform a similar ritual during the Pagan holiday of Imbolc. This year, Imbolc occurs on February 1st and is a festival of purification, light and new beginnings. This celebration pays tribute to the goddess, Brigid, the goddess of spring, fertility and life and the return of light after the darkness of winter, marking the halfway point between the winter solstice and spring equinox. Many celebrate Imbolc by lighting candles and renewing their altars, or by clearing up both their physical and mental space, as honoring her brings us a creative fire and renews our passion.

We have many other holidays observed this month, the most popular being Valentine’s Day on February 14th. We’ve all seen the decorations and candies out in stores since December, but do you know how this holiday began? In 496 A.D., Pope Gelasius set aside the 14th to honor St. Valentine, a priest that defied his Emperor by conducting outlawed wedding ceremonies. Valentine’s day is more commonly known as a time to express our feelings towards a special someone by exchanging cards, flowers, chocolates, gifts and going out to eat. In other countries, this is a day to express love for family and friends, as opposed to romantic partner.

Aquarius rules over us until February 18th, encouraging focus on relationships and connections with others, before Pisces takes over on February 19th, bringing a more introspective energy and a desire to reconnect with your spiritual side. February’s birthstone is Amethyst, a wonderful healing stone that brings peace and emotional stability to your relationships. The birth flowers are the violet and the primrose. In the Victorian era, both flowers were a declaration of love. Additionally, both flowers are some of the first plants to bloom in springtime. Violets symbolize faithfulness and everlasting love, while the Primrose are a gateway to the fairy realm and protects from evil spirits.

<https://www.learnreligions.com/the-roman-februalia-festival-2562114>
<https://www.almanac.com/content/february-birth-flowers>

Quote of the month

“The love we give away is the only love we keep.”

-Elbert Hubbard

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 February 1, 2023.

Motivation

Due to my busy schedule at work and home, I needed to find a way to manage my time efficiently. Honestly, I felt I had so many things to do I didn't know where to begin. However, instead of figuring it out, I sat watching Netflix and wasn't motivated to do anything.

Many of us feel this way when we are overwhelmed and burned out. Perhaps you are overworked and never take time for yourself or are stressed because you are avoiding something. Today, most people escape their stress by watching movies, playing video games, or even watching TikTok. Due to this, they wake up tired because their minds are racing before bedtime.

Here are some things I started to do to get me more motivated:

First, treat yourself well. Taking care of your mental health once a week or for a couple of hours a day can be helpful. Try taking a nap, going for a walk, taking a yoga class, getting a massage, or meditate on our crystal bed.

If you are stressing over something weighing on your mind, don't hold it in. Try talking to someone reliable and reasonable. You can also let your emotions out naturally by crying, and there are times when crying is the best medicine. Alternatively, you could schedule a reading with me.

Do a little at a time by taking baby steps. Keep a daily list, but be reasonable. In one day, you won't be able to accomplish 20 things. Aim for two or three tasks a day.

Motivational quotes.

Education allows you to change the world.
Be brave, Brilliant, and the best.
You have a voice and don't need to be silent.
Your attitude makes a big difference.
You only fail when you don't try.

Crystals that help with motivation:

Lapis Lazuli promotes inner truth and consistency.
Calcite eliminates heavy pressure and finds lightness in life.

Numerology

By Kim Hastings February 1, 2023



February, as the second month of the year brings us the energy of cooperation and partnership. (Very fitting, as we celebrate couples this month on Valentine's Day.) Here, the Universe is reminding us that even though we are in a 7 year, and our instinct is to solely rely on ourselves, we may need to embrace the help of others in making decisions. People are put in our lives at certain times for specific reasons. Listen to what they have to say and act accordingly.

February 2023 is a 9 Universal Month, bringing the energy of completion and release. The focus this month is to clear up any loose ends or projects to ensure a clear space for new beginnings. With the additional energy of the 7 Universal Year, we are even more inclined to look within and recognize what is not aiding our overall growth. The 9 gives us the power to release what no longer serves us without loosing back or feeling regret.

Hold off on any new ventures until you have completed your current tasks. This will allow you to start your next nine-month cycle with a clean slate. This is not the time to take on new projects and responsibilities.

SPIRITUAL UPLIFTS
BIRTHSTONE OF THE MONTH
TURQUOISE

Jan 20 - Feb 18
Birthstone Turquoise.
Turquoise represents wisdom, tranquility, protection, good fortune, and hope. Ancient Egyptians believed turquoise would protect them from evil and bring them good fortune.

904.292.4555
spiritualuplifts.com
Sold at Spiritual Uplifts.



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

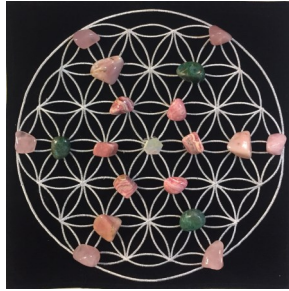


Certified organic Rosemary Leaf: Benefits heart health and enhances feelings of love and positivity.



SPIRITUAL UPLIFTS

Crystal Grid for Love and Relationships



By Amanda Dublo February 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.

- **Amber:** Amber is said to represent the maturity that comes from a long-lasting relationship. This stone promotes commitment, enthusiasm, and dedication. These attributes help to lead you towards a strong, mature relationship that can last for years.
- **Chrysocolla:** Chrysocolla is wonderful for communication. This stone can help you become more open and sincere about your feelings, improving your current relationship. Chrysocolla can also help you attract people into your life and lead you towards people who will bring out the best in you.
- **Emerald:** Known as “The Stone of Successful Love.” Emerald can show you how to communicate, making your existing relationships stronger. It also encourages loyalty, perspective, and balance within relationships.
- **Pink Opal:** This crystal helps to rebuild love, devotion, and patience in current relationships. It can calm and ease the emotional body when it comes to a breakup, loss of a loved one, or long-distance relationships. Also, it can clear and calm the heart to bring about love, peace, and hope.
- **Rhodochrosite:** Rhodochrosite is known as a stone of love and kindness. It can encourage compassion and healing in complicated relationships. Also, a great stone for emotional healing, forgiving yourself and others, and positive attitudes.
- **Rose Quartz:** Rose Quartz is the stone of universal love. This crystal cleanses and opens the heart to stimulate love, self-love, harmony, friendship, and healing. It can also repair trust and unity in relationships.
- **Ruby Tourmaline:** This form of Tourmaline inspires love, strength and courage. It carries a strong feminine yin energy. Ruby Tourmaline aids the Heart Chakra and transforms destructive feelings into expressions of self-love.

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

Crystals and grid pads sold at Spiritual Uplifts

Spiritual Uplifts Magical Moon

By Kim Hastings February 1, 2023

February's full moon is called the "Snow Moon," named by the Dakota tribe, reflecting the time of year we experience the heaviest snowfall in North America. As a result of the heavy snowfall, many tribes also called this moon the "Hunger Moon," as it was difficult to hunt in the harsh weather. Other names for the February moon revolve around animals. The Cree tribe called it the "Eagle Moon," and the Ojibwe designated it the "Bear Moon," as this is the time of year that new bear cubs are born.

Full Moon: February 5th 1:30 PM EST

Last Quarter: February 13th 11:03 AM EST

New Moon: February 20th 2:09 AM EST

First Quarter: February 27th 3:06 AM EST

Full Moon Ritual for Love

This ritual will help to strengthen existing love, attract a soul mate or manifest new or self-love.

You will need the following:

2 white candles; White Sage & Red Rose bundles; Spiritual Uplifts Enchanted Love Candle;

Golden Healer Heart shaped crystal or any heart shaped crystal; Wei Coconut Salt or Deep Rich Chocolate.

First, cleanse your space using the white sage and red rose bundle. White sage removes any negative energies, while the red rose invites good fortune and love. 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 Spiritual Uplifts love candle in the middle. This candle created by Lynn. Place your heart crystal furthest to the left end of the altar. Golden Healer is a powerful crystal of self-love and confidence, with the heart shape helping to attract love and heal emotional wounds.

Lastly, place your chocolate of choice on the right-hand side of the altar. Wei Coconut salt is infused with flower essences for loving and accretion yourself, as well as increasing your magnetism. Wei Deep Rich is infused with flower essences to soften and open the heart, dissolving self self-judgment and allowing you to be vulnerable. Light your white candles to call in your protection, then light your Love candle.

If you are with someone, take a piece of your chocolate and carve a heart in the back. Cut the chocolate in half and give one piece to your partner. Together, eat the chocolate and reflect on strengthening your relationship. If you are seeking a soul mate, carve a heart on the back of your chocolate. Before you take a bite, think of all of the qualities you want in your soul mate. For self love, take your chocolate and carve "I love you" into the back. Focus on all of your good qualities, banishing any negative self-talk. When ready, indulge in your chocolate, savoring what it represents to you. Allow your Love candle to burn for 7 days to seal your ritual.

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



Do you know we have a Metaphysical library? For \$20.00 a year, you can check out 3 books for two weeks. You'll find books about angels, dreams, tarot, spiritual growth, and more!



February Classes

Healing event Saturday 4th 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 served.

Understanding Soul Mates Class Sunday February 12th from 1:00 pm to 3:00 pm. Before you were born you wrote a contract establishing your relationships to assists with your life path. We will discuss blocks and practice exercises. **Cost: \$25.00.** Due to limited seating, prepayment is required to reserve your space. Please call (904) 292-4555 to sign up.

The Magic of Love Sunday February 12th from 3:30 pm to 5:30 pm. Whether you are looking for love or looking to spice up your relationship this is a fun class for you. We will do a meditation, learn how to make a love potion, and make your own love herbs. **Cost \$25.00.** Due to limited seating, prepayment is required to reserve your space. Please call (904) 292-4555 to sign up.

*Participants that take the Soulmate class will receive \$10.00 off the Magic of Love class.

Pendulum Class Sunday February 19th from 3:00 pm to 5:00 pm Learn how to use a pendulum. The pendulum is not just for asking questions. You will learn to locate people on a map, perform readings, complete a treasure hunt, win prizes, and more. You will need to bring a pendulum with you or you can purchase one prior to class. **Cost: \$20.00.** Due to limited seating, prepayment is required to reserve your space. Please call (904) 292-4555 to sign up.

Jewelry Show Friday, February 10th, Saturday, February 11th and Sunday, February 12th from 10:30 am to 6:00 pm. Sparkle and shine with our rare crystal gem jewelry. Our event room will be filled with sterling silver jewelry and gems from around the world. There will be gemstones, vintage-inspired, sterling silver, symbols, and more. All jewelry over or added up to \$20.00 is 20 percent off. To learn more, please call (904) 292-4555.

Psychic Mediumship class Saturday, February 25th 2:00 pm to 5:00 pm 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. **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.

****Meditation workshop will resume once we move to our new location. Thank you for your understanding.**



SPIRITUAL UPLIFTS MONTHLY STUDY

By Kimberly Hastings February 1, 2023

Book: *Energy Healing for Women* by Keith Sherwood and Sabine Wittman.

This guide provides ways to reclaim your personal strength and joy through a better understanding of your energy field. Each chapter focuses on specific energetic issues such as self-confidence, emotional trauma, etc. that may be limiting your power, providing techniques and exercises to overcome them. Following their instruction, you will feel empowered and energized.

Crystal: Ruby Tourmaline: Rubellite or Ruby Tourmaline is highly beneficial stone for the heart chakra, inspiring love, strength, and courage. Comforting to those that have suffered abuse as a child and transforms destructive self-thoughts into feelings of self-love.

Herb: Attract Love Spell Mix. This unique blend of herbs is perfect to bring love or friendship into your life or help the one you desire fall for you by burning on charcoal, adding to your bath or mojo bag. Also eases anxiety and depression, healing matters of the heart.

*****not for consumption. External use only.**

Oil: Gypsy Love Roll-On: Applying this blend of oil containing pheromones brings courage, making you desirable to the one you want to attract. Strengthens existing relationships by keeping the spark burning between partners.

All Spiritual Uplifts essential oils and herbs are certified organic.

All crystals are handpicked and purchased by licensed vendors.



Horoscope

Aries: Impulsiveness will bring instant gratification, but can lead to problems in the long run.

Taurus: Leaving work stress at the office will benefit your personal relationships.

Gemini: Your communication skills are at a high. Use this to forward your objectives.

Cancer: Working on yourself will bring future reward.

Leo: Your relationships are essential to your growth. Balance your time wisely.

Virgo: Making positive changes may bring setbacks. Keep moving forward.

Libra: Your playful attitude and willingness to try something will not go unnoticed.

Scorpio: Investing extra time with family brings security, helping you achieve your goals.

Sagittarius: Expend the extra effort to nurture your relationships with others.

Capricorn: Do not permit overwhelm to manifest hasty decision-making. Think things through carefully.

Aquarius: Allowing others to know the real you will strengthen weaknesses and make you stronger.

Pisces: Avoid taking on the problems of others. Unnecessary conflict will only distract from your growth.

Week to Week Horoscope

February 2023

February 1st to February 7th: Unexpected changes allow you freedom to be yourself.

February 8th to February 14th: Ambitious energy is high. Time to put new ideas into motion.

February 15th to February 21st: Love and romance is still in the air. Focus on strengthening relationships.

February 22nd to February 28th: Think about your intentions and begin long term projects.

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

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.

For updates and any changes visit our website at www.spiritualuplifts.com or join us on Facebook at www.facebook.com/spiritualupliftsnewagestore



Soul Package with Lynn

Of course we have natural healing within us. However sometimes it's more difficult to heal yourself because it takes a long time to see your lessons. A coach can provide a safe environment where you can see yourself more clearly. Lynn not only coaches, she is also a psychic medium so she can see a little more by adding a soul reading. What you can't see she usually can. She will guide you on building structure, accountability, and give you the support to help you stay committed. The sessions are designed to identify root causes of emotional barriers around your heart. She uses assistance from the divine to release blockages and cords that may be holding you back.

Depending on your needs:

Soul reading/clairvoyant, affirmations, tapping, healings, chakra balancing, cords cutting and removal of blockages, soul retrieval, 1 hour crystal bed

6 sessions for \$400.00

(This requires total commitment and must be scheduled ahead for once a week.)

Reading by Lynn

I've been reading tarot cards professionally for more than 30 years. I work through the cards using clairvoyance, mediumship, and soul reading. I am also a Reiki Master, Coach, and Minister. I have been studying Metaphysics since 1990.

For most of my life, I lived in Rhode Island, which is 45 minutes from Salem, Massachusetts. I made many trips back and forth to Salem to discover its true histories and the wonderful growth of spiritualism.

Most of my work was taught through the White Light Book Store in Cranston, Rhode Island. As I learned more about my spiritual gifts, I discovered they started to form when I was a child. I believe everyone is psychic, some more sensitive than others.

Once I finished my bachelor's degree in business, I decided it was time to have a business of my own. That's when I opened Spiritual Uplifts Metaphysical Store.

My contact with spirit has helped clients through the healing process associated with the loss of deceased loved ones, divorce, new ventures and finding oneself. I am dedicated to helping others identify and eliminate obstacles standing in their way in all aspects of life, including personal growth and relationships.

Call for an appointment

Readings: 1/2 hour \$90.00; 1 hour \$145.00. Anything over an hour is \$2.00 per min. You can have a phone reading, or in house reading. Readings are done by appointments only. Due to high volume of customers we open our schedule no more than two weeks out. You can call every Saturday at 10:30 a.m. to schedule your appointment. Customers are only allowed to book every three to six months. Thank you for understanding, Lynn

Attention: All mediumship reads is one deceased loved one per session. Lynn talks to a lot of spirits in one day. It can be very draining when you keep asking. She needs her energy to finish the day.

We have availability for readings in February. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.

Spiritual Uplifts Class Calendar



February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						Healing event 1:00 pm to 3:00 pm
5	6	7	8	9	10	11
					Jewelry Show 10:30 am to 6:00 pm	Jewelry Show 10:30 am to 6:00 pm
12	13	14	15	16	17	18
Jewelry Show 10:30 am to 6:00 pm Understanding Soul Mates 1:00 pm to 3:00 pm Magic of Love 3:30 pm to 5:30 pm						
19	20	21	22	23	24	25
Pendulum Class 3:00 pm to 5:00 pm						Psychic Mediumship 2:00 pm to 5:00 pm
26	27	28				