



FREE

Spiritual Uplifts Newsletter

January 2024

Owner Lynn Pritchard

Monthly Insight

By Lynn Pritchard December 1, 2024

The first month of the year is January, which signifies new beginnings and a fresh start for many of us. It marks the doorway to our potential and is a time for renewal. Interestingly, January is named after Janus, the Roman God of beginnings and endings, who protects the gates and doorways.

January is considered the beginning of winter and is associated with cold weather. During the winter season, darkness dominates and the Goddess sleeps, along with the seasons and the world. However, it was during the Winter Solstice that the Goddess brought forth her son, the Sun, symbolizing the return of the light and the promise of rebirth. Therefore, it is fitting that January represents gates, new beginnings, new journeys, and doorways.

What greater way to open a doorway is to take our vision board class this month January 14th from 1 to 4 pm. During this class, you will learn how to create a personalized vision board that reflects your aspirations and helps you visualize your path to success. Don't miss out on Monday, January 8th from 7-9pm when our students will offer readings for \$20.00.

Quote of the month

"Celebrate endings, for they precede new beginnings."

- Jonathan Lockwood Huie



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

2039 Mound Street, Orange Park, Florida 32073

[Www.SpiritualUplifts.com](http://www.SpiritualUplifts.com)

Message from Lynn

By Lynn Pritchard January 1, 2024.

New Year's resolution.

In the past, during the start of every new year, people would make resolutions that they hoped would lead to positive changes in their lives. However, many of these goals were often too ambitious or unrealistic, which made them difficult to achieve. This year, I would recommend trying a different approach. Instead of aiming for something that is nearly impossible to accomplish, it would be better to set a goal that is more attainable and within reach. By doing so, you can increase the likelihood of success and feel a sense of accomplishment as you work towards your resolution.

When we approach challenging tasks with a practical mindset, we can break them down into smaller, more manageable steps. This can help us avoid becoming overwhelmed, and instead allow us to tackle each piece of the problem in a more focused and effective way. By taking a practical approach, we can simplify even the most complex of tasks and make them easier to accomplish.

Journal: Keeping a journal can be an effective way to release your thoughts and recharge your mindset.

Bedtime: A consistent bedtime routine can improve sleep quality. Feeling tired upon waking may indicate inadequate rest. Prioritize healthy sleep for a well-rested and energized body and mind.

Diet: Try new veggies to improve your nutrition.

Build a budget: Due to the rise in food prices, I plan my meals for the week, creating a detailed list of required ingredients. This helps me reduce my food expenditure without compromising on the quality of my meals.

Read more books : Love reading? Read more this year by setting a realistic target. Start a book club to hold yourself accountable and to explore new books with like-minded individuals.

Happy New Year, Love you all, Lynn Pritchard

Numerology

By Kim Hastings January 1, 2024.



I do not know about you, but I am excited for this New Year and all it has to offer. If the past couple of years have been rough for you, know that your hard work has not gone unnoticed and will be rewarded. 2024 is an 8 year, the number of success and reward.

As January 2024 is a 9 Universal Month, we will see resolution. Most times, this does not mean finality, but rather a closure of a phase that helps us move closer to our goals. This energy helps show us progress, reminding us that certain goals can take time to reach fruition. However, when we see progress being made, we are motivated to continue on the path towards our ultimate goal.

This month is not the time to take a break. As a 1 month, January brings the additional energy of independence and determination, motivating us to set things in motion. The work we put in now will set the pace for the upcoming months, so we must put forth our best efforts.

Spiritual Uplifts Metaphysical Store

SIX-WEEK CRYSTAL CLASS

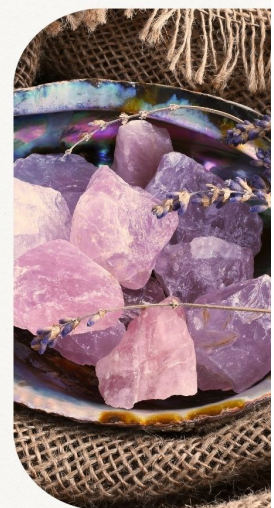
Starts Sept 22, 2024

1. Discover the different types of crystals and how they are used.
2. Learn how to wire wrap.
3. How crystal wands can be used to heal.
4. Use crystals to explore the dream world. Making a Dream Catcher
5. Create a crystal grid.
6. Meditation with crystals

Cost: \$30.00 per class or 180.00 for all 6 classes.

spiritualuplifts.com

904-292-4555





*Healers are now
available by
appointment.*

*Call for availability.
Prices vary.*

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

Numerology Reports with Kim

This report comes with your life path number, personal year and month. You'll receive 3 month and 3 year numerology and compatibility.

Cost: \$35.00 appointment only

Astrology Reports

Astrology provides the wisdom of study that will ensure beginnings and guidance to positive changes in your life.

3 month predictor \$25.00

6 month predictor \$35.00

Year predictor \$50.00

Full Natal Chart \$50.00

Full Natal Chart/Year Predictor
\$75.00

Can be emailed or pick-up

Aura Imaging

Aura Imaging Picture:
\$25.00

Standard Chakra Report:
\$25.00

Standard Aura Report:
\$35.00 7pages

Full Aura Picture Reading:
\$50.00 22 pages

*Receive \$10.00 off if report
is emailed.

Now offering jewelry repair!



Pa will restring your
broken bracelets for
\$5.00

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

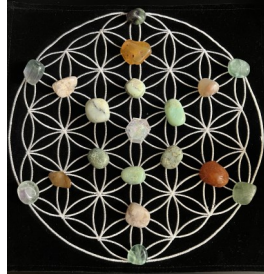
1 hour: \$80.00



SPIRITUAL UPLIFTS

Crystal Grid for a Fresh Start & New Year's Resolutions

By Amanda Dublo January 1, 2024.



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.

- **Carnelian:** Use Carnelian for the ultimate power boost. This transformation stone is excellent for increasing energy and creativity. Carry this stone to fuel your motivation and determination for making positive changes in your life. It can also boost your confidence as well as reduce self-doubt.
- **Chrysoprase:** This nurturing crystal encourages independence, helps you break away from old situations and relationships, heals and restores balance, and brings a sense of security and trust. It is excellent for starting a new relationship or business enterprise; it stimulates creativity, individualism, veracity, and truth.
- **Flower Agate:** Work with this stone to grow to your fullest potential. Flower Agate encourages transformation and progression that will stay with you throughout the year. It develops a sense of clarity, allowing for positive decision making, learning lessons, and moving forward with your goals and ideas.
- **Fluorite:** Use Fluorite to eliminate mental fog, uncertainty, troubled thoughts, and concern. It is ideal for studying and learning, it helps absorb newfound information while also improving memory, concentration, and retention.
- **Moonstone:** Moonstone is the perfect stone for new beginnings. It increases intuition, inner growth and motivation. Moonstone can also bring success and good luck in new business projects, New Year resolutions and relationships.
- **Selenite:** This is a powerful purification stone. It eliminates negative energy and brings in light, positivity, clarity and understanding. Selenite is one of the few stones that can cleanse and charge itself, as well as other crystals. It can instill deep peace within its surrounding environment.

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 January 1, 2024

The full moon for January 2024 is known as the Wolf Moon, so named by Native American tribes because it was the month it was more likely to hear wolves howling. The Assiniboine people of the Northern Great Plains called it the "Center Moon," marking the middle of the cold season. The Cree referred to this moon as the "Cold Moon" or "Frost Exploding Moon," in reference to the severe weather during January.

Last Quarter: January 3rd 10:30 PM EST
New Moon: January 11th 6:57 AM EST
First Quarter: January 17th 10:53 PM
Full Moon: January 25th 12:54 PM 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 you focus your energies, allowing your desires to manifest.

You will need the following:

- White Sage; Moldavite incense; Bayberry 7 day candle;
- Bay leaves; Eggshell calcite crystal; fire-proof dish; pen; lighter.

First, clear your space with the white sage to remove negative energy. For best results, perform this ritual in a clutter-free area of your home. After burning your sage, light a moldavite incense. Moldavite incense removes any blockages and helps manifest positive life changes. Light your bayberry candle and place it in the center of your space. Bayberry invites luck and prosperity. Lastly, place your Eggshell calcite crystal to the left of your candle. Eggshell calcite is comforting during times of new beginnings and growth, inviting positive energy and protecting you from any negativity.

Write down what you want to manifest on your bay leaf (use as many leaves as you would like), then place them in your fire-proof dish and light. As they burn, think about your wishes as if you have already received them (for example, "I am thankful for my new job where I earn \$60,000.00 a year;" "I love my new reliable car," etc.) This ritual is great to do if you have already created your vision board for 2024.

When you are done, carry your crystal with you as a reminder of your hopes and goals for this year!

Don't forget to make your 7
Wishes!

Every full moon, write down your 7 wishes.
Write them as though you have already received
them. Once your list is complete, burn it and
bury the ashes in the earth.



January Classes & Workshop

Healing Event Saturday 6th from 1:00 pm to 3:00 pm Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, 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.

Vision Boards with Kim Sunday, January 14th 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 Mediumship class with Lynn. Saturday 20th from 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.

2 ½ Meditation Sunday 28th from 4:30 pm to 7:00 pm. During this meditation, all seven chakras are activated. Sometimes it is just necessary to relax and practice mindfulness. This is the perfect course for beginners as well as experts, whether you are stressed out and in need of some peace, or just want to enjoy all the benefits of meditation. You may bring pillows or blankets if necessary. We will take a 15-minute break in between. Snacks will be provided. The cost of the workshop is \$35.00. Space is limited. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

Upcoming Workshops & Special Events

Student's Night Spiritual Readings

Monday January 8th 7:00 pm to 9:00 pm. Join us the first Monday night of the month for a spiritual reading by one of our students trained by Lynn. \$20.00 cash only. Walk-ins only. Please call (904) 292-4555 for more information.

Beginner's Tarot: Part 1

This course requires a commitment of 6 weeks. Throughout the course, you will receive assignments that will help you comprehend the significance of tarot cards. The topics covered will include mythology, numerology, colors, and a range of spreads, including the Tree of Life. You will also learn how to read past lives through the tarot. At the end of each class, I will pair everyone up to practice with each other. To obtain certification, you must attend and complete all six classes. 5 students minimum requirement. Lynn Pritchard will be teaching this class.

Dates: February 4th, 11th, 18th, March 3rd, 10th, 17th
Time: Sundays from 4:00 pm to 7:00 pm
Cost: This is a six-week course priced at \$180.00 non-refundable.
There will be make-up days. However, there is a \$10.00 fee for any make-up days.

SPIRITUAL UPLIFTS

WE'RE HIRING!

We have two part-time positions available.
We have competitive pay with room to grow.

Please fill out an application in the store.

SPIRITUALUPLIFTS.COM

Spend the week with Spiritual Uplifts!

First Monday of the Month

Join us the first Monday night of the month from 7:00 pm to 9:00 pm for tarot readings by one of our psychic students trained by Lynn. \$20.00 cash only. Walk-ins only. Please call (904) 292-4555 for more information.

First Saturday of every month

Healing Event from 1:00 pm to 3:00 pm Come meet our practitioners and experience different healing techniques. Our healers are trained on energy work, 7 archangels, re-connective healing, singing bowls and more. All our practitioners are intuitive healers that are well-trained and attuned. Cost \$15.00 Love offering goes to St. Jude's hospital. First come, first served.

Every Tuesday Wellness Tuesdays

The following will be available every Tuesday for walk ins. No appointments. Chair Healings with Amanda for \$20.00 Aura & Chakra Wellness checkup \$20.00

Every Thursday Healings with Amanda

3:00 pm to 7:00 pm.

Amanda is available for half hour healing sessions every Thursday from 3:00 pm to 7:00 pm. You can book an appointment or walk in for a session. Cost: \$65.00

Every Sunday Chen Taiji with Quincy Griffith

Sundays 9:30 am to 10:30 am and 11:00 am to 12:00 pm. This course will help improve your balance, knee mobility, overall health, leg & core strength, and more. Enjoy the reiki healing that is incorporated throughout the course for the ultimate healing experience. \$15.00 per person or 6 classes for \$75.00. Private sessions also available by appointment. Due to limited space, prepayment is required to secure your spot. Call (904) 292-4555 to reserve your space.

Healings with Quincy

12:00 pm to 3:00 pm

Cost: \$65.00 for 30 minutes. \$80.00 for an hour.

Upcoming classes

Beginners' Tarot: Part One

Throughout the course, you will receive assignments that will help you comprehend the significance of tarot cards. The topics covered will include mythology, numerology, colors, and a range of spreads, including the Tree of Life. You will also learn how to read past lives through the tarot. At the end of each class, I will pair everyone up to practice with each other. To obtain certification, you must attend and complete all six classes. 5 Students' minimum requirement.

Lynn Pritchard will be teaching this class.

Dates: **February 4th, 11th, 18th, March 3rd, 10th, 17th**

Time: Sundays from 4:00 pm to 7:00 pm

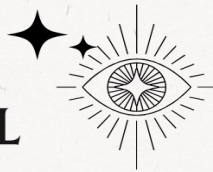
Spiritual Uplifts Metaphysical Store

**SPIRITUAL
READINGS
BY OUR
STUDENTS**

Monday 8th
from 7 pm to 9 pm

**\$20.00 cash only
walk-ins only**

SPIRITUALUPLIFTS.COM
904-292-4555





SPIRITUAL UPLIFTS MONTHLY STUDY

By Kimberly Hastings January 1, 2024.

Book: *Health Matters* by Taylor Grant. If you are looking to make your health a priority in 2024, this is the book for you. This guide will help you take control of your health by setting plans for a healthier lifestyle. Grant's 8 prescriptions for life will help you make positive changes in your life and discover how to receive the best medical care.

Crystal: Cassiterite: This unique stone is the perfect stone for starting your New Year's resolutions. A grounding stone, it helps you to focus your manifestation energies, to transform your dreams into reality. Physically, Cassiterite is excellent for those with compulsive behaviors or suffering from eating disorders and hormonal imbalances.

Herb: Osha Root: This herb can be used in a variety of ways. It can be burned to cleanse energy before rituals and to provide protection. Additionally, many use it to help with viral infections of the sinuses, throat, upper and lower respiratory system.

Precautions: Not intended to treat, diagnose, prevent or cure. Use at your own risk.

Oil: Hematite Oil: This earthy blend with hints of vanilla is formulated for grounding and to invite practical energy when dealing with materialistic concerns. Burn in a diffuser during your ritual work, add to a spiritual bath or anoint yourself when you need to focus.

All Spiritual Uplifts Essential oils and herbs are certified organic.

All crystals are handpicked and purchased by licensed vendors.

SPIRITUAL UPLIFTS METAPHYSICAL STORE

3 Day Healing Retreat

Release and Recharge" Part one (one on one and group work)
limited to a maximum of 8 participants.

July 19th, 20th, 21st.

*Create a healthier pathway
to connect with your higher
self?*

**You will get out of the
retreat:**

- Lemurian Crystal
- Make a healing grid
- Crystal bed session
- Healing circle
- Aura painting
- Release blockages
- Release karma debt
- Cut cords
- Clear chakras
- & MORE!

**All food included!
Snacks & Lunch
with a menu to
choose from!**

**Due to limited seating,
participants must
pay in advance to secure
their seats for the class.
Total Cost: \$425**

Cost \$425.00

904-292-4555
spiritualuplifts.com



Horoscope

Aries: Continue to expand your horizons and enjoy what the world has to offer.

Taurus: Do not dwell on the past. Focusing on your uniqueness will lift your spirits.

Gemini: Clearing what no longer serves you will pave the way to a successful path.

Cancer: Improving your personal relationships will be beneficial to your overall success.

Leo: Change may bring additional strain, but will eventually lead to material gains.

Virgo: Taking a risk can lead to great reward, but avoid overconfidence.

Libra: Investing your efforts into strengthening your personal relationships will be beneficial to other areas in life.

Scorpio: You can be strong-willed and still accept help from others. Learning the balance will be beneficial.

Sagittarius: You are the priority, but be mindful of others. Communication is key.

Capricorn: Organization and focus is crucial this month. Avoid wasting time on frivolous tasks.

Aquarius: This is a time for reflection and preservation. Avoid large changes and reactions.

Pisces: Patience is a virtue that serves you very well. Embrace any assistance in achieving your end results.

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

Mercury in Retrograde 2024

December 13, 2023 to January 1, 2024

April 1st to April 24th

August 4th to August 27th

November 25th to December 15th

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: Revisit 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

We would like to thank you all for your constant support. To continue to provide you with the best service, we have made changes to our Tansy Rewards program. Effective June 1, 2023, points will expire after 90 days.



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 \$550.00

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

Readings 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 (Tarot only); 1 hour \$145.00 (Mediumship and/or Tarot). 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 are booked in one hour sessions only and are limited to 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. Please be courteous to our employees taking the appointments. If you are not understanding you may not get an appointment.

Effective June 1, 2024 all No-Show appointments will be assessed a \$25.00 fee. This fee, along with prepayment for the appointment, must be paid before booking another appointment with Lynn.

Spiritual Uplifts Class Calendar



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	New Hours 12:00 pm to 5:00 pm	Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		Healing event 1 to 3 pm
7	8	9	10	11	12	13
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm	Student Reader night 7:00 pm to 9:00 pm	Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		
14	15	16	17	18	19	20
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm		Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		Psychic Mediumship class 2:00 pm to 5:00 pm
21	22	23	24	25	26	27
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm		Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		
28	29	30	31			
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm 2 1/2 Hour Meditation 4:30 pm to 7:00 pm		Wellness Tuesday Chair Healings 12-5 pm				