



FREE

Spiritual Uplifts Newsletter

March 2024

Owner Lynn Pritchard

Monthly Insight

By Kim Hastings March 1, 2024

In Ancient Rome, March was the time of year when the military became active again. Therefore, it is no surprise that the month of March is named for the Roman God of War, Mars. Before the addition of January and February to the Roman Calendar, March was the first month of the year.

For many, March is associated with St. Patrick's day on March 17th, a day to wear green and celebrate Irish culture. However, there is another significant event that occurs in March, the Spring Equinox. The Spring Equinox marks the first day of the Spring holiday in the Northern Hemisphere where we begin to enjoy twelve hours of sunlight a day.

During this time, Pagans observe Ostara, which is a time to honor the changing of the seasons and the renewal of life and nature after the long winter. They pay tribute to the Goddess, Ostara, the Goddess of Spring by spending time outdoors, decorating altars with symbols of spring such as rabbits, butterflies and spring flowers.

Quote of the month

"May your troubles be less and your blessing be more. And nothing but happiness come through your door."

- Irish Blessing



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 March 1, 2024

It's that time to get your Spiritual work done!

Spiritual healing is a complex and intricate process that involves our subconscious mind. As we journey through life, we encounter countless experiences from our surroundings, which are deeply ingrained in our subconscious. According to the renowned author Ted Andrews, the brain is akin to a central computer in our nervous system. In ancient times, the brain and the skull were believed to be the doors through which spirits would enter and exit the body at death. Therefore, to embark on a journey of spiritual healing, we must first focus on our inner self. This is why introspection is considered fundamental to all healing paths. By delving into the depths of our soul and uncovering our deepest fears, insecurities, and desires, we can begin to understand ourselves on a deeper level and initiate the process of spiritual healing.

Here are some of the healings we offer at Spiritual Uplifts
Healers

Lynn, Amanda, and Quincy. Their intuitive abilities can help you identify the negative blocks in your life that are holding you back and preventing you from experiencing inner peace and harmony. Balancing your chakras can help you release any pent-up negative energy, allowing it to flow freely through your body. With their guidance, you can start living a more balanced, fulfilling life and find the peace and harmony you've been searching for.

Soul Coaching Package with Lynn

Looking for personalized guidance to help you thrive in your life journey? Consider one-on-one soul coaching with Lynn. She'll start with a soul and clairvoyant reading and then tailor her approach to your specific needs. This may include affirmations, tapping, reiki healing, chakra balancing, cord-cutting, and blockage removal. Lynn's instrumental support and information will help you thrive and grow on your journey.

Extended Soul Coaching Package

Get five more sessions with Lynn, including past life, sound bath, crystal healing, and one crystal bed. The package also starts with a commitment letter and spiritual readings. However, it is mandatory to attend part one first.

Spiritual readings with Lynn. Connect with Lynn to explore your past, present, and future experiences. Allow her to guide you towards different paths that can help you guide insight.

7-Day Intensive Healing Package

This package is designed to assist you in taking back your power by providing an energetic overhaul. This package focuses on your 7 energy centers, and Lynn will work to balance and align your chakras, clear any blockages and cords, center all chakras, and implement sound and color therapy to help you achieve optimal results.

Crystal bed

Experience the ultimate relaxation with the Amethyst Infrared Light Bio-Mat, Bio-Mat Pillow, Color Light Therapy, Himalayan Salt Wall, Copper Wrap, Crystal Spheres, and Meditation combined to promote overall wellness.

Body: The Crystal bed is an effective tool to alleviate physical pain and detoxify the body.

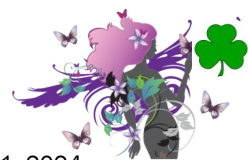
Mind: "Clearing out any mental noise can help you feel at peace and promote restful sleep."

Spirit: Meditation sessions for good health and balance. Half-hour has singing bowls and drums, while the one-hour has singing bowls and guided meditation.

Call for pricing. Hope to see you soon Love Lynn.

Numerology

By Kim Hastings March 1, 2024.



The theme this month is balance. Oftentimes, we are focused on one main issue in each month, whether it is family, work or social life. To ensure that stability, there are times when we could use a little assistance. Luckily for us, March is a 2 Universal Month, which invites a cooperative spirit and emotional balance.

What is interesting about March, 2024 is that there are two opposite energies at play. First, we have the playful energy of the number 3, which encourages us to relax and enjoy life. The Universe gives us these breaks to recharge our batteries, so take advantage.

On the other hand, we have the additional energy of the 8 that 2024 brings. The 8 is about discipline, structure and material gain. The lesson we learn from the 8 is that our hard work and dedication will pay off. This month, it reminds us to keep our eyes on the prize and not overindulge in the freedom given by the 3 energy.

Bottom line, take time for you, but don't lose sight of your goals.

Spiritual Uplifts Metaphysical Store

Refer your friends

Referral Program: Share the Love with Friends and Family!

Do you enjoy our services? Spread the word and share the love with your friends and family! Plus, as a thank you, after three referrals to any of the following services, you'll receive the same one for free:

- Reading or healing with Lynn
- Healings with Amanda
- Healing with Quincy
- Crystal bed

Limited time offer



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*

*Apprentice Spiritual
Readings the first
Monday of 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:
\$35.00

Standard Chakra Report:
\$35.00

Standard Aura Report:
\$45.00 7pages

Full Aura Picture Reading:
\$60.00 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.

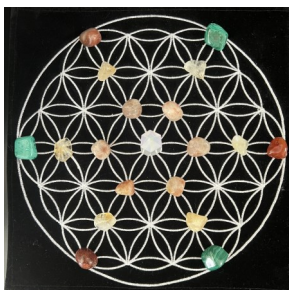
Sessions: 1 / 2 hour: \$55.00

1 hour: \$90.00



SPIRITUAL UPLIFTS

Crystal Grid for the Spring Equinox



By Amanda Dublo March 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:** Allow this stone to give you an energetic burst of creativity, motivation, and passion to start this spring off ready and empowered. Carnelian enhances decision-making, personal power, and the courage you need to take action and achieve your goals.
- **Citrine:** This crystal carries the sun’s energy and radiates light, happiness, abundance, and luck. It removes negativity and dissolves self-doubt while also increasing positivity, creativity, energy and success to help you manifest your intentions.
- **Clear Quartz:** A versatile and amplifying stone that can boost intentions, heighten the energies of growth, and transform negativity into positive energy. Clear Quartz radiates strong purifying and healing vibrations leaving you feeling lighter, motivated, empowered, and prepared to uncover your higher self.
- **Malachite:** The vibrant green color of this stone radiates transformation and growth, encouraging positive change and new beginnings. Malachite encourages us to step out of our comfort zone and take new chances. It protects one from harm as it absorbs toxins from both the air and the body.
- **Ocean Jasper:** This soothing stone radiates feelings of joy, contentment, happiness, and harmony. It provides support while moving on from previous difficult experiences. Ocean Jasper will bring to light all the positive aspects your life has to offer, so that you may practice gratitude and gratefulness.
- **Sunstone:** Sunstone carries a bright sunny energy that brings joy and positivity to the spiritual body. It can shine light on any situation and help you maintain a positive outlook, no matter what life may toss your way.

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 March 1, 2024

March's full moon is known as the "Worm Moon," named by the Dakota and other Native American tribes for the time of year when the warmer weather thaws the frozen grounds, allowing earthworms to reappear above the surface. The reappearance of the worms attracts robins and other birds such as crows. As a result, the more norther tribes referred to this moon as the "Full Crow Moon." The tribes believed the cawing of the crows symbolized the end of the winter season.

Last Quarter: March 3rd 10:23 AM EST

New Moon: March 10th 5:00 AM EST

First Quarter: March 17th 12:11 AM EST

Full Moon: March 25th 3:00 AM EST

Full Moon Ritual for Enhancing Luck

This ritual will help increase luck in your life by helping you to focus your intentions, removing obstacles for success.

You will need the following:

- 2 white candles; Van-Van 7 Day candle;
- White sage, Ginger & Eucalyptus sage; 7x7 Roll on Oil;
- Cat's Eye or Autumn Obsidian crystal
- Pen and paper.

First, cleanse your space using the White sage, Ginger and Eucalyptus bundle. This combination not only cleanses and protects your space, it attracts prosperity, good luck and a calming atmosphere. 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 Van-Van candle in the middle. The Van-Van candle invites luck, success and prosperity while enhancing mental clarity.

Place your chosen crystals furthest to the left end of the altar. Cat's Eye attracts wealth and prosperity and can even help regain lost wealth, while protecting against danger. Autumn Obsidian brings inspiration and helps problem-solving, inviting prosperity and happiness.

Next, take your pen and paper and make two columns. The first column will be any monetary goals you have (New job, increased savings, paying off debts, etc.) In the second column, list any goals standing in your way (Overspending, not enough income, time commitment, etc.).

Once you have completed your lists, light your white candles to call in your protection, then light your Van-Van Candle. Take your list and place under the Van-Van candle, anoint yourself with your 7x7 oil, and repeat the following:

"I have a plan and I am focused. All obstacles are released and my path is clear. The Universe is rich and money and prosperity flows easily to me. Mode it be."

Don't forget to make your 7 Wishes!

Allow your candle to burn for 7 days to seal your ritual. After the 7 days, take your crystals and place them in a green mojo bag, along with your list and a drop of the 7x7 oil and carry with you. Apply the 7x7 oil to yourself as needed to continue the energies.

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.



March Classes & Workshop

Healing Event Saturday 2nd 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, 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.

Apprentice Night Spiritual Readings Monday March 4th 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. We will also have healers available for sessions. \$20.00 CASH ONLY. Walk-ins only. Please call (904) 292-4555 for more information.

Divination Class, Saturday, March 9th from 12:00 pm to 4:00 pm. Learn about different divination tools and techniques. In this class, you will learn the basics of palm reading and the history of runes, make your own set of runes and learn about reading with oracle cards. (you must bring your own oracle deck). Snacks will be included. Cost: \$45.00. Please call (904) 292-4555 to sign up. Due to limited seating, prepayment is required to reserve your space.

Psychic Mediumship class with Lynn.
Saturday 30th 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.

Understanding dreams and dream journaling with Lynn. Saturday 23rd from 2 pm to 4 pm
In this upcoming class, you'll have an opportunity to delve into the fascinating world of dream analysis and creation of dream catchers. You'll gain valuable insights and techniques on how to record your dreams in a journal to better comprehend and interpret their meanings. By the end of the course, you'll be equipped with the knowledge to decode your dreams and create a beautiful dream catcher to capture and keep those positive dream vibes. Cost \$25.00 supplies and snacks provided.

2 ½ Meditation Sunday 25th 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

Chen Taiji with Qunicy Griffith

Every Sunday 9:30 am to 10:30 am

11:00 am to 12 pm.

This course will help improve your balance, knee mobility, overall health, leg & core strength, & more. Enjoy the reiki healing energy that is incorporated throughout the course for the ultimate healing experience. \$15/person. Space is limited, so call us at (904)292-4555 to reserve your spot today!

3 Day- Workshop Magic cat class

Join us on an enchanting journey to explore the fascinating, diverse world of magic and create your very own unique traditions. During this immersive course, you will be introduced to a wide range of mystical practices and learn how to master the art of spell casting. You will discover how to create and use a book of shadows, construct a beautifully adorned altar, and harness the power of candle magic to manifest your desires.

The minimum requirement is five students.

Lynn Pritchard will be teaching this class.

Dates: April 19th 20th & 21st

Time Friday 5 pm to 7:30 pm Saturday and Sunday 2 pm to 6 pm

Cost: \$275.00

Attendance and time management is required.

3-Day Retreat "Release and Recharge" Part one (one on one and group work)

We invite you to be a part of our transformative workshop where you'll learn how to reconnect with your inner self and rejuvenate your mind, body, and soul. Our focus is to create a safe space where you can explore various activities and practices to achieve complete holistic wellness. You'll have the opportunity to cut cords and release negative energy, delve into your past lives, experience sound and color therapy, receive healing, and meditate with singing bowls. You can also benefit from spiritual readings, learn about the power of money energy, discover your animal totem, and practice affirmations to enhance your self-awareness. Our workshop offers a diverse range of activities and practices, designed to help you deepen your connection with yourself and find inner peace. The workshop will be at the store. We will provide two meals, snacks, and drinks. A menu will be sent for you to choose from. Hotels will be priced separately, and a list of hotels with pricing will be provided. During your session, you will receive a beautiful Lemurian crystal as well as a unique grid. Lynn, the expert practitioner, will use her intuition to guide you through the experience and provide you with valuable insights. You will also receive an abundance of informative handouts to further enrich your understanding of this fascinating topic.

Limited to a maximum of 8 participants.

Lynn Pritchard will be teaching this class.

Dates: July 19th, 20th, 21st.

Time: Friday from 4:30 pm to 7pm; Saturday 10:00 am to 8:00 pm Sunday 10:00 am to 4:00 pm

Cost \$425, which is non-refundable.

Spend the week with Spiritual Uplifts!

The 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, 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.

The First Monday of the Month “Students Night”

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.

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. Quincy offers healings from 12:00 pm to 3:00 pm Cost: \$65.00 for 30 minutes. \$80.00 for an hour.

Every Tuesday “Wellness Tuesdays” From 12 pm to 5 pm

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” From 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



SPIRITUAL UPLIFTS MONTHLY STUDY

By Amanda Dublo March 1, 2024.

Book: *The Second Book of Crystal Spells* by Ember Grant. This book features more stones, spells, group rituals, and meditations, The Second Book of Crystal Spells offers creative methods for advancing your magical practice the next level. Building on techniques and information from The Book of Crystal Spells, Ember Grant presents this companion guide to help you work magic for protection, romance, divination, health, and more. This book also includes expanded appendices and correspondences, covering topics like crystal systems, planetary associations, chakra stones, and more. With an easy-to-follow format and in-depth knowledge on an expansive

Crystal: Indigo Obsidian: The vibrant blue hue of this stone promotes tranquility, mental clarity, and emotional balance. It also develops intuition, psychic abilities, and spiritual insight. Combine Indigo Obsidian with other crystals to amplify their energy: ideal for grids directed on communication, emotional healing, and intuition. It alleviates emotional turmoil, reduces stress, and cultivates a peaceful state of mind.

Herb: Rosemary: *Rosmarinus officinalis* has been known for its healthful uses especially as a memory aid. It can also bring intentions of health, mental abilities, love, growth, and prosperity into manifestation. Dried rosemary leaves can be macerated as rosemary extract, infused into oils, combined into herbal tea blends and used in a ritual bath.

Precautions: If using in therapeutic doses then not for use in pregnancy except under the supervision of a qualified healthcare practitioner. We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.
(mountainroseherbs.com)

Oil: Gold Oil: This oil is ideal for calling in prosperity, wealth, and abundance. As the seasons change and life starts to bloom around us, this is the perfect time to manifest your intentions of success and positivity.

Precautions: This oil can be used to scent your home, car, or body and/or used in lockets, bracelets, diffusers, and aroma lamps. External use only. Do not ingest. Keep away from children and finished surfaces.

All Spiritual Uplifts Essential oils and herbs are certified organic.
All crystals are handpicked and purchased by licensed vendors.



Horoscope

Aries- Your skills are in demand, but be careful not to come across as aggressive or insensitive.

Taurus: It's important to express your ideas and viewpoints in a subtle manner to achieve a positive outcome.

Gemini: Your words hold great power. Be mindful of what you say and write, as they can impact you for better or worse.

Cancer: It's important to slow down and take a break from intense emotions. Engage in relaxing activities to alleviate stress.

Leo: A challenging situation at work or with co-workers may be draining your energy, so reassessing may be beneficial.

Virgo: This month can be a playful time with potential for new or enhanced romances.

Libra: You may be investing money in home repairs or family activities. However, be careful not to get angry when spending time with loved ones is impossible.

Scorpio: Extra caution is advised in driving or anything related to transportation due to the possibility of an issue arising that may cause confrontations or require compromise with someone.

Sagittarius: Keep expectations within reasonable bounds and you will be more productive.

Capricorn: It's a time for forgiveness and learning to trust yourself. Lessons learned now will help you project yourself confidently to the world.

Aquarius: Do not ignore feelings of aggression. It's time to get them out. Write it on paper, burn it, and dispose it into the earth.

Pisces: A time to make special efforts to get along with others both professionally and personally. Changes intimated now may prove beneficial in the long run, both materially and otherwise.

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



904-292-4555

SPIRITUALUPLIFTS.COM

Mercury in Retrograde 2024

December 13, 2023 to March 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



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	New Hours 12:00 pm to 5:00 pm					Healing event 1 to 3 pm
3	4	5	6	7	8	9
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		Divination Class 12:00 pm to 4:00 pm
10	11	12	13	14	15	16
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		
17	18	19	20	21	22	23
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		Understand Dreams and dream journaling with Lynn 2 pm to 4 pm
24	25	26	27	28	29	30
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
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