



FREE

Spiritual Uplifts Newsletter

April 2024

Owner Lynn Pritchard

Monthly Insight

By Lynn Pritchard April 1, 2024

April Fool's Day on April 1st kicks off the month, where people play pranks on each other and spread happiness. It's a day where harmless jokes are played, and friends and family members try to trick each other in a fun way. This tradition is celebrated worldwide, and it's a great way to start the month off with a smile.

The full moon in April will be in the sign of Libra, and it can provide us with valuable insights into the imbalances that exist in our closest relationships. Libra, which is ruled by Venus, is known for seeking harmony, but it can sometimes forget to prioritize its own interests. The full moon can highlight issues relating to balance, justice, and personal values, urging us to make necessary adjustments to achieve greater harmony.

https://fortunewithstars.com/harnessing-the-power-of-the-full-moon-in-april-2024-in-vedic-astrology/#google_vignette

Quote of the month

It is human nature to think wisely and act foolishly.



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)

Spiritual Uplifts presents

David Christopher Lewis

Author & Spiritual Healer

Saturday April 27th

1 pm to 2:30 pm Soul Raising Sessions. Call for appointment

10 minutes \$50.00

20 minutes \$100.00

30 minutes \$144.00

3 pm to 4 pm Lecture

4 pm to 5 pm Book signing



Message from Lynn

By Lynn Pritchard April 1, 2024

As we approach April - the month of rebirth, it's a good time to reflect on our lives and let go of any negative patterns holding us back. This is an opportunity to start anew, to emerge as a renewed version of ourselves, and to embrace new beginnings with open arms. Let's release all the negative energies, move forward with positivity, and hope for a brighter future. Always remember that the key to success is letting go of old patterns and embracing the new.

"Discover the power of new habits and embrace the journey of personal growth. Take a step back from technology and dive into the world of books. Engage in meaningful conversations, stroll amidst nature, and let your mind wander. Hop on a bike, whip up some healthy delicacies, and explore the beauty of museums."

"Tap into the rejuvenating energy of April for a fresh start."

I love you all, Lynn. I hope to see you at the magic cat class—it's going to be a fantastic experience.

The perfect gift idea for when you have no idea

Spiritual Uplifts Metaphysical Store

Gift Cards

904-292-4555
spiritualuplifts.com

Numerology

By Kim Hastings March 1, 2024.



April Numerology

Throughout the year the Universe gives us time to refresh and recharge our batteries, allowing us to move forward with renewed enthusiasm. April is one such month, as it is a 3 Universal Month, the number representing creativity and vitality. Over the past few months, we have been focused on planning and working towards our goals. This month you have the time to reconnect with friends and enjoy the moment.

However, the lesson regarding balance continues this month, as April is a 4 month, the number of practicality and discipline. While we need time to enjoy life, we must avoid overindulgence. Too much going out or drinking could drain your resources, rather than recharge them.

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

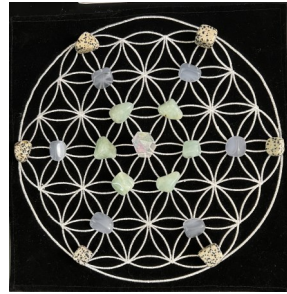
1 hour: \$90.00



SPIRITUAL UPLIFTS

Crystal Grid for HONORING GAIA

By Amanda Dublo April 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 of your choosing from below.

Carnelian – This stabilizing crystal leaves you feeling strong and secure in the here and now. It increases personal power, leaving you ready to tackle whatever life may throw your way. Carnelian has an energy that restores strength, determination, motivation and increases creativity for new interests.

Cat’s Eye Quartz – Allow the striking colors of this quartz to bring in clarity and focus, bathing the mind with balanced energy. The Cat’s Eye awakens intuition and insight, stimulates confidence and resolution, and increases positive intentions. Its grounding energy offers stability during times of change and promotes overall well-being and vitality.

Black Obsidian - This is a very powerful protective and grounding stone. It wards off negative energy, thoughts, emotions, and experiences in this life, and can also be used to heal past lives. Black Obsidian builds inner strength, helping you reach your goals and keep your faith in yourself and your ability to succeed.

Dalmatian Jasper – This variety of Jasper helps you identify your own strengths and weaknesses, enabling you to find ways to use them to their full potential. Dalmatian Jasper is also known as a good luck stone, it protects against those who may seek to reduce your success and helps you find solutions to problems, benefiting small businesses and entrepreneurs.

Prehnite - Prehnite is known as a “divination stone”. This stone’s energy improves precognition and can bring you closer to spirit guides, angelic beings, and Archangels. Prehnite can also offer clarity of mind and opens the heart so you may trust the signs sent by the Universe.

Smoky Quartz – This is an amazing grounding and protective stone. It reduces anxiety and helps keep balance during times of struggle and disorder. Smoky quartz can help you develop a connection to earth, enhance meditation, and manifest your dreams and wishes by helping you concentrate and work towards what is required.

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

Spiritual Uplifts Magical Moon

By Kim Hastings April 1, 2024

April's full moon is the "Full Pink Moon," named by Native American tribes to reference the time of year that the wildflower, creeping phlox also known as "moss pink" begins to bloom. The Algonquin tribe call this moon the "Breaking Ice Moon," and the Cree named it the "Frog moon," both names acknowledging the return of warmer weather.

Last Quarter: April 1st 11:15 PM EST

New Moon: April 8th 2:21 PM EST

First Quarter: April 15th 3:13 PM EST

Full Moon: April 23rd 7:49 PM EST

Full Moon Ritual for Rebirth

The Pink Full moon is the first full moon to occur after the Spring Equinox. It represents rebirth after the dormant energy of the winter season.

You will need the following:

2 white candles; Mother 7 Day candle;

7 Chakra Sage

Tanzanite or Sunstone crystals (For best results, use a newly purchased crystal)

Sun's Eye Greenman Oil

First, cleanse your space using the 7 Chakra Sage. This bundle includes white sage, which removes any negative energies, while burning the flowers that represent the chakras promotes balance within. 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 Mother candle in the middle. The Mother candle welcomes new beginnings and enhances growth.

Place your chosen crystals furthest to the left end of the altar. Tanzanite supports during major shifts in our lives such as a breakup or loss of a loved one, allowing you to embrace life again. Sunstone is a joyous stone, increasing vitality, self-worth and confidence.

Light your Mother Candle and apply the Greenman oil to your wrists or diffuse, then sit comfortably in front of your altar. Greenman oil increases strength and assists in rebirth and growth. Once you are comfortable, take deep breaths in and out, imagining yourself on a path that weaves through a field of flowers, with birds, butterflies and all things spring surrounding you. Behind you is grayness, representing your doubts and the bleakness of winter.

At the end of the path is a doorway, representing your renewal. Each time you exhale, you take a step further down the path closer to the door, releasing any fears and insecurities. Take as many steps as you need until you reach the door. When you are ready, you will walk through the door feeling confident and revitalized.

To further release, take a cleansing bath with Epsom salt and purification oil. Apply the Greenman oil as needed and carry your crystal with you to continue the energies from your meditation.

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.



March 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, 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 1st 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.

2 Day- Workshop Magic cat class Dates: April 20th & 21st at 2pm to 7:30 pm Saturday and Sunday 2 pm to 6 pm Cost: \$275.00 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.**

Psychometry Class Sunday 14th from 2 pm to 6 pm
Psychometry is a common psychic technique where psychics help solve cases and find missing people. It involves the ability to sense an object's physical and emotional history by touching it. To participate in the class, sign up and please bring at least two objects and a picture. (You cannot use a picture from a cell phone) to the front counter without showing them to other classmates. Cost \$20.00

Psychic Mediumship class with Lynn. Saturday 27th from 2:00 pm to 6:00 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.

Upcoming Workshops & Special Events

Author David Christopher Lewis

Saturday 27th

Free Lecture from 3 to 4 pm.

Co-creating a New Aquarian Reality through Quantum Awareness, Conscious Language, and Immaculate Vision.

Soul-Raising Sessions: 1 PM - 2:30 PM Prices: 10 min. - \$50 20 min. - \$100 30 min. - \$144

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.

Chen Taiji with Quincy 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!

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 chose 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



2 Day- Workshop Magic cat class

Dates: April 20th & 21st at 2pm to 7:30 pm Saturday and Sunday 2 pm to 6 pm

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. **Cost: \$275.00**

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 – *Real Life Intuition* by Melanie Barnum

Trust Your Metaphysical Senses and Master Your Intuition. Featuring empowering and sometimes surprising experiences from real people and exercises for developing your natural gifts, this book teaches you how to use intuition to get ahead in life. Discover inspiring stories from doctors, lawyers, musicians, therapists, and other professionals who tapped into their intuition and experienced a positive life shift. Through these vignettes you will gain a deeper understanding and working knowledge of your five clairs: clairsentience, claircognizance, clairvoyance, clairaudience, and clairalience. Melanie Barnum also reveals how to interpret dreams, intuitive flashes, and signs and synchronicities. With this book, you will tune in to the universal energy that connects us all and use it to help move toward greater success and joy.

Herb – Red Rose Petals: *Rosa centifolia* have been used for centuries for their fragrance, folklore, and healthful properties. These petals are often used to invoke the heart and are a lovely addition to potpourri, herbal sachets and can also be used as an offering for deities such as Gaia. Rose petals can also be used in botanical tea blends, culinary recipes, body sprays and floral baths.

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.

[\(\[mountainroseherbs.com\]\(http://mountainroseherbs.com\)\)](http://mountainroseherbs.com)

Crystal – Red Garden Quartz: This is a stone of spiritual growth, awareness, and development. Its red hue represents the fiery emotions of love, passion, and desire. It enables a deep understanding between partners that opens the heart to one another. Carry with you for grounding and protection against negative energy. This stone also aids in manifesting wants and desires.

Oil – Inspiration: This oil features Clove Bud with earthy and floral top notes with a base note of Hyacinth. This blend is formulated to uplift the mind with positive thought, creativity, and inspiration.

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.



Horoscope

Aries—You will interact with those who please you in terms of your ideas and ideals.

Taurus – Your talents and services are especially in demand now.

Gemini – Recognition is likely to come your way whether you ask for it or not, and the responsibility that comes right along with it!

Cancer – you draw closer to a loved one even though you feel pulled apart.

Leo – You may find you need help, and it’s okay to ask for it.

Virgo- Romantic and social activities may revolve around your working environment.

Libra – You will discover what works and doesn’t work in your life.

Scorpio – You may work hard at making yourself feel happier by keeping your home & family at peace.

Sagittarius – You realize that what matters is the closeness of bonds & ties with those you love.

Capricorn – Much energy is expended in understanding and adapting to your immediate environment.

Aquarius – You’ll learn that it pays off to trust yourself, forgive yourself, and be true to yourself.

Pisces – You may have a hard time defining your actions rationally.



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 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.



Readings by Lynn



Soul Package with Lynn

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

Depending on your needs:

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

6 sessions for \$550.00

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

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

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

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

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

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

Call for an appointment

Readings: 1/2 hour \$90.00 (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



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Apprentice Night Spiritual Readings 7 pm to 9 pm					Healing Event 1 pm to 3 pm
7	8	9	10	11	12	13
Chen Taiji with Quincy Griffin 9:30 am to 10:30 am Or 11:00 am to 12 pm						
14	15	16	17	18	19	20
Chen Taiji with Quincy Griffin 9:30 am to 10:30 am Or 11:00 am to 12 pm Psychometry Class 4 pm to 6 pm						2–Day Workshop Magic Cat 2 pm to 7:30 pm
21	22	23	24	25	26	27
2–Day Workshop Magic Cat 2 pm to 7:30 pm Chen Taiji with Quincy Griffin 9:30 am to 10:30 am Or 11:30 am to 12 pm						Psychic mediumship 2pm to 6pm Author David Christopher Lewis 1 to 5 pm.
28	29	30				
Chen Taiji with Quincy Griffin 9:30 am to 10:30 am Or 11:00 am to 12 pm 2 1/2 Hour Meditation 4:30-7:00pm						