



FREE

Spiritual Uplifts Newsletter

May 2024

Owner Lynn Pritchard

Monthly Insight

By Lynn Pritchard May 1, 2024

May is a magnificent month, with blossoming flowers and balmy weather filling the air with sweet fragrances and a sense of rejuvenation. However, it's also an immensely significant month, as it brings Mother's Day, a day that is much more than just finding the perfect gift for your mom. It's an opportunity to express your gratitude, love, and admiration for your mother and to honor her for everything she does.

In ancient Greece, Mother's Day was celebrated by paying tribute to Rhea, the wife of Cronus and the mother of many Greek deities. The Romans also dedicated a day to honor a mother goddess called Cybele, and their celebrations included grand parades, thrilling games, and lively masquerades.

Later, Christians began celebrating Mother's Day on the fourth Sunday of Lent to honor the Virgin Mary and all mothers. This day is a chance to reflect on the love and care that mothers selflessly give their children and appreciate the sacrifices they make to ensure their children's well-being.

Quote of the month



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

Horoscope

2039 Mound Street, Orange Park, Florida 32073

www.SpiritualUplifts.com



SPIRITUAL UPLIFTS

ANNIVERSARY

Party

SATURDAY, MAY 11

12:00 - 6:00 PM

**Healers &
Readers: 3-5 PM
\$20 for 15 min.**

**Jewelry sale: 20% off
jewelry over \$20**

**Chen Taiji
Performance**

**Craft Vendors on
the premises**

**Craft class with
sand art and
bracelets
(adults \$10.00 and
Children \$5.00)**

Free Classes

**CLEANSE YOUR HOME WITH LYNN:
2-2:30PM**

**HOW TO USE CRYSTALS WITH
LYNN: 2:30-3:00PM**

**CANDLE MAGIC WITH KIM: 3-
3:30PM**

(904)292-4555

wwwspiritualuplifts.com

Message from Lynn

By Lynn Pritchard May 1, 2024

Mother's day

Mother's Day is a heartwarming and significant annual celebration that honors and recognizes the extraordinary role of mothers in our lives. It's a day to express gratitude, love, and appreciation for the selfless sacrifices, tireless efforts, and unwavering support that mothers provide. Exploring the history of this day reveals fascinating insights into how it came to be such an important event. Mother's Day is a special occasion to show appreciation and love to your mother. Learn about the history of this day.

Anna Jarvis, a resident of Philadelphia, originated Mother's Day. Her mother had organized women's groups to promote friendship and health. On May 12, 1907, Anna held a memorial service for her late mother at a church in Grafton, West Virginia.

Almost every state in the U.S. observed the day within five years, and in 1914, U.S. President Woodrow Wilson made it a national holiday.

Anna initially promoted wearing a white carnation to honor one's mother, but it evolved to wearing a red or pink carnation for a living mother and a white one for a deceased one. The celebration was later extended to include grandmothers and aunts. Although the day was commercialized with cards and gifts, we can still make it memorable for our moms.

Happy Mother's Day. Love you all, Lynn.

Numerology

By Kim Hastings May 1, 2024.



Last month, the Universe allowed us to reenergize our systems, preparing us for the upcoming month, as May 2024 is a 4 Universal Month, the number of responsibility and determination. Thus, it is time to put our heads down and get back to work.

The challenge to this energy is the fact that May is a 5 month, which brings change. This month, we may find it difficult to stick to the task at hand. It also requires us to be adaptable to alternative outcomes that we did not account for. For most, adjustments to our best laid plans are unwelcome. We are set in our ways and resist any deviation to our design. However, the reality is that things must shift and reform for us to grow and move forward. But if we embrace any potential obstacles, we may find that the end results are better than we could have imagined. Otherwise, we remain stagnant.





*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 7 pages

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

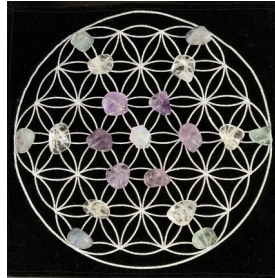
1 hour: \$90.00



SPIRITUAL UPLIFTS

Crystal Grid for CELEBRATING MOTHERS AND MOTHERHOOD

By Amanda Dublo May 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.

Amethyst – Amethyst is known for bringing peace and clarity to the mind, allowing you to stay focused and in control during hectic situations. Place this stone under your pillow or by the bed to help both mom and kids to sleep better.

Clear Quartz – This crystal is the most powerful healer and amplifier of energy. This versatile crystal supports overall health and well-being and can also be used to help focus, concentration, and increase memory function.

Carnelian – Carnelian is known for its ability to boost courage, motivation, and energy levels. This one is great for both moms and children alike, helping them overcome struggles by soothing emotions and grounding one in the present.

Fluorite: Fluorite is known as the “Genius Stone.” It has the ability to maintain concentration and mental clarity. Fluorite helps to sort through jumbled thoughts and eliminate confusion, keeping mothers focused when keeping up with the demands of motherhood.

Moonstone – This is a crystal of motherhood and holds strong maternal energy. Moonstone reduces stress and alleviates negative feelings, perfect for mothers dealing with emotional concerns. It also enhances intuition, balances hormones, and helps kids that have difficulties sleeping.

Rose Quartz – This is the stone of unconditional love. It opens the heart to self-love and acceptance. Rose Quartz is perfect for moms that need help releasing negative emotions and attracting peace and harmony within. Work with this crystal to help teach children compassion and forgiveness, allowing them to develop self-love and confidence.

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

Spiritual Uplifts Magical Moon

By Kim Hastings May 1, 2024

The Full Moon for May is the Flower Moon, named by the Algonquin Tribe to recognize the time of year that the flowers begin to bloom. The Dakota Tribe named this moon the "Planting Moon," while the Cree referred to it as the "Budding Moon," or "Leaf Budding Moon, also to acknowledge the blooming of the flowers in spring.

Last Quarter: May 1st 7:27 A.M.

New Moon: May 7th 11:22 P.M.

First Quarter: May 15th 7:48 A.M.

Full Moon: May 23rd 9:53 A.M.

Last Quarter: May 30th 1:13 P.M.

Full Moon Ritual for May Day/Beltane

Beltane is a Pagan holiday that marks the halfway mark between the Spring Equinox and the Summer Solstice, celebrating the coming summer season. This ritual celebrates the Maiden Goddess, welcoming passion and rejuvenation into our life.

You will need the following:

- White Sage & Sweetgrass bundle; Maiden 7 day candle; 2 white candles;
- Parvarti oil and wishing oil; Gold Sheen obsidian or carnelian crystal;
- Gold Ribbon, pen/sharpie, mojo bag, and Hawthorne berries.
- Yellow and white flowers.

For best results, perform this ritual outside near a tree if possible, using a new crystal.

To begin, cleanse your space using the white sage and sweetgrass bundle. This bundle not only cleanses and protects your space, but also strengthens your connection to Mother Earth. 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 the Maiden candle in the middle. The Maiden candle awakens your inner Goddess, promoting confidence and passion. Decorate your altar with the fresh flowers of spring and/or place a few flowers in your hair.

Place your chosen crystal(s) furthest to the left of the altar. Gold sheen obsidian protects against fear, anxiety and doubt, bringing light to any darkness you may feel. Carnelian invites positive energy and boosts confidence levels, sparking passion.

Light your Maiden Candle and anoint yourself with the Parvati oil (or diffuse). Parvati is the goddess of life energy and power. Take a few deep breaths and focus on what you are wishing for. Sometimes, our true desires don't come to fruition because, deep down, we don't feel worthy. With each inhale, breathe in the knowledge that you deserve all you wish for. With each exhale, release any worries, fears or doubts.

When you are ready, take your ribbon and write down your wish. Do as many as you would like, this is the time for making wishes! Once you have all your wishes, take your mojo bag and add them to the bag. Next, add your Hawthorne berries and a couple of drops of wishing oil. Hawthorne heals the heart, opening us up to receiving blessings. Place your mojo bag on your altar, then take a few additional breaths. When you are finished, place your crystal in your mojo bag and carry it with you. Anoint yourself with your Parvati oil as needed.

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.



May Classes & Workshop

Healing event Saturday 4th, From 1 pm to 3 pm. Meet our practitioners and Archangels, reconnection healing, singing bowls, and more. All our practitioners are intuitive healers who are well-trained and attuned. Cost \$15.00 Love offering goes to St. Jude's hospital. First come, first served.

Open the Fairy Door class Sunday, 5th from 3 pm to 5 pm. Come explore a magical realm with the fairies and embark on thrilling adventures. We'll learn about the fairies, practice fairy meditation, make fairy doors, and discover the secrets of portals. \$45.00 includes supplies and snacks.

Apprentice Night Monday 6th from 7:00 pm to 9:00 pm
Our apprentices have discovered and nurtured an innate gift they offer the world through their readings. They have tirelessly worked to refine their craft, making readings unmatched in accuracy and depth. These readings are a testament to the limitless potential within each of us to develop our talents and hone our skills to achieve mastery. Readings and healing are \$20.00 CASH ONLY.

Healers are available. Find peace and relaxation by scheduling a spiritual healing session with our available healers. They are here to assist you on Thursdays from 3 pm to 7 pm and on Sundays from 12 pm to 3 pm. Take care of yourself and allow yourself the time to release stress and restore inner balance.

Anniversary Party Saturday 11th from 12 to 5 pm Come join us for our 13th year celebration. We will have vendors, discount on Jewelry, healers, readers, make your own sand art, and bracelets, free classes and so much more. Spiritual Uplifts 2039 Mound St. Orange Park Florida 32073 call 904-571-2586

Psychic Mediumship Class Saturday 18th from 2pm to 5pm with Lynn 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. This is a series of 5, each designed to push you further each time. Cost: \$45.00.

2½ Meditation Sunday 19th 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 you 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.

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 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.

20% off until June

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 May 1, 2024.

Book: Tapping Into Wellness by Kathilyn Solomon. Imagine experiencing vibrant health, peace, abundance, and optimism every day. Tapping Into Wellness shares an innovative tool called Emotional Freedom Technique[®] (EFT), which allows you to have all this and more, literally at your fingertips. Join Kathilyn Solomon as she shares simple instructions, powerful and practical exercises, and real-life case studies from this world of miracles. EFT (also known as tapping) is a fast-spreading, easy-to-learn, and effective approach for men, women, children, and animals. This guide draws on the latest EFT Gold Standard[™], showing you how to work through physical or emotional problems and challenges. Often referred to as acupuncture without needles, tapping can help you:

- Resolve chronic pain and illness, cravings, and addictions.
- Overcome stress, anxiety, and phobias.
- Activate your body's own natural healing system.
- Gain relief from haunting memories and trauma.
- Experience resilience, positive energy, and improved health.

Crystal: Diopase: This is a stone for the heart that can help you surrender sensitive emotions such as anxiety, grief, trauma, depression, and self-hate. It can naturally increase self-confidence and courage, compelling you to act and make much needed changes. It can also increase compassion, encouraging you to be more compassionate with yourself as well others.

Herb: Dandelion Leaf: Taraxacum officinale has a lengthy history as being known as an edible food and restorative tonic. Dandelion leaves make an outstanding addition to herbal tea blends. Leaves can also be brewed as tea, infused as dandelion extract and can be used in spells or mojo bags for protection from negative energy, or added to cleansing 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)

Oil: Frigg: This oil calls in attributes of Frigg: the goddess of motherhood. It features Willow Bark with fruity top notes with a base note of Coconut.

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: The ability to relate well with others might enhance your own personal finances during this period.

Taurus: Be careful about unsecured business dealings that may not be justifiable.

Gemini: Keep in mind that what you say or write now has an impact, for better or for worse.

Cancer: This is a good month to find a spiritual leader you can follow.

Leo: Cooperative efforts revolve around making the most of all the resources around you.

Virgo: Conflict between partners maybe through ego, try to be more understanding.

Libra: You feel overworked. So, you may feel annoyed easily and impatient.

Scorpio: Try being patient in delicate moments as impulsiveness can ruin yours & someone else's life.

Sagittarius: Make sure you set realistic goals and expectations as situations evolve and get complicated.

Capricorn: Those around you are prepared to listen to your side of things.

Aquarius: Before starting something new, give yourself time to think.

Pisces: Give people what they want: to be their witness and listen.



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



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	New Hours 12:00 pm to 5:00 pm					Healing event 1 to 3 pm
5	6	7	8	9	10	11
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm Open the Fairy Door class 3 to 5 pm		Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		Anniversary Party 12 to 5 pm
12	13	14	15	16	17	18
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
19	20	21	22	23	24	25
Chen Taiji with Quincy 9:30 to 10:30 & 11:00 to 12:00 pm Healer Available 12:00 pm to 3:00 pm 2½ Meditation 4:30 pm to 7:00 pm		Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		
26	27	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		Wellness Tuesday Chair Healings 12-5 pm		Healer Available 3:00 pm to 7:00 pm		