July 2016

July is a powerful month for representing independence. July 4th was the day that our founding fathers adopted the Declaration of Independence. Imagine how our fathers, whom put their arms together to fight for their freedom so they could have the right to make their own decisions, while knowing that they didn’t have the numbers in the states nor the military to fight against the British. However, with courage they still signed the Declaration and fought for our country. Thanks to them we have our independence. They understood what our creator wanted for all of us. Always know that you are free, and opportunity awaits you.

Moon for the month of July

The July full moon is called the Buck Moon. During this moon the deer receive new antlers coated with fur. Thunder storms are at their highest frequency.

New Moon July 4th 7:01 am       First Quarter July 11th 8:52Pm
Full Moon July 19th 6:56 pm     Last Quarter July 26th 7:00 pm
Message from Lynn

How to get a better night’s sleep

Learning to relax and unwind after a long day can sometimes take a real effort. A good night sleep is very important because our body restores itself while we sleep. Once you can identify what relaxes you, it can be implemented into good sleeping habits. According to Harvard Medical School, we need sleep like we do water, food and air.

Sleeping tips:

**Bed:** Your bed should only be used for sleep. Put a comfortable chair in your room and use that for reading, work, television, etc. You want the energy in your bed to be relaxing, so keep this as the place you rest.

**Bed room temperature:** Keep your bedroom cool about 60 to 70 degrees. When the temperature drops your energy and concentration tends to fall making it easier for you to fall asleep.

**Bed covering:** Stay away from heavy blankets and clothing. Use thin cotton sheet and light cotton nightwear. Make sure you have a suitable mattress and pillow that has good support.

**Lighting:** Light may disturb your sleep because we associate it with daytime, so keep the room dark. If your room is not dark enough you can use an eye mask.

**Outside noises:** Use heavy blinds or curtains to keep out noise. You can also use earplugs, or play relaxing music. Sometimes fans can help ease the energy in the room so you can fall asleep.

**Air:** To get rid of stuffiness or smells use a salt lamp or sage to cleanse your room. You will notice with a salt lamp it will clear the air so you can breathe better while you sleep. Use dragon’s blood sage if someone was ill or passed away in the room to create a healthy environment.

**Bedroom colors:** the best bedroom colors are skin tones, pearly beiges, tans, creamy cocoa, blushing pinks, peaches, yellows, violets, and earthly reds.

**Dream catcher:** Dream catchers are a native tradition. The dream catcher protects you from nightmares and only allows good dreams to come in. They also help with prayers. Place a dream catcher above the bed.

**Exercise:** Daily activity takes a big part in how well you will sleep. Make sure any exercise is done at least three hours before bedtime. Exercising to close to bed can create a restless sleep.

**Food intake before bed:** Avoid caffeine, sugar, and rich foods. Milk and honey can give you a sedative effect to help with sleep.
**Tea:** Drink chamomile or jasmine tea before bed. Both help with easing tension, and they have a sedative herb that calms nervous tension that initiates a relaxing sleep.

**Lavender:** Lavender can be used as a soothing sedative to calm the mind and emotional well-being. Use lavender scented candles, sprinkle lavender oil or herb on your pillow for a good night rest. You can also soak in a lavender bath before bed.

**Insomnia:** Insomnia is when people have trouble sleeping. It can be different for everyone. For instances, some people could have an overactive mind which you can use prana breathing techniques to reduce mind chatter. Some people are just over-exhausted and cannot fall asleep. A warm bath for 90 minutes before bedtime can relax you so you can fall asleep. Some have poor eating habits that also causes insomnia. (look above for what food can help with sleep)

**Aches and pains:** Use essential oils to make a massage oil for aches and pains to help you sleep better. 1 tablespoon of almond oil, 3 drops of oregano, 4 drops of peppermint oil, 2 drops of cedarwood oil, 2 drops of lavender.

**Aromatherapy**

Start one hour before bedtime.

Use a oil vaporizer (we have some at the store)

- 5 drops of lavender
- 3 drops of jasmine
- 2 drops of bergamot

A good night sleep restores the body by strengthening your immune system. Keeping blood pressure down, reducing aging and weight gain. During sleep your mind goes through a house cleaning where it works out day to day issues, so you can process new experiences and knowledge. You will know when you had a good night sleep, as you will wake up feeling alive, balanced and refreshed.
Readings by Lynn

My name is Lynn. I’ve been reading tarot cards for 30 years. (professionally). I work through the cards using clairvoyance, soul readings and mediumship. I am also a Reiki Master, Coach, and Minister.

My earliest memory of seeing spirit was since I was 4 years old. I have been studying Metaphysics since 1990. For most of my life I lived in a small state called Rhode Island. Rhode Island is 45 minutes from Salem, Massachusetts. I made many trips back and forth to Salem discovering the true histories and the wonderful growth of spiritualism.

Most of my work was taught through the White Light Book Store in Cranston, Rhode Island. I have come to discover that as I have learned more about my spiritual gifts, they go further back from when I was a child. I believe everyone is Psychic, some more sensitive than others.

My contact with spirit has helped clients through the healing process through 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.

“Enjoy, feel good and live for today”

Readings: 1/2 hour $55.00 1 hour $70.00 Anything after an hour is $2.00 per min. Set yourself up for the year and pay ahead 5 readings and 1 hour healing for $320.00 (when paying ahead the session have to be schedule monthly or more) phone readings, in house readings. We take walks-in, but due to the high volume of clients its in your best interest to call ahead for an appointment.

Lynn Mumford/Pritchard
**Hippy Mid-Summer Fun Festival at Spiritual Uplifts**

Mark your calendar!!! It’s that time again! Come celebrate mid-summer with Spiritual Uplifts on Saturday July 9th from 1-6. We will have vendors selling various items including soaps, bead jewelry, circlets, and meditation music. Kay Simon from Cassadaga Spiritual Camp will be doing Aura Picture readings for $25.00. (Cash only). In addition, the first 30 people will receive a free **attract money** manifestation bag.

We will also have a 50% off clearance table and there will be a vendor selling hotdogs, drinks and ice cream for donation to St. Jude’s Children’s Hospital. Spiritual Uplifts healers will be giving healings for donation. Donate a metaphysical book to our library and receive a ticket to win a crystal ball. (Max. of 10 tickets per person). There will be air conditioning inside and fans outside.

**Free Mini Classes**

2:00 pm to 2:30 pm - Mini Crystal Class with Lynn. Learn about the properties and everyday use of crystals.

2:30 pm to 3:00 pm - Meet our healers and learn about the benefits of different energy healings.

3:30 pm to 4:00 pm - Learn a house cleansing ritual with Lynn, along with different ways to protect your home.

To make sure you get aura reading, please call 904-292-4555 to reserve your spot. The aura readings fill fast, so make sure you get your request in early. We look forward to seeing everyone on July 9th for a fun event!
Ongoing Classes

*If you are interested in our classes we asked that you please call 904-292-4555 to sign up ahead of time. Due to the high volume in students we need to make sure we have enough space. We want to give everyone our full attention and not overload our classes. Some classes may require you pay ahead. Thank you for your understanding and we appreciate your business.

---

**Healing event**

This healing event is to give you a chance to meet our practitioners and experience different healing techniques. We have pranic healers, reiki, tuning forks and reconnective healing. Our healers are well trained intuitive healers.

Date: July 2nd  
Time: 1:00 pm to 3:00 pm  
Cost: $5.00

---

**Meditation Class**

Need a place to meditate? I will go over some techniques to help with your meditations. You will also do a 20 to 30 minute meditation. These classes are designed to help make your meditations easy and effortless. Bring a yoga mat or you can use a chair. (Limited seating. Please call 904-292-4555 to reserve your space in the class.)

Date: Every Wednesday  
Time: 5:30 pm to 6:30 pm  
Cost: $5.00 love offering

---

**Psychic Practice with Lynn**

There will be a series of exercises that you will learn how to gain new insight and connect yourself to a higher level with your abilities. We will learn to read auras, feel energy and pair up to practice on other students.

Date: July 30th  
Time: from 2:00 pm to 4:00 pm  
Cost: $30.00
**Monthly Classes**

To reserve your seat for classes below please call 904-292-4555

### Crystal Grids Class with Lynn

Learn to make your own crystal grid. During this class you will understand how grid work and how to make your own. You will do meditation, make a grid and get handouts on how to make different grids.

Date: Sunday July 10th  
Time: 2:00 pm to 4:00 pm  
Cost: $30.00 or AMCP supplies are included with the price. Must put at $10.00 deposit to hold you seat.

### Gallery Reading with Chuck Bergman

Chuck Bergman, known as the “Psychic Cop”. Chuck is a former police officer with the Salem Mass. Police Department. He is now a full time psychic and works with law enforcement agencies nationwide. Chuck has been featured on A & E Psychic search.

Date: Saturday July 23rd  
Time: 7:00 pm to 9:00 pm  
Cost: $55.00

### Intensive Evidential Mediumship with Rev. Maeda Jones

Geared toward deepening the evidence we receive, this workshop is open to new students and some student with experience in evidential mediumship.

Date: Sunday July 24th  
Time: 1:00 pm to 5:00 pm  
Cost: $25.00  
Cash only
This Month study at Spiritual Uplifts

Crystal of the month: Champagne Tourmaline—Good for grounding and aligning the aura. Release old negative patterns. Great for self-healing, helps with addictive and self-destructive behaviors.

Book of the month: “The Book of Knowing and Worth” by Paul Selig. Paul and his guides explain gnostic revelations in simple language that anyone can understand. (This book is channeled)

Quote of the month: “How people treat you is their Karma, How you react is yours.” By Wayne Dryer

Eternal Crystals Oracle Cards
by Jade-Sky

These cards are beautiful. There are 44 cards and a Guided book. Oracle cards are great for mediums and reading yourself. The cards are great for beginners by offering them guidance and direction. They are also good for professionals who are looking to add a new dimension to their readings. If you are someone who likes crystals and knows them well this is the deck for you. You will have no problem reading these cards.
RECONNECTIVE HEALING

With Ted

Healing sessions are available with a gifted healing practitioner. Tad's energy restores balance and harmony in the body, mind, and spirit to manifest healing. Results can be immediate or over time. Allow yourself to be open and accept this wonderful experience.

PRICES: 30-45 minute sessions $75.
Sessions can be scheduled at Spiritual Uplifts or my home office.
CALL for an appointment: 904 613-7608

http://www.healingenergybyted.com/

Tetyana Boyeva/Owner/ Certified Barre, Reformer Healing Pilates/ Mat Instructor/ Yoga Teacher.

Tetyana introduces Everbalance fitness studio that offers Yoga, Barre, and Pilates, and customized fitness for every skill level. She has experienced instructors specialize in ensuring students exercise correctly to see results more quickly. She also offers inner muscle group strengthening on the Reformer to flexibility enhancement in both restorative and aerobic flow yoga classes. In addition, she has core and cardio, and higher intensity barre sessions.

Everbalance has a unique fitness regime for any goal.

A new conveniently located, dynamic boutique studio filled with fresh instructors, Everbalance is an inviting, friendly atmosphere that you won’t want to miss! With new student packages and on going specials. For more information check out Everbalance website

www.everbalance.com or call 904-304-2886

Location: 5298 Sunbeam Road  Jacksonville, Florida 32225

Spiritual Uplifts, 3491 Pall Mall Drive Jacksonville FL 32257 ,904-292-4555 spiritualuplifts.com
Horoscope for July

Aries - This is a time to build trust with oneself regardless to other things.

Taurus - This is a busy month for you. Much energy is expended in understanding and adapting to your immediate environment.

Gemini - Communication is strong at this time. You will be saying and doing all the right things, handling every job or chore with intensity and skill.

Cancer - You’ll need to establish good working relationships with colleagues, subordinates and bosses as well. It is not beneficial to challenge the system.

Leo - Personal and social contacts may be mysterious. You can manage both financial issues and domestic matters with charm.

Virgo - This is a time to follow your dreams and ideals, and to plant a seed in the form of a wish for the future.

Libra - Recognition, and rewards, are enhanced greatly. Your vision is practical right now, and you want to see tangible results for your efforts. Ask and receive

Scorpio - You have a desire to change physical appearance. You have a taste for the unusual and the spirit to match.

Sagittarius - Clearing out psychic “junk” or ridding yourself of bad habits may be a part of the picture now.

Capricorn - You will realize that in order to be successful, your people skills need to be honed. Create your own happiness by being alert with circumstance around you.

Aquarius - Waiting on pending payment may cause delay. Use this time to get rid of what is not working in life.

Pisces - Avoid fast decision making in an affair of the heart. This is a good time for self-improvement programs.
Services

Individual Healing Sessions Available.
Crystal healing, Pranic healing, Reiki healing, Reconnective.
Sessions run between a half hour to an hour. Prices vary from $35.00 to $75.00, depending on what type of healing you need.

Healings and attunements with Lynn
Lynn is the owner of Spiritual Uplifts. Her first attunement was at the age of 15 years old. Later in 2006, she redid her attunements completing all three with certifications. As the years have gone by, she studied more about Crystal Healing, Esoteric Healing, cord cutting, and now adds them to her sessions. She included methods such as, intuitive healing, and assisting people with clearing their past experiences that may be affecting their lives now. She has also been trained by Elka Boren with the 7 Archangel Healing System and Prema Birthing.

Private Parties
At the Store with Tracy and Lynn
Give your celebration a “Spiritual Uplift” by having your party with us!!!

Tea Party or Girl’s Night Out
*For more details look on our website spiritualuplifts.com
or ask front desk for a brochure.

Reiki Classes with Lynn
Reiki classes 1, is offered by appointment. Reiki 2 and 3 is done in a class setting dates are available on website. The cost is $75.00 for Reiki 1, $100.00 for Reiki 2 and $150.00 for Reiki 3. After class you will receive attunement and a certificate.
Brochures are available in our store or you can check our website for more details.

For updates and any changes visit our website at www.spiritualuplifts.com or join us on Facebook at
https://www.facebook.com/pages/Spiritual-Uplifts

Spiritual Uplifts, 3491 Pall Mall Drive Jacksonville FL 32257, 904-292-4555 spiritualuplifts.com
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Meditation 5:30 to 6:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Reading with Lynn/Library open</td>
<td>Closed</td>
<td>Closed</td>
<td>Meditation 5:30 to 6:30</td>
<td></td>
<td></td>
<td>Hippy Mid-Summer Festival 1-6</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Crystal Grids Class with Lynn</td>
<td>2-4</td>
<td></td>
<td>Meditation 5:30 to 6:30</td>
<td></td>
<td>Spiritual retreat Healing workshop</td>
<td>Spiritual retreat Healing workshop</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Spiritual retreat Healing workshop</td>
<td></td>
<td></td>
<td>Meditation 5:30 to 6:30</td>
<td></td>
<td>Chuck Bergman Gallery readings 7-9</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>Mediumship Class with Maeda</td>
<td>1-5</td>
<td></td>
<td>Meditation 5:30 to 6:30</td>
<td></td>
<td></td>
<td>Psychic Practice 2-4</td>
</tr>
</tbody>
</table>