

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2015

Volume 11 Issue 3



## June Featured Member

### Connie Stanford

I started practicing Kundalini Yoga in the fall of 2011 in Conway, NH, where my home, business, and life was in the dive of a lifetime. K Yoga fit sweetly into it as I moved with this very body, mind, soul and 'all that is'. I continued my practice and exploration as the way cleared for me to leave the area. I followed the weather and my heart and tent camped along the southern border of the U.S.. Kundalini Yoga came with me to every campsite, each hike. A flow of deep breaths landed me at Yoga Phoenix just as Level 1 Teacher Training began in January of 2013. My feet, and tent, had touched down in Prescott a few times in the 3 years before, but are more set more here, now, than I imagined they'd ever be again.

Awareness of life in grace and connection seems the flavor of all of the days of my life. It is rich and calls for recipes/tools to meet it... I'm so grateful for all that meets and has met me along these ways. Now...these days... As I breathe right where I am, I am beginning to share through teaching of this technology what's been so integral in my thrival. Sweet ride!

Connect with me for Kundalini Yoga at the Co-Op, through my Meetup group, or contact me for private sessions. I also share space and time with pets who's peeps need to be away through my little biz 'Come and Go Pet Care'. If you know any of those animals, would you dial the phone for them? Grace and peace in the journey. And this one deep breath. For more info call (603) 733-8148.

Mtnwanderer@gmail.com



## July Featured Member

### Carl Freestone

**Carl Freestone** is a world-class healer whose healing talents come from being a third generation chiropractor. His passion and field of expertise entail distinguishing conversations and relationships that ultimately result in neurological breakdown, disorganization, and physical distress. He is expert in Applied Kinesiology and has spent many years studying and correlating acupuncture points with emotional distress patterns and challenges most

chiropractors face. He has developed and taught many of his own techniques. His clients are impressed with his vast knowledge of the muscular and meridian systems of the body. He is an expert nanotechnology patch consultant. Instead of seeing the body as a newtonian model, Carl works on the premise that the dynamics we experience in daily and mundane relationships are also experienced internally and energetically in the body. He sees each individual as a dynamic network of energetic conversations. Inside a clearing of compassion and empathy, he and his client distinguish the nature of these conversations. An immediate, palpable shift occurs. The client also experiences immediately a shift in health and well-being as the energetic relationships between physiological systems of the body also shift and patterns of disorganization clear.

He successfully helps others with problems ranging from physical ailments to cravings, addictions and relational discord. He also counsels in nutritional and environmental concerns. Carl welcomes those with diverse challenges and issues to experience his awesome gift of healing. Carl is available for private as well as group consultations (480) 878-9513.

## WELCOME

### MSCO Welcome New Members

**J.A.N.E.T.** is a Registered Nurse who blends Western, Complementary & Divine Mystical Healing Methods. She is an energy healer, a mystic, and a soul reader and scribe. She offers Etheric Cord Cutting, Energy Grid Repair & Alignment with Aura Cleansing & Divine Guidance Writings, and Classes & Workshops. She is available on Thursdays by appointment at MSCO.

**Celeste Holly** is a certified Usui Reiki Master, as well as a crystal and vibrational healer. She has been working with healing energies for more than 7 years. She uses an eclectic and intuitive approach in her practice, as well as inner wisdom and guidance. She will also be offering jewelry making classes. She will be available on Tuesdays at MSCO.

**Shira Zerner**, who just moved here from Phoenix, will be offering Angel Card Readings and Energy Work. She is offering different Spiritual Development workshops, starting with Conversations with God book study group.

*Never doubt that a small group of thoughtful  
committed citizens can change the world.  
Indeed, it is the only thing that ever has.*

*Margaret Mead*

Mountain Spirit Co-Op (928) 445-8545  
107 N. Cortez, Suite 100, Prescott, AZ 86301  
Visit us on the web [www.MountainSpiritCo-Op.com](http://www.MountainSpiritCo-Op.com)  
Gallery Hours: Tuesday-Saturday 10-6, Sunday 11-3

Shira creates one of a kind cards, children's shirts and scarves. For 15 years Shira has created and produced presentations to inspire kids to be good people, this is available as a book and curriculum. Itsgood2bgood.com (See classes/events and ongoing offerings for more information)

## Many Thanks!

MSCO would like to give a special "Thanks" to Susan for her contribution in organizing, cleaning and all that she offers from her heart. Thanks, you're awesome!



## June & July Classes Events

**Conversations with God Book Study Group.** Come and ideas outlined in the book series. Call to sign up for this class as time and dates to be determined. (928) 237-5339  
**Sacred Teachings.** Rebecca Cutehands offers five to nine week courses that will heighten your consciousness with the Medicine Wheel of Creation and sacred teachings that will lighten the mind and expand the heart. There will be many gentle Indigenous ceremonies and rituals offered, guidance and wisdom as you work with all of the kingdoms of Creation, and understanding our connection to all that is within The Wheel of Life. Cost: \$800-\$1200. For info call Rebecca at (928) 499-4128.

# Come and Go Pet Care

Connie Stanford  
603-733-8148



Interim care for horses, cats,  
and other domestic animals.  
When you have to be away,  
I can stay!  
(or just come and go)  
ComeAndGoPC@gmail.com

**Energy Grid Repair & Healing Workshops.** Thursdays at MSCO. After this hour, you'll be able to help family, friends & pets by restoring their Energy Fields. Facilitator: J.A.N.E.T. Call or email to Register at (928) 963-0766 or [portalsedona2015@gmail.com](mailto:portalsedona2015@gmail.com) or see my web page for more details.

**Yoga Classes.** Thursday and Friday evenings from 6:30pm to 7:30pm and Saturday mornings from 10am to 11am. Beginning students are invited to join David Clay (a certified Yoga instructor) for Level One Hatha Yoga. Classes are designed to evoke a beautiful blend of perspiration, serenity, and joy through gentle sequences. Cost: \$10/class or 6 classes for \$50. For info, call David at (928) 458-5577. Room 405

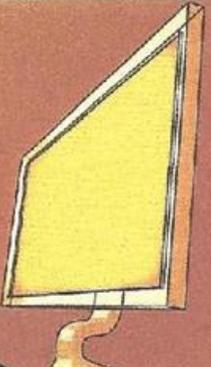
**Kundalini Yoga. The Yoga of Awareness.** Sundays at 3:30pm. I will be starting an 8-week series on June 7<sup>th</sup> that

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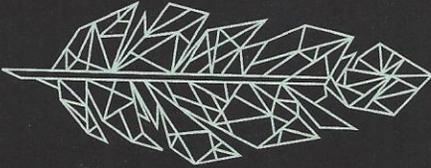
Fix it or it is free

Gina Kiehn  
(928) 227-0818



will move you through the chakras, leaving a sweet energetic trail! Classes run between 60 and 90 minutes. Come for the full series for \$100 prepaid or drop in for the individual classes for \$15 each. Follow the signs up to the 4<sup>th</sup> floor. I will also be offering something special for solstice on June 21<sup>st</sup> Classes are taught by certified Kundalini Yoga teacher Connie Stanford. For more info come to class! or call: (603) 733-8148, follow me on MeetUp.com, or email [Mtnwanderer@gmail.com](mailto:Mtnwanderer@gmail.com). 405  
**Have You Had a Spiritual Experience?** Friday, June 12<sup>th</sup> from 1:30 to 4:30pm. The last time was such a huge success!! Do you have a spiritual, intuitive, mystical or angelic experience you'd like to share with others? Gather with spiritually like-minded folks. Share your story and hear other stories. Come to listen, be heard and understood. Bring a friend. Free event. Facilitators are Debby Taylor and Sue Broome. Location: Prescott Library, 215 E. Goodwin St. Contact: Debbie Taylor (928) 772-6826 and Sue Broome (608) 239-9026  
**Day of Healing.** Saturday, June 13<sup>th</sup> from 10 to 4pm. We will gather at 10am for greeting, and guided imagery and healing led by Cindy. Debby, intuitive and Angel channel will provide detailed Angel readings in a group setting. Sue Broome will conduct an Angel Card party full of laughter and fun where everyone in the group asks a question. Facilitators: Sue Broome, Cindy Holt and Debby Taylor. Donations accepted. Location: Holt Healing, Prescott Valley. Contact: Sue (608) 239-9026. Please RSVP, space is limited.

**Soul Sister Phoenix area fairs.** Sunday, June 14<sup>th</sup> from 9 to 5pm. Over 60 vendors including: Reiki, Psychic Readings, Tarot, Palm, Astrology \* Massage \* Energy Works \*



# BLACKWINGS

fine art

107 North Cortez · Suite 104 · Prescott, Arizona · 86303

## David Clay - Slow Flow Yoga Instructor

Mountain Spirit Co-Op  
107 N. Cortez, Room 405  
Prescott Valley, AZ 86301  
928-458-5577  
www.seraphicyogi.com  
Thur & Fri 6:30-7:30pm, Sat 10-11am  
\$10/Class, 5 for \$60

Jewelry \* Art \* Bath Products \* Books \* & more \*Free classes/lectures every hour. Sue Broome will be doing Angel Card readings and a free talk. Join the fun. Don't miss this event that will meet all of your Spirit, Body, Mind needs. Cost: \$5 admission. Location: Pointe Hilton Squaw Peak Resort, N 16<sup>th</sup> St, Phoenix, AZ. Contact: www.SoulSisterEvents.com

**Charm Necklace Class.** Tuesday, June 16<sup>th</sup> from 5:45-7:00 pm. Please join Celeste, a warm, positive, and knowledgeable instructor with over 10 years of experience, for this jewelry-making workshop. The charm necklace is a long leather necklace with three lovely charms, all created by you, hanging from a hammered ring. This class incorporates basic jewelry making techniques, and an opportunity to work with leather. All tools and materials provided, wire, stones, beads, leather cord, clasps and silver rings. Cost \$45. Facilitator: Celeste Holly. Limit-6. Register with Celeste: (920) 858-2966, (928) 445-8545 or [ccholly@gmail.com](mailto:ccholly@gmail.com).

**Angel Card Party.** 3<sup>rd</sup> Wednesday of every month, June 17<sup>th</sup>, July 15<sup>th</sup> and August 19<sup>th</sup> 5:30 - 7:30pm. Sue connects with angels, archangels, ascended masters and your angels intuitively using cards to give you what you are looking for. You'll walk away with answers, energetic tools and feeling empowered. Up to 8 people, readings are together as a group. Everyone asks a question, The Angels are happy to answer, offer their loving guidance. Cost: \$20. Space is limited, please RSVP. Location: Spiritual Oasis, 716 N. Montezuma. Contact: Sue Broome (608) 239-9026.

**Spiritual Movie Night Fridays.** June 19<sup>th</sup> and July 3<sup>rd</sup> at 7pm. Movies to be shown will be posted. There will be hot water for tea and coffee and an open discussion

**Martha Reed**  
Tarot Reader  
Reiki Master  
928 202-8104  
martha@tarotreadingsbymarthereed.com  
www.TarotReadingsbyMarthaReed.com

afterwards for those who wish to participate. Cost: Donations Of The Heart &/or bring a snack or drink to share. Hosted by Nivare'. Call (928) 856-2823. C  
**Solstice Ceremony.** Sunday, June 21<sup>st</sup> from 11am to 1pm. We will be gathering on this powerful day with Grandfather Sun, to share in the Earth Ceremony and honor the longest day of light. In this Ancient ceremony we will each prepare our own earth blessing, connect to our natural state of being, honor our relationship with ourselves and the planet and soak in the rays of the life giving Sun. Cost: \$40. Spiritual Guide: Rebecca Cutehands. Please RSVP by June 13<sup>th</sup>. Location: The Medicine Wheel. For more info call (928) 499-4128 or (928) 759-9049.

**Cynthia Daddona**  
♥ SOUL COACHING® ORACLE CARD PRACTITIONER/READER  
♥ LIFE & LOVE WISDOM ADVISOR  
♥ NATIONAL WELLNESS AUTHOR "DIARY OF A MODERN DAY GODDESS"  
♥ LIFESTYLE TV HOST  
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CYNTHIA@MODERNDAYGODDESS.COM  
FACEBOOK.COM/CYNTHIADADDONA  
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805.451.2270

**Spiritual Connections - NEW!!** June 24<sup>th</sup> and July 26<sup>th</sup>, 6 to 7:30pm. Are you searching for soul support, encouragement and loving words? Are you looking for tools to further develop your own inner healer? Come connect with the healing energy of the Divine and like-minded people. Cost: \$25. Facilitator: Sue Broome, Angelic communicator and Healer. Location: Sue's home in Prescott Valley. Minimum 3 people. RSVP to Sue at (608) 239-9026.

**MSCO 4th Friday Art Walk.** June 26<sup>th</sup> and July 24<sup>th</sup>, 5:30-7 pm. Enjoy our members and a raffle from our featured members, Connie Stanford and Carl Freestone!

**MSCO Day of Service.** Sunday, June 28<sup>th</sup>, 11 to 3pm. Share in our thanks to our community. Donations to MSCO assists in the funding of the Intuition.

**The Phoenix Psychic Fair.** Sunday, June 28<sup>th</sup>. 9 to 5pm. Psychics, psychic mediums, clairvoyants, tarot card readers, healers, metaphysicians, vendors and more, from Prescott, Phoenix, Sedona and Tucson all together in one space for an incredible day. Get a psychic reading, a healing session, find out what lies ahead. Relax. Free talks every hour. Sue will be offering Angel Card readings and a free talk at 10:00am. Ask the angels your questions. They love to offer their loving guidance. Location: 2532 W. Peoria Ave., Crowne Plaza, North Phoenix, Grand Ballroom. Contact: <http://phoenixpsychicfair.com> OR <http://phoenixpsychicfair.com/sue-broome-january-11th-2015-angel-card-readings>

**Prenatal Yoga.** Thursdays, starting July 9<sup>th</sup> through August 27<sup>th</sup> from 5:45-7:00 p.m., with Celeste Holly, a trained RYT 200 hr Yoga Instructor and RYPS 85 hr Prenatal Yoga Certified instructor. Each 75-minute class will explore a theme such as alleviating low back pain, self-care, peaceful sleep, reducing swelling and preparing for birth. Cost: \$85 per class series or \$15 drop in. Register with Celeste at (920) 858-2966, (928) 445-8545 or [ccholly@gmail.com](mailto:ccholly@gmail.com). Class limit 8. 104C

**MSCO Spiritual Fair.** Saturday, July 18<sup>th</sup>. Enjoy a day for you with the members of Mountain Spirit Co-Op at MSCO's Spiritual Fair from 11 to 5pm!

**Wire Wrapping Class.** Tuesday, July 21<sup>st</sup> from 5:45-7:00 p.m. Please join Celeste, a warm, positive, and knowledgeable instructor with over 10 years of experience, for this jewelry-making workshop. This class incorporates wire wrapping techniques, and an opportunity to work with leather. Class includes all materials, wire, stone, leather cord and clasps. All tools are provided. Cost \$35.

Facilitator: Celeste Holly. Limit-8. Register with Celeste at (920) 858-2966 or (928) 445-8545 or [ccholly@gmail.com](mailto:ccholly@gmail.com).

**Rev. Rebecca Cutehands**  
Spiritual Guide

**awaken the journey within**

Medicine Wheel Ceremonies & Moon Blessings  
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Bus.#928-445-8545/ Cell#928-499-4128  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

**Fire Ceremony.** Saturday, August 1<sup>st</sup> from 5pm to 7pm. We will be gathering to honor the Andean celebration of Pachamama and the Apus. In appreciation to Mother Earth and the Mountain Spirits we will be sharing in the fire ceremony, sitting with the archetypes of the Andean Wheel, and creating the "mouth of the earth" in respects to this month long offering. There will be a gentle feast after the ceremony. Cost: FREE. Spiritual Guide: Rebecca Cutehands. Location: The Teepee at the Nature Center. Spaces are limited. Call Rebecca at (928) 499-4128 or (928) 759-9049.

## Members Ongoing Offerings

**Angel Card Readings and Energy Healing.** Shira Zerner offers her intuitive readings and energy healing work at the co-op on Sundays from 12-3. Shira has an extensive background in Jewish studies and has taught Hebrew for many years for both children and adults. Call (928) 237-5339 for appointments.

**Applied Kinesiologist and Intuitive Healer.** Dr. Carl Freestone assists clients to distinguish and release old patterns of relating that no longer are of service and that block full self-expression in areas that are important. He is a

## Conscious Choices

**Dana Cummins**  
Metaphysician  
928 420 2109  
[consciouschoicesaz@gmail.com](mailto:consciouschoicesaz@gmail.com)



Creating Pathways to Peace...

master at using lifeWave technology to bring order to areas of neurological disorganization, and bring relief to people who deal with pain, health and wellness issues. He will be offering his services at the Co-Op on Tuesdays, Wednesdays, and Saturdays. To schedule an appointment call Carl at (480) 878-9513. 104B

**Clearing/Blessing.** Are you in an office or home that doesn't "feel" comfortable? Maybe residual energy of the last tenant in the home, office or property? You're space may needs a blessing/ clearing. If you have any questions, or would like an appointment, call Lisa Hyman at (201) 787-7152 or Rebecca Cutehands at (928) 499-4128.

**Come and Go Pet Care.** When you have to be away, or require help with your horses, cats, and/or dogs, just call, text, or email and we will set a time when I can meet your crew and see how things feel. I look forward to meeting you, and them, when the time is right. Experienced and reliable. Coming and going in and around Prescott, AZ. Connie Stanford (603)733-8148.

[ComeAndGoPC@Gmail.Com](mailto:ComeAndGoPC@Gmail.Com).

**Crystal Grid of New Beginnings.** Experience this crystal grid, created to give everyone opportunity to open their awareness and push themselves past the limits and boundaries that hold them back from claiming more of who they really are. We are all embers of light, searching for wisdom that belongs to all. Join us in this time of healing and celebrating life. Cost: \$175. Call Dana Cummins (928) 420-2109 or Rebecca Cutehands (928) 499-4128.

**Calling in the Light/Consciousness Coach.** Nivare' is a Consciousness Coach, Guide and Spiritual Channel, who will be offering appointments for personal healing and empowerment. She has opened "Calling in the Light", which offers a unique gathering of tools and objects for



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ANIMAL SPIRIT GUIDES  
CERTIFIED REIKI MASTER



### Mountain Light Sanctuary

Rev. Lana Ante, B.S.W.

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928.717.4499

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Prescott AZ 86302

mountainlight@cableone.net

•By Appointment•

personal growth and transformation, including eclectic jewelry that ranges from antique to contemporary, ancient and indigenous art, and much more. Store hours are Thurs through Sat 11am to 6pm and Sun 11 to 3pm. Location: Suite 104A. For appointments or store info call Nivare' (928) 856-2823.

**Etheric Cord Cutting, Energy Grid repair, Clearing & Healing.** J.A.N.E.T is a registered Nurse who blends Western, Complementary & Divine Mystical Healing Methods. She will be available on Thursdays at MSCO by appointment. She will also be offering Classes & Workshops. For information & appointments: (928) 963-0766 or [portalsedona2015@gmail.com](mailto:portalsedona2015@gmail.com) 105B

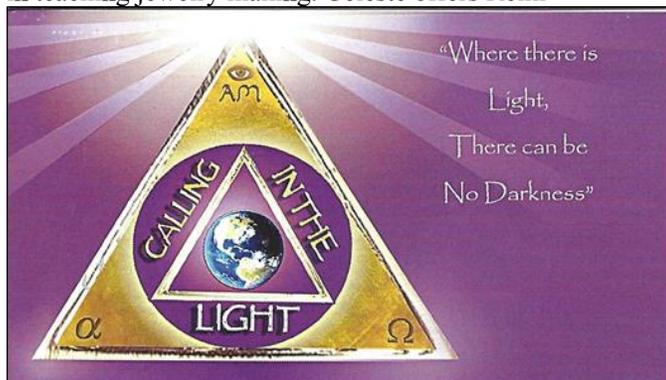
**Henna Tattoos.** Dana Cummins and Rebecca Cutehands offer henna tattoos & Mehndi blessings by appointment. Group/party packages available. For more info call Dana (928) 420-2109 or Rebecca (928) 759-9049. G

**Intuitive Tarot Readings.** Martha Reed is a member of the American Tarot Assoc. and is certified by the Tarot Certification Board of America. Martha Reed is available for readings at MSCO Fridays 1-5pm or by appointment. Please call (928) 202-8104. G

#### Metaphysical Teachings & Intuitive Work.

Dana Cummins is available for crystal grid therapy, metaphysical classes, and private intuitive healing sessions. Dana brings over 25 years' experience in various modalities, spiritual counseling and ceremony. For more information, please call (928) 420- 2109. 403

**Reiki Master, Chakra Alignment, Prenatal Yoga and Jewelry Classes.** Celeste Holly is a certified Usui Reiki Master, as well as a crystal and vibrational healer, certified yoga and prenatal yoga instructor and has over 10 years of experience in teaching jewelry making. Celeste offers Reiki



energy work, vibrational crystal chakra alignment and jewelry classes on Tuesday's from 11am to 5pm (later on days of jewelry classes) Prenatal yoga will be an ongoing 8 week series starting in July on Thursdays, 5:45pm to 7pm. Contact Celeste at [ccholly@gmail.com](mailto:ccholly@gmail.com) or (920) 858-2966. 105B

**Spirit Art/Intuitive Readings/Energy Healing.** Pandora Pillsbury is a clairaudient/clairvoyant, energy-healing practitioner. Angels, fairies, crossed over loved ones, goddesses, star people, and prophecy are her frequent "dance" companions when she is with her sketchbook or a canvas. She offers her skills, practices, and talents to empower you. Pandora is available on Fridays and Saturdays at the Co-Op. Appointments are preferable for spirit art but not mandatory. Walk-ins are welcome. Email: [pandora@pandorapillsbury.com](mailto:pandora@pandorapillsbury.com) or call (928) 910-0391 or 105B

**Spiritual Mentor/Teacher.** Lisa Hyman is a Reiki Master Teacher, Crystal Practitioner, Crystal Reader and Intuitive Guide. She offers Reiki and Crystal sessions, Intuitive guidance and Crystal readings. Call for appointments. (201) 787-7152. 105A



**Shaman Practitioner/Clairvoyant.** Sunny Mooseteps is a Shaman practitioner who connects with her Native American Guides, her Angels, Spiritual guides, Teacher, Spirits of ancient Healers, Spirits of Nature, Animals and Plants, and people who have crossed over to the Spiritual Realm. Since early childhood she has been clairvoyant, clairaudient and clairsentient and has developed her intuitive and healing skills as a registered Spiritual Minister, certified Usui and Karuna Reiki Master, and certified medium. She offers readings every other Saturday at the Co-Op, available by appointment or walk-ins. For info: call (570) 660-5591. G

**Spiritual, Intuitive, & Empathic Reading.** Rev. Lana V. Ante, BSW, is available for readings at MSCO from 11am to 5pm every Tuesday or by appointment. Lana has been offering Intuitive spiritual readings for the last 40 years. She also offers creative weddings and partnership ceremonies. Call Lana: (928) 717-4499. G

**Spiritual/Indigenous Medicine/Ministry.** Rev. Rebecca Cutehands offers individual sessions, ceremonies, weddings and sacred teachings. For more info call (928) 499-4128 or (928) 759-9049.CC

### Tachyon Energy, Reiki Healing and Animal Healing.

Intuitive Healer Jim Berry works with Tachyon Energy cells to clear chakras and balance meridians. Tachyon attracts life force energy (chi) to expedite your own personal healing process. He has worked with animals with energetic healing. Jim is also an advanced Reiki healer at MSCO from 12 to 4pm Wednesdays. Call Jim: (928) 778-4660 or 499-4613. 104B

**Tarot Readings.** Jodi Maas offers tarot readings most Sundays from 11:30am to 3pm. Walk-ins are welcomed or call (480) 227-7287 to schedule an appointment.

**Yoga Teacher.** David Clay will be offering a mixed level Vinyasa Flow Yoga class Thursdays, Fridays, and Saturdays. See classes/events or call (928) 458-5577 for more info.

## Extended Member Offerings

**Author/Celebrant/Spiritual Mentor.** Mikaya Heart has been leading shamanic journeys and creating ceremonies to help people celebrate life for over thirty years. Her intention is always to empower the individual, helping her clients to be fully who they are, allowing universal energy to move through their bodies, and contact their personal guides and their very own inner wisdom by getting in touch with the vast unseen reality around us. Contact Mikaya at [mikaya@mikayaheart.org](mailto:mikaya@mikayaheart.org).

**Energy Healing with Shira**  
Healing your Mind, Body and Spirit



303 E. Gurley St. #115  
Prescott, AZ 86301  
(928) 237-5339

[www.facebook.com/energyhealingwithShira](http://www.facebook.com/energyhealingwithShira)

**Shira Zerner**  
Energy Healer/Angel Card Reader  
[energyhealingwithShira@gmail.com](mailto:energyhealingwithShira@gmail.com)

**Author.** Gretchen Eelon Vorbeck lives in beautiful Sedona, Arizona. Gretchen is the founder of Roundtable Leadership. Her expertise: Leadership Mentor, Team Builder and Trans-Party-Activator. Gretchen's techniques enhance clients' willingness, choice and ability to work in unison while maintaining their individuality and uniqueness. For info: [www.Motherimpartofthesky.com](http://www.Motherimpartofthesky.com)

**Flower Essence Therapy. Blooming Vibrations LLC** offers flower essence services and plant medicine education. Linda M. Crider, BFRP has been a promoter and educator of botanical healing practices for over fifteen years. She specializes in flower essence therapy and is a Bach Foundation Registered Practitioner. Linda is available for flower essence consultations, which include personalized treatment bottles. Consultations are by appointment only and may be done over the phone. Visit Linda's website: [bloomingvibrations.com](http://bloomingvibrations.com) or call her at (602) 774-2382.

**Graphic Design, Web Design, Photography.** Judson Kramer is a Graphic Designer, Web Designer and Photographer the most popular stone used for heart chakra work. Rose from

Gatherings with a Gift, Creative Workshops

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& PLAY** 

Laura Nelson

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[laura\\_a\\_nelson@msn.com](mailto:laura_a_nelson@msn.com)  
(714) 350-4580

107 N. Cortez, #100  
Prescott, AZ 86301  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

Santa Monica, California with over 20 years' of experience in design and art direction. He is MSCO's current webmaster and has been involved in the spiritual community for over 30 years. If you are looking for a graphics professional for your next project, be it logo design, design for print or web, check out Jud's website: [judsonkramer.com](http://judsonkramer.com) or contact him [jud@judsonkramer.com](mailto:jud@judsonkramer.com).  
**Psychic Readings.** Lee Ann Romine has been an active psychic, counselor and medium for the past 25 yrs. She offers in person or over the phone sessions. Lee Ann believes by taking responsibility for One's journey, it gives you the power to change and manifest everything on could imagine. She also creates jewelry that promotes healing, and hand knit items, placing love and protection in every stitch. Contact Lee Ann at (304) 482-1222 or [LeeAnn@midohiovalley.com](mailto:LeeAnn@midohiovalley.com).

**Realty.** Laura Miner works at RealtyOneGroup, complimenting her personality of working with people as she gives understanding and attention to the experience of purchasing a home. She also creates the all natural and organic salves and lip balms at MSCO. Contact: (928) 925-4884 or [lauramineraz@gmail.com](mailto:lauramineraz@gmail.com).

## Member Articles

(See more about the following members in Ongoing Offerings)

### Shamanic Journeys

I have been leading shamanic journeys since the eighties and I have come to understand that they are an incredible tool for helping people to connect with the vastness of All-that-is, which contains unlimited potential. Of course not all journeys are the same: a great deal depends on the leader as well as the intentions of the participants, which can vary from simply wanting



**Mountain Spirit Co-Op**  
Health is a function of Participation

**Carl Freestone**  
LifeWave Patch Consultant,  
Neuro-Emotional Technique Practitioner,  
Applied Kinesiologist

107 N Cortez Street  
Prescott, AZ 86301  
(480)878-9513  
[participatetobewell@gmail.com](mailto:participatetobewell@gmail.com)



**"The way home is through  
the heart"**

**Pandora Pillsbury**  
Spirit Art  
Intuitive Readings  
Energy/Vibrational Healing

www.pandorapillsbury.com  
pandora@pandorapillsbury.com  
(928) 910-0391

to experience what a journey is, to wanting to communicate directly with one's soul and access the original intention one had prior to being born into this lifetime. Both of these extremes and every possibility in between are just fine, and are likely to change over time, depending on one's experiences and needs.

It may be appropriate to go into a journey with a specific question. I know one journeyer who wanted to know about the crop circles that have been appearing in England and elsewhere; she met the beings who make them and was shown how they are made. However, it's important to recognize that we small humans don't always know much! When we embark on a journey, All-that-we-are (also known as our souls) may have some definite ideas about what it is it wants to tell us, and perhaps it's nothing to do with what we thought we wanted to know. So I recommend that you listen to what is being said or shown without judgment. Frequently a person will find that it takes weeks or longer to integrate what has occurred. And sometimes there are no words that can be applied to what has occurred. Coming back with a story is great, but the shifts that can happen on a shamanic journey are occasionally too deep to be analyzed by the rational brain.

Usually journeys are fun—and that's great, we all need to have sources of real genuine fun in our lives. Occasionally, though, in our process of personal evolution we have to go through something that is difficult. You are always in charge of where your journey takes you--if you don't like what is going on, you can change it. And, still, when something not so pleasant is happening, you can choose to stay with it until it resolves, which may have very beneficial results in your daily life. The journeys I lead are only twenty minutes long, and yet it is amazing what can be achieved in that short time.

When you are considering taking a journey, ask yourself the following questions: how focused is the person who is leading it? Will I feel safe enough to let go of my rational brain and slip into a deeper place of knowing? Am I myself able to be focused and present enough to get what I want from the journey? But in the end, don't agonize over these answers. If it feels right go for it; and if it doesn't, do something else that will bring you joy!

- Submitted by Mikaya Heart

### Etheric Cord Cutting

This simple step provides relief & removes unnecessary Energetic Attachments that may be preventing you from fully enjoying life, from being content, happy or at peace. This easily cuts away stagnant energy, on the Etheric Level, which is making you feel drained & tired, possibly without you even being aware of it or of knowing why. It gives you clarity & positive perspective by cutting away old karmic ties & removes the feeling of being "stuck". It enables you to move forward by dissolving obstacles. It releases outdated beliefs, habits & unhealthy parts of relationships, that no longer serve your highest good. You immediately, can then attract, all you need to advance into a higher consciousness & the best way of being.

~Submitted by J.A.N.E.T.

### A Glorious Day To You My Child,

I hold you close in my heart this day. You are budding to blossom amidst the light you let in. Yes, it is like photosynthesis - like a tree or a flower that my light and their natural process creates a bud that blossoms as it is nurtured. So too as you nurture yourself, as you allow Me to nurture you, you shall bud and blossom the Glory of who you truly are of me as one. In that which you are and I Am - no thing may come upon you, unless you let it, that is not of your desire. Ground yourself upon the Earth you walk and in My Heart, from this all things are possible." "To "ground" as you call it is the anchoring of your energy into the Earth to help you function in the reality you are in - in this way, one may better function with the energies one is living with - it is also about balance of this "grounding" and the connection to the one you are of. The protection is the realization that you are & always have been, that that it is of your own free will that invites &/or let's in anything one might consider undesirable. In the Greatest sense no harm may befall you that you have created."

You May Choose To Choose Differently "You Are The Light - Dance In Your Creation" For This Moment Now, Which There Only Is, Choose To Live From The Heart First And Not Only From The Head - Choose To Live Life From The Inside Out and "Hold Yourself Sacred And All That You Do"

~Lovingly through Nivare'



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## Return Service Requested

*All offerings are held in the  
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CLASSES AT THE TOP OF THE TEMPLE - ROOM IS  
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DVD's ... always gratefully accepted.



The Intuition Newsletter is edited by Rebecca Cutehands,  
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and distributed by Scott and Ervie McMaster, Lee Ann  
Romaine, MSCO, and generous donations of our members,  
clients, customers, and friends.

## Events at a Glance!

**4<sup>th</sup> Friday Art Walk!**

June 26<sup>th</sup> and July 24<sup>th</sup>

5:30 - 7:30 pm

**Spiritual Fair!**

July 18<sup>th</sup>, 11:00 - 5:00 pm

**Day of Service**

June 28<sup>th</sup>, 11:00 - 3:00pm