

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

August/September 2015

Volume 11

August Featured Member

David Clay

David Clay is a certified Hatha Yoga instructor with a background in Power Yoga and Vinyasa Flow Yoga. He is also a certified teacher of the New Thoughtform Presentation of the Wisdom. He has entered an intense study of Yogic Philosophy while still nurturing his private Hatha practice. He continues to explore truth via Hatha, Raja, and Agni Yoga and seeks to share what he has gleaned with others. He teaches weekly online classes in esoteric philosophy. David is a member of the Vajra Flame Foundation and writes a weekly blog for www.retooling.org and his own website at www.SeraphicYogi.com. He draws inspiration from his Hatha Yoga teacher Arlene Bjork and the Teachings of the Masters of Ageless Wisdom.

David teaches Hatha Yoga for Beginners at Mountain Spirit Co-Op Thursday and Friday evenings from 6:30pm-7:30pm and Saturday mornings from 10:00am-11:00am. His intention is to gently guide beginner level students in a transformative Hatha Yoga practice focused on finding spiritual at-one-ment through the revealed synergies of mind, breath, body, and soul. He offers modifications of traditional yoga poses empowering each student to practice safely while increasing their flexibility and reducing stress.

Come visit us for the special unveiling of our fresh new interior design in the MSCO Gallery at the 4th Friday Art Walk on August 28th, and meet our featured member David Clay.



MSCO Welcomes New Members

Iris Higgins will be offering hypnotherapy sessions and past life regression. She is available on Wednesdays at MSCO from 10am to 2pm, for walk-ins or by appointment.

Kathleen Graham not only works with clients' guides and the angelic realms to answer your questions and to help you move forward in life, she also helps to realign or adjust your energies to facilitate increased financial prosperity and abundance.

Gertie Miles will be offering readings, spiritual development, weddings and more. Gertie has offered spiritual guidance to thousands of people that span the globe for over 35 years. She has TV shows, radio shows and is also the author of "The Birth of a New Consciousness".

We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all.

Dorothy Day

Jeanette Ontiveros will be offering a variety of healing modalities to relieve pain and stress from injuries or everyday life, while balancing body, mind and spirit. Swedish, Deep tissue, Prenatal Massage and Craniosacral are just a few of her specialities.



MSCO's Day of Service in July!

Laura, Jim, Dana, Lynn, David, Oleta, Fred, Terry, Allison

September Featured Member

Celeste Holly

Celeste Holly, a native of Wisconsin, has relocated to beautiful Prescott, AZ with her loving and supportive family and her yorkiepoo, Chance. Celeste is a certified Usui Reiki Master, as well as a crystal and vibrational healer. She has been working with healing energies for more than seven years. She uses an intuitive approach in her practice, as well as the inner wisdom and guidance of the Reiki guides, angels, and spiritual masters. The crystals that she works with during her sessions assist in promoting deeper relaxation, calm, and healing in the body. Celeste also enjoys creating, individual one of a kind pieces of jewelry. Celeste offers opportunities for working with natural stones, using leather and metal findings.

In addition to Reiki and jewelry, Celeste is a RYT 200 hour certified yoga instructor, complimented with a RPYS 85 hour prenatal yoga instructor certification. A prenatal yoga practice prepares women for the birth of their baby. Prenatal yoga alleviates pregnancy-related discomforts by practicing gentle, modified yoga poses, breathing exercises and meditative relaxation techniques. Mountain Spirit Co-op is Celeste's next step in continuing to serve the community in healing, creativity and mindful motion. You can find her at the Co-Op offering her services and classes on Tuesdays.

Mountain Spirit Co-Op (928) 445-8545

107 N. Cortez #100, Prescott, AZ 86301

Visit us on the web www.MountainSpiritCo-Op.com

Gallery Hours: Tuesday-Saturday 10-6, Sunday 11-3

Intuitive Readers and Healers by appointment

Walk-ins welcome

(David Clay - Slow Flow Yoga
Instructor
Mountain Spirit Co-Op
107 N. Cortez, Room 405
928-458-5577
www.seraphicyogi.com
Thur & Fri 6:30-7:30pm, Sat 10-11am
\$10/Class, 5 for \$60

Testimonials from our Day of Service

Jim, as always, calm, compassionate, wise. Great with animals as well as people. He worked on my elderly cat for an hour this week. His connection with my cat was wonderful. As a Reiki practitioner myself, I appreciate receiving his help. **Toby Celeste**. I found Celeste to be a warm and welcoming person. I felt comfortable and nurtured by her healing. Thank you! **Diane Lynn**. My experience with Lynn was wonderful. She was calm yet powerful, letting nature release what was ready to release and connect to more of my truer. A beautiful experience. **Dana Shira**. My reading today with Shira was awesome She was willing to follow my feelings concerning card choices. She was clear in her directions (this being my 2nd reading ever). Shira was also clear in card interpretation expressing guidance while we discussed the cards. She also gave me very helpful assistance and tools about how to do the things depicted by the cards. The reading again was amazing, instructive and gives me further tools for growth spiritually. I would visit with Shira again.



August & September Classes & Events

Conversations with God Book Study Group. Come and discuss the ideas outlined in the book series. Call to sign up for this class as time and dates are to be determined. Call Shira at (928) 237-5339 for more information. G

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

Rev. Rebecca Cutehands
Spiritual Guide
awaken the journey within

Medicine Wheel Ceremonies & Moon Blessings
Native American Artwork
Weddings & Henna Tattoos
Intuitive Body Work & Indigenous teachings
The Munay-Ki Rites of Peru
Bus.#928-445-8545/ Cell#928-499-4128
www.mountainspiritco-op.com

understanding our connection to all that is within The Wheel of Life. Cost: \$800-\$1200. For info call **Rebecca Cutehands** at (928) 499-4128.

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 3:30-4:45 pm. Weekday classes to be added. Classes are appropriate for beginners or experienced KY yogis, and are taught by certified Kundalini Yoga teacher **Connie Stanford** (Siri Adi Kaur). Check MSCO Facebook page or Kundalini Yoga Prescott on Facebook and MeetUp for specific class info. Classes are \$15. To chat or set up your own class call: (603) 733-8148, or email Mtnwanderer@gmail.com. Discounts available. 405

Celeste Holly, Jewelry Artist
920.858.2966 • ccholly@gmail.com

Group Ceremonies. A blend of Indigenous ceremonies offered to connect you with the natural cycles and medicines of Creation for healing, awakening and living in harmony. Share in these traditional teachings with a group of family and friends for an amazing experience. Cost will vary depending on the ceremony you choose. Spiritual Guide: **Rebecca Cutehands**. Location: The Tipi or Medicine Wheel. For more info call (928) 499-4128 or (928) 759-9049.

Thank You! ~ Rev. Rebecca Cutehands

Thank You to those who came to the Solstice ceremony and honored the Earth and themselves by wearing our Ancient Mother upon their bodies. I was so proud of all of us as we moved gracefully through many individual challenges.

Great job and Many Blessings!

Water Blessing. August, September and October. This ceremony offers the individual an opportunity to cleanse and wash away- giving the body, mind and spirit a fresh, regenerated and purified feeling. This offering will lighten the heart and ready the breath. Cost: \$225 (2-3 hour session) also offered as a teaching, for more info call (928) 499-4128. Spiritual Guide: **Rebecca Cutehands**. CC

Munay-Ki Rites. August and September. The Nine Rites of initiation are energy transmissions that reawaken and strengthen the architecture of the Human Being. These Rites of passage offer us a way to live in happiness and harmony with ourselves and All of Creation. These medicine teachings of the Americas are another gift of evolution. Offered in a 5 or 9-week course. Cost: \$750-\$950. Spiritual Guide: **Rebecca Cutehands**. Call (928) 499-4128 or (928) 759-9049 for info.

Prenatal Yoga. Thursdays, starting July 9th through August 27th and September 8th to October 27th, 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. Class size limit is 8. 104C

Releasing your inner child through creative expression.

Saturdays, August 1st and September 5th from 2pm to 5pm. Expressive Artist **Roberta Sulls** and comMUSICKey's Jonathan Best join forces to help you explore your innate musicality and artistry using simple art materials and musical instruments. Sliding scale \$10-\$30 per person please call Roberta at (928) 458-6518 to RSVP. 405

Gatherings with a Gift, Creative Workshops



Laura Nelson

Jewelry from the Heart 107 N. Cortez, #100
 laura_a_nelson@msn.com Prescott, AZ 86301
 (714) 350-4580 www.mountainspiritco-op.com

Peyote Bracelet Class. Tuesday, August 18th from 5:45pm to 7:30pm. Join **Celeste Holly** in making a beautiful, colorful, peyote stitch bracelet from Myuki glass cube beads. All materials and tools will be provided. Cost: \$25.00. Register with Celeste at the co-op (928) 445-8545, ccholly@gmail.com or (920) 858-2966. 105B

Angel Card Party. 3rd Wednesday of every month. August 19th, September 16th, 5:30 to 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. Location: Spiritual Oasis, 716 N. Montezuma. Please RSVP: **Sue Broome** (608) 239-9026.

Spiritual Movie Night Fridays. August 21st at 7pm. "Cracking the Code to the Extraordinary" lecture by Ramtha, channeled by JZ Knight, and September 18th at 7pm movie to be announced. Hot water for tea/ coffee and open discussion 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. 104C

MSCO Day of Service. Sunday, August 23rd, 11am to 3pm. Join our members as they give their services to our community. Experience different forms of energy work, spiritual readings or mediumship. We also offer yoga moves for those who have places that need to be stretched and strengthened. All services are by donation and help fund the printing of our newsletter.

MSCO 4th Friday Art Walk. August 26th and September 25th, 5:30-7 pm. Enjoy our members and a raffle from our featured members, David Gray and Celeste Holly!

Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace...

Spiritual Connections. 4th Friday of every month. August 28th and September 25th from 6pm 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. Please RSVP: Sue Broome (608) 239-9026.

Spirit in Motion Expo. Saturday and Sunday, September 12th and 13th from 10am to 5pm. Astrology, Angel Card Readings, Aura Photography, Tarot, Chair Massage, Psychics, Sound healing, Craniosacral Therapy, Jin Shin Jyutsu®, Nutritionist, Jewelry, Books, Spiritual Counseling, Mediums, Energy healing, Medical Intuitive, Art, Workshops every hour and much more. Location: LaQuinta Inns & Suites, Prescott. SpiritinMotionExpo.com, facebook.com/SpiritinMotionExpo.

MSCO Spiritual Fair. September 19th from 11am to 5pm. Enjoy a day of healing and intuition with MSCO members. Spiritual Readings, Mediumship, and several modalities of energy work, even yoga moves for those who have places needing to be stretched and strengthened, plus more!

Equinox Ceremony. Wednesday, September 23rd 12pm to 2pm. On this day we will be celebrating the balance of light and shadow. We will give thanks to Grandfather Sun for his time within the cycle of life, and we will be honoring Grandmother Moon as she enters into the time of harvest. Cost: \$40. Spiritual Guide: **Rebecca Cutehands**. Location: The Medicine Wheel. Please RSVP at (928) 499-4128 or (928) 759-9049.

Thank you to Nancy for her devoted attention in organizing our library! If you haven't visited it lately, we have thousands of books, dvds, cds and tapes donated by our generous community.

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

Shira Zerner
 Energy Healer/Angel Card Reader
 energyhealingwithShira@gmail.com



Mountain Light Sanctuary
 Rev. Lana Ante, B.S.W.
 •Intuitive Counseling
 928.717.4499
 P. O. Box 1923
 Prescott AZ 86302
 mountainlight@cableone.net
 •By Appointment•



Members Ongoing Offerings

Angel Card Readings and Energy Healing. Shira Zerner offers her intuitive readings and energy healing work at the co-op on Thursdays 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. 105B

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

Clairvoyant/ Clairaudient/Medium/Teacher/Author/Minister. Gertie Miles teaches spiritual development, officiates weddings and offers readings by appointment in person or distant readings by phone. Call (928) 771-9496 or e-mail or egertie@aol.com 105A

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? Your space may need a blessing/ clearing. If you have any questions, or would like an appointment, call Rebecca Cutehands at (928) 499-4128.

Come and Go Pet Care. Experienced and reliable sitter for horses, cats, dogs, etc. Horses with Heart and Miss Kitty's Cat House volunteer. Call, text, or email to check dates/availability. All inquiries welcome. Connie Stanford (603) 733-8148. comeandgopc@gmail.com.



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

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 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 104B. For appointments or store info call Nivare' (928) 856-2823.

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



By appointment

Gertie Miles
 Spiritual Counselor

(928) 771-9496
 P.O. Box 3264
 Prescott, AZ 86302

www.ArizonaPsychic.com
egertie@aol.com

Higher Self/Soul Readings and Prosperity Coaching. Kathleen Graham not only works with clients' guides and the angelic realms to answer your questions to help you move forward in life, she also helps to realign or adjust their energies to facilitate increased financial prosperity and abundance. She will be at the gallery for readings on Saturdays. Call Kathleen at (702) 672-2356 for an appointment. G

Hypnotherapy for Women. Iris Higgins guides women through empowering hypnotherapy sessions to help them hear and trust their own wisdom. Past life regressions may be used as part of a healing session if requested. Iris is available for appointments at MSCO Wednesdays from 10am to 2pm or by appointment. Call (413) 320-2402 or e-mail irisahiggins@gmail.com. 105B

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

Massage, Reiki, Reflexology, Craniosacral, Stone Therapy, Prenatal Massage. Jeanette Ontiveros offers a range of specialties within her practice. Working with injuries including low back, sciatic, neck and shoulder pain and headaches or the release of tension from everyday life. She incorporates Swedish, Deep tissue, and trigger points along with essential oils to help relieve pain or tension. To schedule an appointment call (928) 713-8563 or e-mail jwalkinbeauty@icloud.com 104A

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 information, please call (928) 420-2109. CC **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 (920) 858-2966 or ccholly@gmail.com. 105B

Shaman Practitioner/Clairvoyant. Sunny Moosesteps is a Shaman practitioner who connects with her Native American Guides, Angels, Spiritual guides, Teacher, Spirits of ancient Healers, Spirits of Nature, Animals and Plants, and people who have crossed over. She is 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 at the Co-Op, by appointment. Call (570) 660-5591. G



Sue Broome
Empowerment 4 You LLC

su.broome@gmail.com
www.empowerment4you.com
www.facebook.com/SueBroomeAuthor
608-239-9026

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

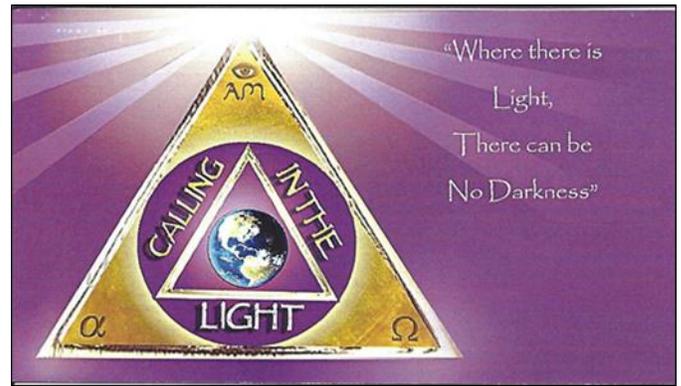
Spiritual Mentor/Teacher. Lisa Hyman is a Reiki Master Teacher, Crystal Practitioner, Crystal Reader and Intuitive Guide. She offers Reiki and Crystal sessions, Intuitive guidance and Crystal readings. Call for appointments. (201) 787-7152.

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 works with animals using energetic healing. Jim is an advanced Reiki healer at MSCO from 12 to 4pm Wednesdays. Call: (928) 778-4660 or 499-4613. 104B

Yoga Teacher. David Clay offers a mixed level Vinyasa Flow Yoga class Thursdays, Fridays, and Saturdays. See classes/events or call (928) 458-5577 for more info. 405



Extended Member Offerings

Angel Readings. Sue Broome of Spiritual Oasis offers healing sessions with the angels on any of the following modalities Past Life, Parallel Universes, Parts work (subpersonalities), Cutting cords, Clearing cellular memory, Inner child work, Calling All Angels. She has been working with the Angels and energy for over a decade. For more info or to schedule a session call (608) 239-9026 or go to www.SueBroome.com.

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 her at mikaya@mikayaheart.org.

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Author. Gretchen Eelon Vorbeck lives in Clarkdale, 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. www.Motherimpartofthesky.com.



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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 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 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 or contact him 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 you 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.

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.

Laura Miner
cell: 928.925.4884
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lauramineraz@gmail.com

Each office is independently owned and operated.

Member Articles



The Pitfalls of Healing by Mikaya Heart

Although I am seen by many as a healer, I've stopped using the word healer to refer to myself because I found that lots of people don't really want to be fixed, and although I may be certain that I know what someone needs to do, that does not necessarily translate into being helpful. And wanting to be helpful in it-self is questionable, since it often stems from an ego need. The truth is that I don't know what will work for someone else. Sometimes people who read my books and articles get quite a different idea than that which I intended. I've learned to trust that they are getting what they need, and it's not my job to put them right.

This brings me to the question, what is healing? As the Earth shifts into her new way of being, we are presented with a different paradigm.

(The conclusion of the articles can be found on our website: www.mountainspiritco-op.com under newsletter tab.)



Message from the Angels

Dear Ones,

Today we speak of 'letting go.' There have been several conversations on letting go and yet today it comes up again. When moving from one place to the next, whether that is from one city to another, or one dimension to another, there may be fear. The fear is coming from the unknown. Where you are you know what your day may look like and you know where things are. If you are moving to a new home or a new city you need to find all of the day to day routines all over again.

Look at it as an adventure. If you know what's around that corner, turn the other direction and see where that leads you. If you've never been to that store, go give it a try. This is not any different than moving from one dimension to the next. Explore like it's an adventure, like it's a vacation you've been waiting for. Open your eyes to all of the possibilities that are before you.

Let go of the routine you currently are familiar with and see what's around the next corner.

If you are feeling any fear or trepidation, that is OK. Release these feelings to us through your next breath and we will transmute them to love and excitement in the blink of an eye. Bring a smile to your face and take the next step, which very well may be allowing the current to float you downstream. Trust where the current will take you.

We are with you always.

~ Your Angels ~

~ Lovingly submitted by Sue Broome



Mountain Spirit Co-Op's Dana, Martha, Connie, Shira and our mascot Kobi at your service!



The Soul Infused Personality – an Introduction

With conflict comes tension, decision, renunciation, and liberation!

How do we bridge the gap between the lower self (concrete mental, astral, and etheric/dense physical bodies) and the Higher Self (Soul)? With what? How can it be bridged? What must be directed across the void in order to bridge this gap?

The integrated personality consciousness must move into that void, filling it with awareness. This is done by an act of will. Will is Cosmic Purpose, the Divine Purpose for all creation. Will is within the One Life—immanent and transcendent. This is the Purpose which the Masters know and serve.

The origin and source of Will is the One Life which is inherent in all forms—it is *the will to be*. This will is used to align with the Source—not my will but Thine be done.

We are immortal—as such we are each an integral and eternal part of the One Life. It is a matter of identification with that aspect of self which is beyond the conception of limits. Internalizing this truth gives us the ability to allow the manifestation of the Soul into “The Light of Day”.

During this process of identification with the One Life, we create the bridge over which the kingdoms in nature will reach the Kingdom of Spirit.

We are each a divine medium for the use of the Divine Will. Each one becomes an open conduit and conductor for the flow of Love, Life and Will.

We accomplish this by obeying the Soul’s direction and serving that higher purpose.

The Soul says: “the personality used to react against My purpose. It used to put up barriers, but these barriers are coming down as the personality acquiesces to the Plan of the Soul. This has not been easy for the personality—there have been familial and social disturbances because of My infusion of Light. The personality is being taught that it was created by Me for a higher purpose.

“We find harmony through conflict as we emerge into Light,

Truth, and Reality. If we identify with the Life aspect or the Soul within a form, we help that consciousness align with the eternal Love/Wisdom aspect of the Creator. Love is that cohesive force joined with Will and Intelligent Activity for neither can be effective alone.”

The goal is to manifest Divine Love (a characteristic of the Soul) into the outer world. This is done when the personality allows the Soul to infuse it with Its Light. This necessitates a refocusing of the attention away from the unreal and placing it on the Real. This requires in sequence: dispassion, discrimination, and finally detachment. We will expand upon these introductory comments in future posts.

~Submitted by David Clay

CALLING ALL ARTISTS!

MSCO is looking for artists to adorn our walls with their colorful, eclectic and empowering expressions! Please contact Dana (928) 420-2109 or Rebecca (928) 499-4128 for rates and details.



Dana's Altar Cloth created in the 'Natural Beauty Creative Workshop' held by Laura Nelson.



107 N. Cortez, Suite 100
Prescott, AZ 86301
928-445-8545
www.mountainspiritco-op.com

Return Service Requested

*All offerings are held in the
Old Masonic Temple Building
107 N. Cortez, Prescott, AZ 86301
unless otherwise noted.*



CLASSES AT THE TOP OF THE TEMPLE ROOM IS STILL AVAILABLE FOR YOU!!

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Donations Gratefully Accepted ... MSCO is accepting donations of yoga mats, blankets and bolsters for your yoga and meditative pleasures! We are also accepting additions to our lending library of books, CD's and DVD's.



The **Intuition Newsletter** is edited by Rebecca Cuthands and Dana Cummins, formatted by Laura Nelson, distributed by Judson Kramer, Lee Ann Romaine, MSCO, and published from generous donations of our members, clients, customers, and friends.

Events at a Glance!

4th Friday Art Walk!

**August 28th and September 25th
5:30 - 7:30 pm**

Day of Service

August 23rd, 11:00 – 3:00pm

Spiritual Fair!

September 19th, 11:00 - 5:00 pm