

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

October/November 2015

Volume 12

October Featured Member

Terry Turrentine

My entire life I have been interested in rocks. My career began by helping my cousin collect Permian aged flagstone footprints found in the local flagstone. My cousin then introduced me to the Tucson Gem and Mineral show where we marketed the stones. I've now participated in 19 shows there. About six years ago, I discovered the beauty of gemstones, crystals and mineral specimens and have been totally mesmerized ever since. I began by collecting stones at a pay-to-dig site where I found tourmaline, aquamarine, kunzite and quartz crystals along with other mineral specimens.

Soon I found that the best way to sell them to finance my habit was to wrap wire around them and present them as jewelry. I found a wire style that I admired and bought the DVD to learn that style. After making a few dozen pieces I set out to invent my own style. This was both challenging and quite rewarding and I do believe that I have developed what is a totally unique style. My wraps are meant to emphasize the stone and not the wire. I do my best to keep the wire to a minimum, while making the piece both elegant and strong. I enjoy working with everything from precious and semi-precious cut stones, to crystal and mineral specimens. The stone "energies" are amazing and I strive to create fine jewelry out of every piece I set. I learn more every day.

Terry's beautiful jewelry pieces are in the MSCO gallery. You can meet Terry in the gallery on Saturdays, contact him by phone at (323) 834-8374 or email terryaturrentine@gmail.com.

WELCOME!

MSCO Welcomes New Members

Christine Nicole is a Medium, Psychic, Intuitive Advisor and Life Coach. She offers phone readings and private sessions. She is also an event planner and the founder of Intuitive Kids Workshops.

Master Michael Cameron will be offering Nei-Kung, Tui-Na, Qi-Gong, Reflexology and much more. Techniques that are designed to heal and increase your Chi energy. He will also be offering classes teaching Nei-Kung and Tui-Na.

Marie Howell integrates a lifetime of creative and spiritual work into her sacred feminine acrylic paintings and found object sculptural pieces. Marie's art offers a magical and mystical glimpse into the healing, beauty, and transformation

"There are many things to be grateful "for" but, as I ripen with the seasons of life, the many reasons blend into a sacred mystery. And, most deeply, I realize that living gratefully is its own blessing."

Michael Mahoney

that is possible when we encounter the inner wisdom and truth of our heart and soul.

We're thrilled that **Robin Leiski** has returned to MSCO with her intuitive and insightful graphic artwork and paintings. **Bill Leiski**, also joins us with his intricately puzzled wooden boxes. Enjoy delving into their amazing works in the MSCO Gallery! **Cathleen Kapiwoda** will depict your Spirit Guide (Angel, animal totem or nature spirit) on wood or canvas to enhance and compliment aspects relevant to you and your life experiences. It is not unusual for someone to have more than one guide as each portray different characteristics that are pertinent to the subject. Their purpose is to Help, Protect, Educate, Heal and Inspire.



Mountain Spirit Co-Op celebrates our 10-Year Anniversary at the November 4th Friday Art Walk!

Reflecting back, we remember the idea of MSCO coming into fruition ten years ago this November, and, with seven amazing people, opening in our tiny second floor space in the Masonic Temple Building. We were in that space for two years, growing and expanding with new members, new ideas and new dreams when we were offered a chance to expand and move to a bigger space on the first floor. This space has given us more healing rooms for all of our practitioners offering their talents and gifts, a bigger gallery to display and show artistic expression, extra rooms to hold amazing classes and events and even space for a lending library. We Are So Blessed.

In these past ten years, many people have walked through our door: new members, clients, customers and friends experiencing our gallery and healing rooms to shop, receive a session, come for an event or a class, or just pause for a sense of peace and community. We are grateful for the thousands of you, all who have played a role in supporting MSCO in some way.

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



As members of the Mountain Spirit Co-Op, we have gained lifelong friends, and have benefitted from many short conversations and experiences with those of you just passing through for brief moments. We have watched each other have so many different experiences of growth, sometimes through both challenges and celebrations, and we have always been there for each other under any circumstance. MSCO has remained an open and loving playground for all beliefs, religions, genders, faiths, All of it, since the beginning, and we will hold this integral space forever. We have all worked together to create a space that embraces All That Is and are so grateful for all of the blessings we have received. We are looking forward to serving and celebrating with the Community, the World, the Planet, and the Universe. Please join us as we celebrate 10 years of this amazing experience with you on November 27th at 5:30pm during the 4th Friday Art Walk where we will be offering live music and refreshments!



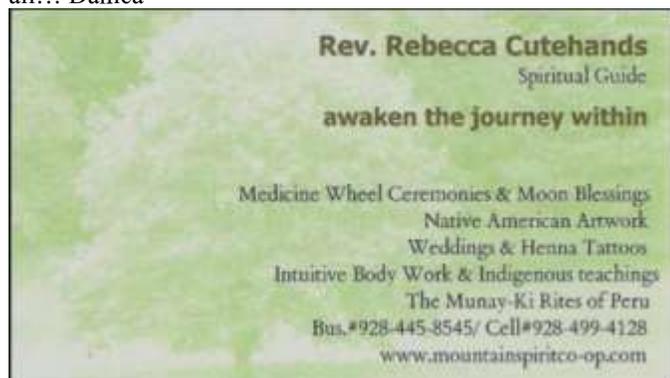
Testimonials from our Day of Service

James Berry:

As always, Jim is powerful and immense. Great compressed energy. Much Love, Tripp
Free lighting effects, very clearing, almost felt like I died and was reborn, clean and removed from old energies. Ready to go. Thank you, Eric
Total release of what I have been carrying around way too long!
Lee

Shira Zerner:

Very nice energy, helpful comments. A great addition to MSCO! Toby
The reading was awesome! Thank you so much! I love you all!!! Danica



Pandora Pillsbury:

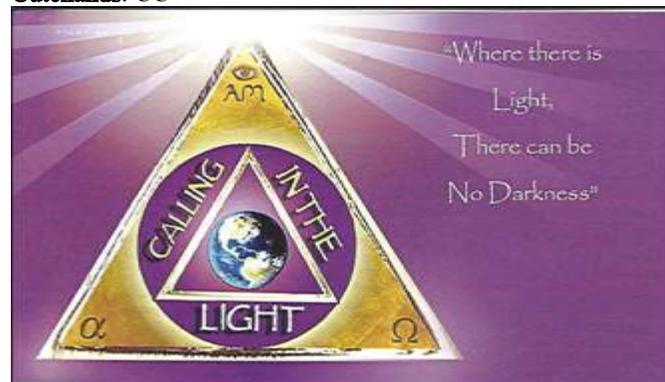
I really enjoyed the session. I received some good advice. I felt calmer after it. Thank you, Elizabeth
Very loving energy, very visual and communicative. Also very to the point and open for healing. I feel much better and look forward to future connections. Annie
Experience was wonderful, insightful and brought me joy. Lee
My reading with Pandora was spot on. Her guidance was helpful and appreciated. Way to be open gurr!! Dana

upcoming events

October/November Classes & Events

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.

Water Blessing. October and November. 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



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 Cutehands** at (928) 499-4128.

Kundalini Yoga as taught by Yogi Bhajan. Mondays at 5:30pm and Wednesdays at 9am. All are welcome. No experience necessary, only life! Each class includes a kriya ('action') and a meditation and are taught by certified KY teacher Connie Stanford (Siri Adi Kaur). Cost: \$10-\$15 class fee. Special events and visiting teachers will be held the first Sunday of every month. For more info call **Connie** at (603) 733-8148 or follow on Facebook [Kundalini Yoga Prescott], 405

Munay-Ki Rites. October and November. 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 for info.

Angel Card Party. 3rd Wednesday of the month. October 21st and November 18th from 5:30 to 7:30pm. Sue connects with angels, intuitively using cards to give you what you are looking for. You'll walk away with answers. Ask the angels your questions. They offer their loving guidance. Angels love to party. Cost: \$20 a person. Location: Spiritual Oasis, 716 N Montezuma St, Ste C, Prescott. Space is limited, contact **Sue Broome** at (608) 239-9026 for more info.

Spiritual Movie Night. 1st and 3rd Fridays at 7pm. October 2nd is Abraham, the secret behind the secret, Ester & Jerry Hicks. October 16th is the movie Indigo Children. October 30th Starwalkers by William Henry. November 6th Mayan Prophecies and Crop Circles. November 20th Peace Is Every Step - Thich Nhat Hanh. There will be tea and coffee and an open discussion afterwards for those who wish to participate. Cost: Donations of the heart. Host: **Nivare'**. Call for more info at (928) 856-2823.

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

Spiritual Connections. 4th Friday of the month. October 23rd 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. Facilitated by **Sue Broome**, Angelic Communicator and Healer. Cost: \$25. Location: Sue's home in Prescott Valley. Space is limited. Call (608) 239-9026.

Prenatal Yoga. Tuesdays, October 6th and 20th and November 3rd from 5:45pm to 7pm (**2-week break in October.**) **Celeste Holly** is a trained RYT 200 hr. Yoga Instructor and RYPS 85 hr. Prenatal Yoga Certified. Cost: \$85.00 per class series or \$15.00 drop in. Class limit 8. Register with Celeste Holly, Chandra Yoga and Wellness at (920) 858-2966, at the co-op (928) 445-8545 or ccholly@gmail.com.

NEW Book Discussion Group on CONVERSATIONS WITH GOD BOOK 1 by Neale Donald Walsch. Tuesdays October 6th, 20th and 27th from 6:30 to 7:30pm. Find out (or explore again) this provocative, enlightening, fascinating exploration of how humanity's understanding of God has led to the chaos the world is currently experiencing and now we can change it as we open ourselves up to new ideas about God and about life. Call **Shira Zerner** at (928) 237-5339 for more information. G

Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com



Creating Pathways to Peace...

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. 405

Past Life Regression: Sunday, October 18th from 10am-2pm. Have you ever wondered who you were in a past life? Would you like to find out? Experience 3 different regressions, discover how past lives influence your current life, gain greater perspective on your soul group and soul mates, and gain insight and clarity. Facilitator: **Christine Nicole**. Cost: \$97. Lunch is included. Purchase tickets at eventsbychristine.com or call (928) 848-7246.

MSCO Day of Service. Sunday, October 25th, 11am to 3pm. Visit us as our members give their services to our community by donation. 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 done by donation and help us fund the printing of our newsletter.

MSCO 4th Friday Art Walk. October 23rd and November 27th 5:30-7 pm. Enjoy our members and a raffle from our featured members, October: Terry Turrentine and November is MSCO's 10th Anniversary Celebration!

Spirit in Motion Expo – Flagstaff. Sunday, October 25th from 10am to 5pm, (registration starts at 9:30.) A great line-up of vendors and workshops with a different speaker every hour. Location: DoubleTree by Hilton Flagstaff, 1175 W Route 66, Flagstaff, AZ 86001. Check the website for details SpiritinMotionExpo.com / facebook.com/SpiritinMotionExpo - sign up on website to receive updates directly.

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

David Clay - Slow Flow Yoga
Instructor

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

New to intuitive work, or just exploring your gifts? Sunday, November 1st from 1 to 4pm. Learn what spiritual tools are available to assist you for protection, prosperity, and partnership! Cost: \$25. Space is limited, please pre-register with **Kathleen** at (702) 672-2356, or email KathleenAGraham@gmail.com. 104B

Shamanic Journey. Saturday, October 31st from 1 to 4pm. Led by **Mikaya Heart**. Halloween! A great time to connect with allies and guides who are not in physical form. This is an opportunity to connect with the vast potential in that 98% of reality that is unseen. Are you ready for that? Sliding scale \$20 - \$50. Spaces are limited, so book in advance by email: mikayaheart@gmail.com or www.mikayaheart.org. 403

Celebrate Our 10-Year Anniversary With Us November 27th from 5:30 to 7:30 pm at the 4th Friday Art Walk!

Wire Wrapping Class. Tuesday, November 17th from 5:45pm to 7pm. Celeste Holly offers over 10 years of experience for this jewelry making workshop. This wire wrapping 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 \$35.00. Limit-8. Register with Celeste at (920) 858-2966 or (928) 445-8545 or ccholly@gmail.com.

MSCO Spiritual Faire. Saturday, November 21st from 11am to 5 pm. Enjoy a day of healing and intuition with the members of MSCO. Spiritual Readings, Mediumship, and several



By appointment

Gertie Miles
Spiritual Counselor

www.ArizonaPsychic.com
egertie@aol.com

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

modalities of energy work, even yoga moves for those who have places needing to be stretched and strengthened, plus much more!

Medicine Bag Ceremony. Friday, December 18th and Saturday December 19th from 5:30pm to 8:30pm. We will be gathering in ceremony honoring the last moon of the West as we invite in the New Year and the time of the North. Everyone gets to choose a medicine bag and fill it with herbs, stones, oils and blessings. We will be honoring “the washing of the hands” blessing also. Refreshments offered. Cost: \$50. RSVP before December. 11th. Spiritual Guide: **Rebecca Cutehands**. Location: Juniper Well Ranch, 25 minutes from downtown Prescott. Call (928) 499-4128 to reserve your space.



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

Gatherings with a Gift, Creative Workshops

CREATE

& PLAY 

Laura Nelson

Jewelry from the Heart
laura_a_nelson@msn.com
 (714) 350-4580

107 N. Cortez, #100
 Prescott, AZ 86301
www.mountainspiritco-op.com

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 needs 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.

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.



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

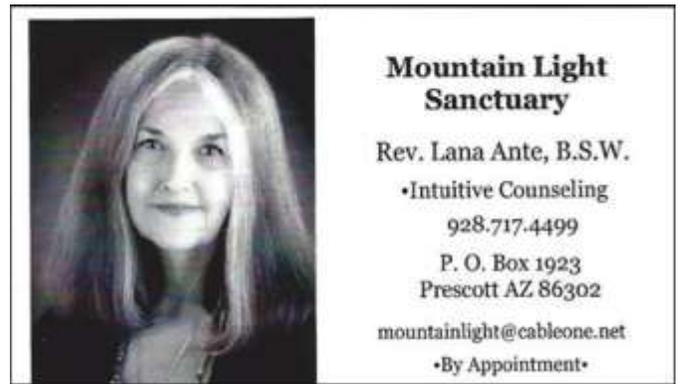
Henna Tattoos. Rebecca Cutehands offer henna tattoos & Mehndi blessings by appointment. Group/party packages available. For more info call Rebecca (928) 499-4128. G

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

Intuitive Tarot Readings. Martha Reed is a member of the American Tarot Assoc. 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 information, please call (928) 420-2109. CC

Qi-Gong/ Nei-Kung/ Tui-Na/ Reflexology/ Accupressure/ Hypnotherapy. Master Michael Cameron has studied in Beijing and Shanghai earning many degrees in studies and techniques that increase our Chi energy and create harmony to the Spirit, Mind and Body. He will also be offering classes on Nei-Kung and Tui-Na that help the body and brain relax and clear. He is available on Saturdays at MSCO. Call (928) 379-0568. 105B
Reiki Master, Chakra Alignment, Prenatal Yoga and Jewelry Classes. Celeste Holly is a certified Usui Reiki Master, as well



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

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 10am to 5pm and Prenatal yoga from 5:45pm to 7pm. Contact Celeste at ccholly@gmail.com or (920) 858-2966. 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
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. 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 also 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



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




Extended Member Offerings

Angel Card Readings/Healing with the Angels sessions. Sue Broome connects with angels, archangels, ascended masters and your angels intuitively. You walk away with answers, energetic tools and feeling empowered. You will feel heard, understood, and met. Sue is an intuitive energy healer, Angel Therapy Practitioner and Certified Angel Card reader and teacher. Contact Sue at (608) 239-9026 or su.broome@gmail.com or 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.

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.

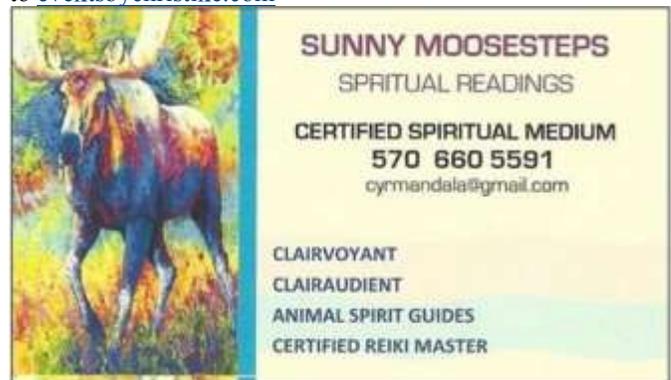
Flower Essence Therapy. Blooming Vibrations LLC offers flower essence services and plant medicine education. Linda M. Crider, BFRP has been a promoter and educator of botanical healing practices for over fifteen years. She specializes in flower essence therapy and is a Bach Foundation Registered



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.

Medium/ Psychic Readings/ Intuitive Advisor/ Life Coach/ Event Planner/ Intuitive Kids Workshop. Christine Nicole is a gifted Medium, Psychic and Intuitive that can connect with Spirits to help you with the grieving process. She can assist you with creating the life you want for yourself. Herb Intuitive Advising and Life Coaching sessions are very profound and life changing. To schedule an appointment at her private office please contact her at (928) 848-7246. She also creates wonderful inspiring events. For more information go to eventsbychristine.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.

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.

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 Mondays at the Co-Op. Appointments are preferable for spirit art. Walk-ins are welcome. Email: pandora@pandorapillsbury.com. 105B

Thank you very much!!

Thank you to Jennifer Price for starting our website 10 years ago and hosting it so graciously for all those years! We feel and know your love, and are so grateful for you being a part of our spiritual family. We love you our fairy goddess!



One of Rebecca Cutehands' lovely henna 'Mehndi Blessings' tattoos!



Member Articles

(The links for the conclusion of the articles are at the end of each article.)



Mindful Nutrition

David Clay - (928) 458-5577

Yoga is the science of uniting mind, body, and spirit. The consistent practice of Yoga eventuates in purification of the body, emotions, and thoughts. Hatha Yoga facilitates this by helping the practitioner live mindfully so that every action is carried on consciously and deliberately. Eventually old personality habits are replaced by ways of being that are influenced by the Soul. This results in making better conscious choices regarding how we live.

The Yoga practitioner encourages the physical body to come into balance by the performance of postures linking breath with movement, harmonizing mind and breath, meditation and healthy nutrition. In a world bombarded with commercials that encourage unhealthy diets, the yogi is empowered with the ability to make better conscious choices. She or he learns to

live mindfully and deliberately. The yogi learns to listen to the body and becomes sensitive to what it needs and what it doesn't need. (The link to David Clay's article is <http://mountainspiritco-op.com/mindful-nutrition/>)



CHANGE

Lovingly by Nivare' - (928) 856-2823

CHANGE - This word more times than not conjures up fear, resistance, something one may not be comfortable with or like. What if this change, whatever it may be, on whatever level one maybe feeling it, is truly good and out of love. What if it was all to open your heart more, to become more of who you truly are, to release that which you are not or have created out of fear? What if you could embrace this change with Gratitude as being Amazing, Wonderful and Full of Love?

As one breathes the air yet cannot see it so are you always surrounded by My Love even if you do not feel it. What if your perceptions of who you are were to change to what I Am of Life? Break the mirrors you have placed before you to see yourself and have allowed others to tell/show you who you are - this is an outside reflection not the Light of Me you are within. Can you step beyond your box created to see the vista of all that is? Let My Love transmute any illusion of fear that arises for this is of your own creation. It is time My Children to come together and know you are as one. The identities you have chosen may no longer serve you nor be who you are. It is in being in the present, not attached to a past nor future, you may now be and do all things imagined as you choose, for in your Highest Truth and Wisdom you may harm no one, nor thing. (The continuation of this article can be found on the MSCO website: www.mountainspiritco-op.com)

*Practitioner room available
November 1st. Large room on the first
floor for an individual or to share.
\$400.00 per month. Contact Dana for
details: (928) 420-2109.*

Lisa Hyman
Reiki Master Teacher
Crystal Lightworker
Spiritual Mentor & Teacher
House Blessings & Clearings

C: 201-787-7152
msspideysense@yahoo.com



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!!**

Teachers, trainers, dancers, Yoga or Tai Chi. Enjoy the wood floor and bird's-eye view, 13' x 36' open space for your classes. It has an uncluttered, airy energy to uplift your spirits. Available to rent, call Rebecca: (928) 499-4128 for rates and details.

ADVERTISE IN THE INTUITION!

Our Newsletter reaches over 3,000 households!

Advertise on our Website!

www.mountainspiritco-op.com

Contact Dana for rates & details: (928) 420-2109

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 Cutehands and Dana Cummins, formatted by Laura Nelson, distributed by Judson Kramer, Lee Ann Romine, MSCO, and published from generous donations of our members, clients, customers, and friends.

Events at a Glance!

4th Friday Art Walk!

October 23rd and November 27th

5:30 - 7:30 pm

Day of Service

October 25th, 11:00 – 3:00pm

Spiritual Faire!

November 21st, 11:00 - 5:00 pm