

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

December 2015/January 2016

Volume 13 Issue 1

Happy Winter Solstice

December Featured Member Nivare'

December Featured Member is Nivare'. I'm honored to be a part of Mountain Spirit Co-Op and blessed to have my own shop "Calling In The Light." I am having a Grand Opening Saturday, December 12th from 3pm to 6pm. There will be \$1 raffle tickets sold for a special item to be raffled off every Saturday in December plus the free raffle on the 4th Friday Night Art Walk! This Holiday Season the shop will offer for sale my collection of Antique Victorian Christmas Ornaments, Feather trees & Holiday items that have been on exhibit at a Museum in North Carolina.

As for myself, I'm grateful to now be offering sessions with my unique energy and diverse array of healing tools for people and/or animal companions to assist them in creating their own personalized healing and self-empowerment. Also I am now offering sessions with the "Body Enhancer," an electro-therapy body-detoxing machine, followed by briefly sitting on an ionic ring formation to release any excess electricity from the body. And of course, there is always available the Egyptian Chair for you to sit on and rebalance your chakras. Calling In The Light offers for sale a collection of uncommon healing tools, objects, oils, elixirs & mists for personalized healing & self-empowerment. There is a beautiful assortment of eclectic jewelry, antique to contemporary, along with Ancient, Oriental & Indigenous Cultural Arts & Remembrances. During the beginning of the New Year I will be introducing my own line of jewelry and art work for sale. Visit Calling In The Light Thurs.-Sat 11am-6pm, Sun. 11am-3pm. By Chance or Appointment Mon.-Wed. (928) 856-2823. 104C

MSCO Welcomes New Members

Danna Templeman is a medium, clairvoyant, clairaudient, empathic and tarot reader. She has a relaxed laid - back personality that gives comfort to her clients. She offers private readings, parties and video chat readings. She will be available on Sundays at MSCO.

"Adversity draws men together and produces beauty and harmony in life's relationships, just as the cold of winter produces ice-flowers on the window-panes, which vanish with the warmth."

Soren Kierkegaard

Heather Lade offers restorative and rejuvenative bodywork that awakens innate healing abilities on the cellular level using a synergistic blend of organic and wild-crafted botanical ingredients in conjunction with time honored healing modalities.

Hanna Mimless is doing icon earrings and other necklaces and earrings that are colorful and creative. Her creations are offered at MSCO and would make great holiday gifts.



January Featured Member Pandora Pillsbury

January Featured Member is Pandora Pillsbury. Pandora is a self-taught professional artist, intuitive, energy worker, writer, and mom to two wonderful adult children. My dance with the Divine and art began over 25 years ago when a door between my "regular" art and spirit art blasted open in 1988. Unexpected, beautiful, a little freaky, and oh so "normal," well, for me anyway. My companions on this journey became angels, spirits, Ascended Masters, Cosmic and Galactic beings, elementals, and of course, my friends and family here in physical form. My sketchbooks are now, more often than not, a communication tool between myself and the Divine. I record (automatically) images of spirits, prophecy and healing. Truthfully I am never sure what will show up but it's always perfect for the time.

I am a trained SMDH Master (now called New Paradigm Healing), an energy healing modality that felt like home to me. Each session is unique to you, the individual, tailored to your needs, be they physical, emotional, spiritual, etc. And yes, there is an "etc." involved. As unlimited beings we are all healing our core challenges individually and in a planetary way. The Divine Feminine, Gaia (Mother Earth) and our Galactic family are consistently showing up in sessions for people but that is just the tip of the beautiful healing grid covering the planet now.

Pandora can be reached at (928) 231-2704, or via email: pandora@pandorapillsbury.com. Her website is pandorapillsbury.com, and she works at Mountain Spirit Co-Op on Mondays or by appointment.

Mountain Spirit Co-Op (928) 445-8545

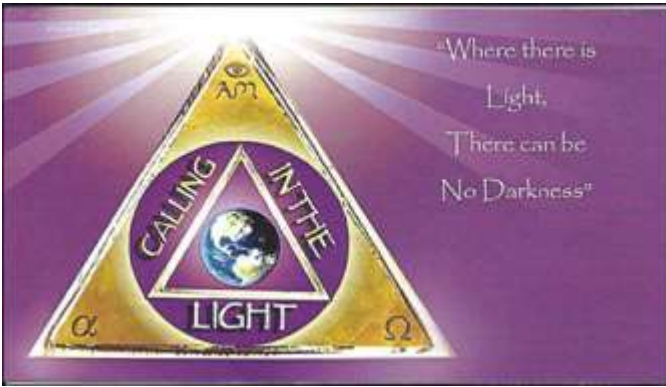
107 N. Cortez #100, Prescott, AZ 86301

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

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

Intuitive Readers and Healers by appointment

Walk-ins welcome



Testimonials from our Day of Service

Jim

I am a different person than when I arrived. Jim's fantastic at relieving stress and filling me with the balance of heart and mind! A real healing took place in 15-20 minutes. Left with a total feeling of serenity and joy.

Martha

Reading was astounding. Beyond being incredibly accurate, I was given great insight for plans in the future. Increased confidence and amazing energy for future events are my rewards from this reading! Thank you.

Sue

I had such a positive experience! You had me choose 5 cards and that is for our family! The bookmark with your poem resonates because our son passed and I will read it often!



December/January 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

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

or Medicine Wheel. For more info call (928) 499-4128. **Water Blessing.** December and January. 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.

Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace...

Munay-Ki Rites. December and January. 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.

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


Spiritual Movie Night - 1st and 3rd Fridays at 7pm. Dec. 4th The Blue Jewel, Dec. 18th The Pyramid Code, Jan. 1st The Celestine Prophecy, Jan. 15th Star Dreamers, Exploring the Mystery of Crop Circles, Jan. 29th Peaceful Warrior. There will be tea, 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.

Spa for the Soul. Friday, December 4th 9:30am to 4pm and Saturday, December 5th 10am to 3pm. **Suzanne Gregorius** -

Essential Oil readings, **Jennifer Price** - Soul Collage readings, **Sue Broome** - Angel Card readings and **Bert Balbos** - Chair massage. Location: The Essentials of Life, 3100 N Navajo Dr, Suite B3, Prescott Valley, AZ. RSVP to set up an appointment (928) 772-0585 or stop in, first come first serve.



Acker Night. Friday, December 11th from 5:30pm to 8:30pm. We always look forward to this event because it is an evening honoring artistic expression and a night that we get to reunite with those we haven't seen for awhile. Most of the businesses in Prescott will stay open late and offer some kind of entertainment. We will be offering live music from **Robert Karney**, holiday treats, refreshments and lots of hugs. Our Featured Member, **Nivare**, will be spotlighting her shop "Calling in the Light" and offering a free raffle. We hope to see you for this fun filled evening!



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•

Angel Card Party - 3rd Wednesday of the month. December 16th and January 20th from 5:30pm to 7:30pm. Sue connects with angels, intuitively using cards to give you what you are looking for. You will walk away with answers. Ask the angels your questions. They offer their loving guidance. Everyone asks a question. Angels love to party. Cost: \$20 a person. Location: MSCO, Room 105B. Contact **Sue** at (608) 239-9026 space is limited.

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 Dec. 11th. Spiritual Guide: **Rebecca Cutehands**. Location: Juniper Well Ranch, 25 minutes from downtown Prescott. Call (928) 499-4128 to reserve your space.

MSCO Day of Service. Sunday, December 27th, 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

Gatherings with a Gift, Creative Workshops

**CREATE
& PLAY**

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

be stretched and strengthened. All services are done by donation and help us fund the printing of our newsletter.

MSCO 4th Friday Art Walk. *There will be no December Art Walk on December 25th.* Please enjoy our December Featured Member, **Nivare**, and her Raffle at the Acker Night on December 11th! Our January Art Walk on the 22nd 5:30-7 pm, will feature Pandora Pillsbury's Raffle.

Spiritual Connections Group - 4th Friday of the month. Friday, January 29th 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. Group facilitated by **Sue Broome**, Angelic Communicator and Healer. Cost: \$25 (cash/check.) Location: Sue's home in Prescott Valley. Contact **Sue** at (608) 239-9026 as space limited.

MSCO Spiritual Faire. Saturday, January 16th from 11am to 5 pm. Enjoy a day of healing and intuition with the members of MSCO. Spiritual Readings, Mediumship, and several modalities of energy work, even yoga moves for those who have places needing to be stretched and strengthened, plus much more!

The Fountain of Youth. Sunday, February 14th and Monday February 15th. This event will be held in Tucson following the gem show. This multi-dimensional workshop will assist you to energetically halt the aging process via activations, DNA upgrades and hands-on activities. Cost: \$225. Register by 12/15/15 for a 20% discount. All supplies included. Contact: **Kathleen Graham**. For more info call (702) 672-2356, KathleenAGraham@gmail.com or FrequencyFormulationTechnologies.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

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

Weekend Getaway- March 11th, 12th and 13th. This weekend will include creating your own medicine staff, ceremony in the Tipi, quiet moments of reflection, all meals included and two nights and three days in the Manzanita Manor, which is a beautiful log cabin that sits high up on the ranch with views from 3 decks that are amazing. Cost: \$350. Please RSVP by February 26th only open to 10 participants. Location: Juniper Well Ranch (20 minutes from downtown Prescott.) Spiritual Guide: **Rebecca Cutehands**. For more info call (928) 499-4128.



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

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 and understood. Sue is an intuitive energy healer, Angel Therapy Practitioner® and Certified Angel Card reader® and teacher. Sue will be at the Co-Op on Fridays from noon to 6pm, 4th Fridays noon to 5pm for appointments. Contact Sue at (608) 239-9026 or su.broome@gmail.com or SueBroome.com. 105B

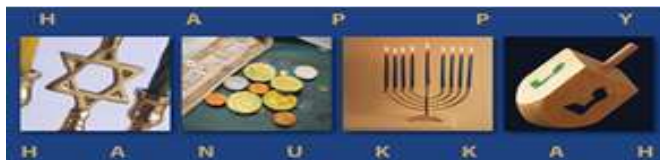
Clairvoyant/ Clairaudient/Medium/Teacher/ Author/Minister. **Gertie Miles** teaches spiritual development, officiates weddings and offers readings by

Empowerment4You LLC
 su.broome@gmail.com
 SueBroome.com
 twitter.com/E4Ynow
 Facebook.com/Empowerment4You
 SpiritinMotionExpo.com
 608.239.9026
 ANGELIC READINGS
 & ENERGY HEALING

appointment in person or distant readings by phone. Call (928) 771-9496 or e-mail 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? You're space may needs a blessing/ clearing. If you have any questions, or would like an appointment, call **Rebecca Cutehands** at (928) 499-4128.

"The way home is through the heart"
Pandora Pillsbury
 Shamanic & Spirit Art
 Energy/Vibrational Healing
 Psychic/Mediumship Readings
 www.pandorapillsbury.com
 pandora@pandorapillsbury.com
 (928) 238-2704

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.

*Grand Opening of **Calling In The Light!**
 Saturday, December 12th from 3pm to 6pm.
 There will be \$1 raffle tickets sold for a special item to be raffled off every Saturday in December plus the free raffle on **Acker Night, Friday December 11th***

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

Mediumship, Clairvoyant, Clairaudient, Intuitive Counselor and Tarot Readings. **Danna Templeman** offers readings at Mountain Spirit Co-Op on Sundays from 11 to 3pm and by appointment. Parties also available. Call (928) 234-9211 or Facebook Intuitive Readings by Danna. 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



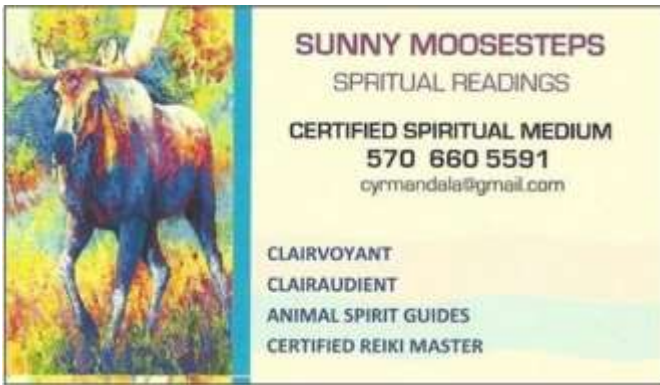
Qi-Gong/Nei-Kung/Tui-Na/Reflexology/Acupressure/Hypnotherapy. **Master Michael Cameron** has studied in Beijing and Shanghai earning many degrees in studies and techniques that increase our Chi energy and create harmony to the Spirit, Mind and Body. He will also be offering classes on Nei-Kung and Tui-Na 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 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 10-5 pm. Contact Celeste: ccholly@gmail.com or (920) 858-2966. 105B

Restorative and Rejuvenative Bodywork. **Heather Lade** offers restorative and rejuvenative bodywork that awakens innate healing abilities on the cellular level using a synergistic blend of organic and wild-crafted botanical ingredients in conjunction with time honored healing

modalities. Each session is 90 minutes and focuses on deep relaxation, using principals of Ayurveda, acupressure, aromatherapy, herbalism, Reiki and reflexology. To schedule an appointment go to SeedsOfPlenty.net.

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. 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 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

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. 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 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, logo design, design for print or web, check out Jud's website: judsonkramer.com or contact 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 christinenichole.net.



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





Member Articles

Lovingly Through Nivare'

As I asked What would be for the highest good for those who read this newsletter to know, I heard "it was the best of times, it was the worst of times". A familiar quote from Dickens', Tale of Two Cities. Then I was impressed to read the whole sentence. "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way" in short, the period was so far like the present period, that some of its noisiest authorities insisted on its being received, for good or for evil, in the superlative degree of comparison only." Then I realized there was a reason for this.

"My Children it may appear that what was written over a decade ago, was written for the times that are upon us now too - the duality may be appearing greater in ways as your world is changing. This is a time to know your truth and rise above that, which may seem as a dichotomy. To rise above is to know all is as one, that the understanding of both aspects, create the whole of what is as one without separation, which My Dear Ones, would not understand without knowing the difference. How could you know how much I love you if you never knew what separation and lack of that love was? To know your own truth and trust yourself is being authentic in knowing who you are of me. One may choose to align themselves to either side of a duality, yet it is not until both sides and the middle in between are understood and realized that they are aspects of a singularity you may rise above. Had it not been for this separation one would not greater understand the whole of all that I Am and who you are as Me. As this world appears to be becoming greater in imbalance it is becoming rebalanced. As those who choose to see what appears to be the separation of the duality more, love - hate, peace - chaos, happy -sad with their opinions and judgments, they are being shown in greater format, not in subtle forms anymore. It is in this that one may see more clearly the separation and choose to see it as one, part of the whole. For some this may seem confusing, how may seemingly two opposites be as one? Life and emotions are in greater colors than a rainbow yet they are all part of life. A drop of water is still part of the ocean whether it comes from the sky or the mountain they just come to the ocean differently.

Like the drop of rain you are of me, like each separate cell of your brain, each cell is part of the brain like you are of me. Love is the key and the way to rise above the duality - it is with this all else falls away. Know You are loved beyond what you may conceive of love at this time. The Now is here to open your hearts and accept My Love, know your are and always have been of Love even while you have cloaked yourself in other than Love - this is what you truly were created in and made of. Look within your eyes in a mirror and look in each other's eyes to see me and feel the love within each other, look within all others even those who appear on one side or another of duality and see me within as Love. It is only the matter of knowingness of My Love that may separate you now. I Am With You Always As You Are Of Me.

Angel Blessings

Dear Ones,

Today we speak of intention. Each morning as you are starting to awaken, before you have even set your foot on the floor, set the intention you will have a wonderful day. As you think this bring a smile to your face knowing you'll have a wonder filled day.

As you are going about your day, think of your intention often.

If you find yourself in a situation where you may not be feeling it's as wonderful as you would have liked, do something different. You may also want to think of something that is wonderful that has already happened. That is your choice.

When you find yourself having a wonderful day as you stated in your morning intention, say thank you. Look at all of the things that are turning out wonderful and fabulous and filled with joy throughout your day.

As you are winding down and have crawled into bed, acknowledge the day you had, all of the wonderful things that happened. Also acknowledge the things you may not deem as wonderful. Acknowledge them for being a part of your day whatever they were.

And as you are closing your eyes, give thanks and set the intention you will sleep restfully all night through waking in the morning refreshed.

You choose your intention in the morning, you choose your thoughts throughout the day and you set your intention for the night.

We are here to assist in anyway we can. We love you.

~ Your Angels ~

Angel Blessings to you.

Sue.

Empowerment 4 You LLC



Our prayers and wishes of safety, health, peace and love expand out to surround the Earth and all individuals.

Peace be to all.



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!

Acker Night

Friday, December 11th, 5:30 – 8:30 pm

4th Friday Art Walk!

January 22nd, 2016

5:30 - 7:30 pm

Day of Service

December 27th, 11:00 – 3:00pm

Spiritual Faire!

January 16th, 11:00 - 5:00 pm