

INTUITION

— *A Newsletter Produced by Mountain Spirit Co-Op* —

August / September 2016

Volume 12 Issue 5

August Featured Member

Moses Siregar moved to Prescott with his wife Molly in 2002. An accomplished astrologer and now also a shiatsu massage practitioner, he chose Prescott because of expertise: relocation astrology. Prescott looked like a good place to settle down.

Thirteen years, three kids, two novels, and one massage license later, he is becoming a more active member of the community of Prescott. As a part-time elementary school teacher, a shiatsu massage practitioner, a Big Brother and Boys to Men volunteer, and a West/East astrologer with 21 years in professional practice, in recent years Moses has been getting out of the woods.

Once upon a time, he was the first President of the Association for Young Astrologers and the first winner of the Arizona Society of Astrologers' annual Stella Award, "for outstanding contributions to the field of astrology." His website AstrologyForTheSoul.com has offered a fun, free astrology course since 2000. He is proficient in Western and Vedic astrology, and his practice typically focuses on questions about relocation: "Where can I be happiest?" If you or someone you know is considering a move, he is your man.

At Mountain Spirit Co-Op Moses offers shiatsu chair massage and one-hour private sessions. Shiatsu is a deeply relaxing Japanese style of bodywork, fully clothed, based on the meridians of ancient Chinese medicine. He offers intro rates: \$15 for 25 minutes or \$35 for 60 minutes. Moses is enjoying the Mountain Spirit community, and he looks forward to meeting you. You can find him at MosesSiregar.com or 928.379.9020. 105B

*What I can do, you can not. What you can do I can not. But together we can do something beautiful for God.
~ Mother Teresa*

MSCO Welcomes New Members

Sherrina Johnson joins us utilizing energy/tuning fork sound therapy. These bring the entire being into harmony through physical, mental, emotional, spiritual, auric, and cellular levels. Stay tuned for a crystal/singing bowl group.

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Tara Fournier is a Certified Mind Body Wellness Practitioner with Certs in Yoga, Reiki, Health & Intuitive Life Coaching. Her Yoga classes offer the opportunity to

understand your life on a much deeper level and live life at your fullest potential, and with purpose. Read more under Classes/Events and Ongoing Offerings.

September Featured Member

Laura Nelson is honored to be a co-founder of Mountain Spirit Co-Op, and the amazing adventure of the last 10+ years has encouraged her own personal growth, independence and spirit. She also is the founder of **Create and Play: Jewelry from the Heart and Gatherings with a Gift.**

Laura came to the Co-Op as an artist working with intuitively created beaded jewelry and graphic arts. Until recently, she worked along with Dana and Rebecca to create and publish the Co-Op's newsletter, The Intuition. Laura's jewelry, always inspired by the spirit of play, incorporates healing stones, crystals, and wire wrapping with gold, silver and copper and Reiki energy into her pieces. She often wraps stones from the Co-Op picked by visitors and members to keep the qualities of the chosen stones close to heart.

She has also begun facilitating workshops working with various artistic modalities that allow us to play with and honor our inner child.

Laura is certified in level 2 Reiki, has been through the Munay-Ki Rites, earned her AA degree with an emphasis in sociology and psychology, and continues her education in energetic healing. You can reach Laura by email: laura_a_nelson@msn.com, cell or text: 714.350.4580, or at Mountain Spirit Co-Op in the gallery on Mondays and Fridays: 928.445.8545.

Testimonials

Juanita Wesley

Juanita was amazing, great energy and I'm feeling very energized and hopeful. Thank you. Thank you.

~ Danica

I had a fantastic experience with my Tarot reading. Many questions were answered. I will be back. ☺

~ Brandon

Mountain Spirit Co-Op 928.445.8545

107 N Cortez St, #100, Prescott AZ

Visit us on the web: MountainSpiritCo-Op.com

Like us on FB: [Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp)

Gallery Hours: Monday - Saturday 10am - 6pm

Sunday 11am - 3pm

Intuitive Readers and Healers by appointment

Walk-ins welcome



- Juanita has a really gentle, loving teaching style and is so very accurate! Thank you so much!
 - Very wonderful, covered lots of areas answering all of my questions. Thank you!
 - I agreed with a lot that she said and saw how everything connected together. Thank you so much!
 ~*~*~*~

Moses Siregar

Moses was awesome! I will be back, thank you so much. I feel great.
 ~ Amanda
 I had a wonderful experience with Moses and will be seeking his skills again.
 ~ William
 ~*~*~*~

Gertie Miles

Love Gertie, have been coming to her for years. She is accurate and loving. I feel secure and guided when speaking with her.
 ~ Rebecca West
 Gertie was so right on. The second I walked with her into her office, I was surrounded by feelings of love & positivity. Her energy is very healing. Her reading really helped settle some rough questions and uncertainty that was within. She is truly a bright light and it shines through to your very soul. ♥
 ~ Brittni
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Shira Zerner

- Just an all around great experience. Thank you.
 - Spot on. Remembered parts of childhood. Once in a blue moon I cried and I cried.
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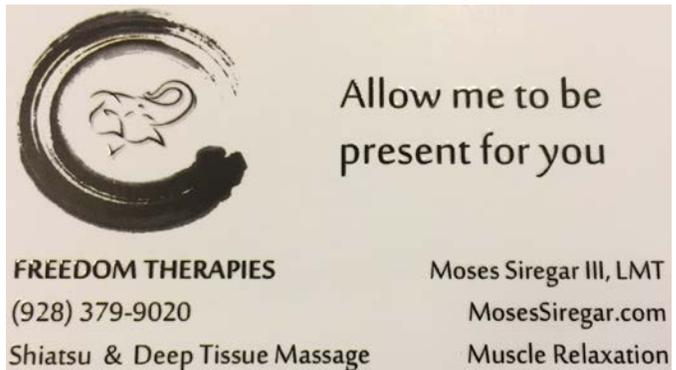


Sue Broome

- Sue was very relaxing and sweet. I had a very therapeutic experience and will make sure to come back again soon.
 - Sue is awesome! Very wise and compassionate. Thank you!
 - Thank you Sue, for the insight and healing.
 - Very gentle, loving, and nurturing. She opened me up to a positive world. Will connect with her again.
 - Really Amazing! Beautiful, clear and helpful about a tough emotional experience. Yes!!!
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Danna Templeman

- Went well. Felt accurate information provided. A first time for myself, would recommend.
 - Danna was wonderfully insightful and kind with her words of wisdom and helpful suggestions. This was a great experience and I will be back!
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August / September Classes & Events

Pachamama and Apus Celebration. Monday, August 1st from 4pm - 6:30pm. This is the day that begins a month long celebration in the Andes of Mother Earth and the Sacred Mountains. We will be gathering to offer our blessings and share in the Andean fire ceremony. Cost: Free. Spiritual Guide: **Rebecca Cutehands**. Location: The Tipi at The Community Nature Center. RSVP at 928.499.4128 seating is limited.
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Yoga with Tara. Starting August 1st, every Monday 9:30am - 10:30am Hatha, Tuesday 9:30am - 10:30am Yin, Wednesday 9:30am - 10:30am Hatha GONG™. Tara's classes encourage you to step onto the mat and into your own sacred practice. She addresses our human experiences and how they relate to physical sensations, thoughts and emotions, while expressing the possibilities of deepening your awareness with every breath. Cost: \$30 Beginner Pass- 2 Week Limited, \$15/class or \$88 Monthly Pass. For info call **Tara** 480.540.6663. 405
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Group Sound Healing. 1st Tuesday and Friday of each month, starting in September. Tuesdays 12pm - 1pm and Fridays 6pm - 7pm. **Sherrina Johnson** offers a group for participants to receive healing sounds and to each play

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

Life Traumas. We will work through an exercise to implement this new awareness. Cost: \$25. Location MSCO. Contact: **Juanita** at 928.499.4635. 104C

MSCO 4th Friday Art Walk. Friday, August 26th and September 23rd, 5:30pm - 7:30pm. Join in the fun as we celebrate our members of the month, free raffles – a perfect opportunity to meet our members and see the incredible items in our gallery.

Joseph Drew offers a dance performance August art walk from 6:30pm - 7:30pm.

Reiki 1 Workshop. Saturday, August 27th from 11am - 4pm. This workshop is facilitated by **Celeste Holly** a certified Reiki Master Teacher. Reiki is an ancient Japanese technique of hands on energy healing that is believed to promote stress reduction, relaxation and self-healing. Please contact Celeste at cholly@gmail.com or 920.858.2966. Registration deadline is August 24th. Minimum of 3 participants, maximum of 6. 104C

Spirit in Motion Expo presents - A relationship workshop for the Real You! August 27th & 28th from 9am - 5pm. What Now? What's working? What's not? Single? Married? Divorced? Dating? Committed to someone? What's still a mystery to you about love and relationships, or about you being loved in a loving relationship? Cost \$295 by August 10th (\$325 after)/person. Location: Hassayampa Inn, 122 E Gurley St, Prescott. Contact info: SpiritinMotionExpo.com

MSCO Day of Service. Sunday, August 28th, 11am - 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

Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com



Creating Pathways to Peace...

offer yoga moves. All donations help fund the printing of 'The Intuition' newsletter.

MSCO Spiritual Fair. Saturday, September 17th, 11am - 5pm. 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!

Fall Equinox Ceremony. September 22nd from 12pm - 2pm. We will be entering into the time of the West and honoring the changing of the torches of light, from Grandfather Sun to Grandmother Moon. Spiritual Guide: **Rebecca Cutehands**. Cost: \$40. Location: The Medicine Wheel, at The Community Nature Center, Williamson Valley Rd, Prescott. Please RSVP at 928.499.4128.

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

Water Blessing. August and September. 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. 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 five or nine-week course. Cost: \$750-\$950. Spiritual Guide: **Rebecca Cutehands**. Call 928.499.4128 for info.

Manifesting. Come and learn the nuts and bolts of manifesting. Choose to understand how reality is created so you can take charge of creating it consciously. Contact **Dana Cummins** at 928.420.2109 to sign up.

Finding Your Purpose. Understanding ones purpose in life can inspire ones passion for living. If you'd like to build your desires for bringing more joy and fulfillment into your life, please call and reserve your space. Contact **Dana Cummins** at 928.420.2109 to sign up.

Harvest Moon Ceremony. Saturday, October 1st from 3pm - 5pm. We will be celebrating the Harvest Moon and

honoring the time of the West and the Spirit of the Bear. It is a time of great strength, abundance and personal reflection. We will give thanks and appreciation for all that has been received. Spiritual Guide: **Rebecca Cutehands**. Cost: \$40. Location: The Blue Barn, 22494 Route 89, Yarnell. RSVP at 928.499.4128.

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Spirit in Motion Expo. Saturday, October 1st 10am - 5pm. Astrology, Angel Card Readings, Aura Photography, Tarot, Chair Massage, Psychics, Sound healing, Craniosacral Therapy, Jin Shin Jyutsu®, Jewelry, Books, Spiritual Counseling, Crystals, Mediums, Energy healing &, Art. Workshops every hour & so much more. Cost: \$5 admission, SpiritinMotionExpo.com or facebook.com/SpiritinMotionExpo. LaQuinta Inns & Suites, 4499 E State Route 69, Prescott

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Workshop. October 15th and 16th. "The souls-that-we-are, the all-powerful creators within, are now bringing themselves into greater presence on our planet. This "awakening" often feels difficult and strange as the body and the psyche adjust to a higher vibration. In this workshop we will look at ways of easing the process, accessing guides, and acknowledging the light that wants to shine through us." Early registration \$125. Contact **Mikaya** at MikayaHeart@gmail.com for more information.



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Lloquenacuy. Sunday, October 16th from 2pm - 7pm. This is an Andean ceremony that is a "push to the left" of the Mesa. This teaching is associated with the feminine energies and the "non ordinary" world. Participants will also receive a traveling Mesa blessed with sacred offerings. Spiritual Guide: **Rebecca Cutehands**. Cost: \$175. RSVP by October 7th to 928.499.4128, seating is limited. Location: Juniper Well Ranch, 20 minutes from downtown Prescott.

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Members Ongoing Offerings

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Angel Card Readings and Energy Healing. **Shira Zerner** offers her intuitive readings and energy healing work at the Co-Op on Thursdays from 12pm - 3pm. **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. G

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At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.
~ Albert Schweitzer

Angel Card Readings & "Healing with the Angels" sessions. **Sue Broome** connects with Angels, Archangels, Ascended Masters & your Angels intuitively. You walk away with answers, energetic tools & feeling empowered. You will feel heard & understood. **Sue** is an intuitive energy healer, Angel Therapy Practitioner, Certified Angel Card reader & teacher. **Sue** is available at the Co-Op on Fridays afternoons or by appointment. Contact Sue at 608.239.9026 or su.broome@gmail.com or SueBroome.com 105B

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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 egertie@aol.com 105A

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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 need a blessing/clearing. If you have any questions, or would like an appointment, call **Rebecca Cutehands** at 928.499.4128.

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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

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Energy Therapy and Sound Therapy. **Sherrina Johnson** offers Tuning Fork Sound Therapy and Healing Touch energy work on Tuesdays and Wednesdays 10am - 6pm and Fridays 1pm - 6pm for appointments and walk-in's. Cost: \$25 per 30 min as an individual or family of any age. These modalities help bring the entire being into harmony through physical, mental, emotional, spiritual, auric, and cellular levels. For more info, contact **Sherrina** at sj86303@gmail.com and 928.925.2993. 104C

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If we consciously remind ourselves of our blessings, it should become harder to take them for granted and adapt to them.
~ Robert A. Emmons



Two fabulous hennas by Rebecca Cutehands.

Henna Tattoos. **Rebecca Cutehands** offers henna tattoos & Mehndi blessings by appointment. Group/party packages available. For more info call **Rebecca** 928.499.4128. G

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Medium/Psychic Readings/Intuitive Advisor/Psychic Fair Owner/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. Her Intuitive Advising sessions are very profound and life changing. To schedule an appointment at her private office please contact her at 928.848.7246 or ChristineNicole.net. She is also the owner of the Arizona Psychic Fairs and Intuitive Kids Workshop. She is available at the Co-Op on Sundays from 11am - 3pm or by appointment. G

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Mediumship, Clairvoyant, Clairaudient, Intuitive Counselor and Tarot Readings. **Danna Templeman** offers readings at Mountain Spirit Co-Op on Saturdays from 11am - 3pm and by appointment. Parties also available. Call 928.234.9211 or [Facebook.com/IntuitiveReadingsbyDanna](https://www.facebook.com/IntuitiveReadingsbyDanna). G

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[Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp)

Sign up to receive the newsletter via your email:
MountainSpiritCo-Op.com

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Gallery Hours: Monday - Saturday 10am - 6pm,
Sunday 11am - 3pm
Readers and Healers by appointment
Walk-ins welcome

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

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Patricia Pritchett, MS, CCTP specializes in helping people who have experienced traumatic events and are still struggling (anger, anxiety, racing thoughts, insomnia, etc) **Patricia** utilizes a wide variety of techniques designed to help people quickly and permanently. A few of the techniques are Neurotherapy, Art and Exposure therapies, Bilateral Stimulation, Somatic Work and others. Patricia also offers ongoing Mindfulness practice. Contact PatriciaPritchett.com or 602.791.0840 to leave voice message. 104B

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Reiki Master, Chakra Alignment, Prenatal Yoga and Jewelry Classes. **Celeste Holly** is a certified Usui Shiki Ryoho Reiki Master Teacher, 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. Contact **Celeste** at ccholly@gmail.com or 920.858.2966. 105B

When I shine brightly, I give others permission to shine with me.
~ **Gabrielle Bernstein**

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Shiatsu Massage/ West/East Astrology. **Moses Siregar** is a dedicated astrologer with 21 years experience practicing Western and Vedic astrology, he is also a practitioner of the deeply relaxing art of Shiatsu massage, along with flower essences and EFT. He is available on Thursdays at MSCO and by appointment. Call **Moses** at 928.379.9020. 105B

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Spiritual, Intuitive, & Empathic Reading. **Rev. Lana V. Ante**, BSW, is available for readings at MSCO from 11am - 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

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Spiritual/Indigenous Medicine/Ministry. **Rev. Rebecca Cutehands** offers individual sessions, ceremonies, weddings and sacred teachings. Call 928.499.4128. CC

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Tarot Card Readings, Intuitive Readings, and Animal Communications. **Juanita** is an Intuitive and Medium. She usually begins a reading with a look at the Tarot Cards and then expands to include information and messages coming through intuitively. Readings can include visits with loved ones, and as an Animal Communicator she can reach out to both the living and those who have crossed



107 N Cortez, Suite 100
Prescott, AZ 86301
928.445.8545
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!

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, CDs and DVDs.



The Intuition Newsletter is a combined effort of Rebecca Cutehands, Dana Cummins, Laura Nelson, Sue Broome, Judson Kramer and Lee Ann Romine. We are able to publish it by the generous donations of our clients, customers, friends and members.

Events at a Glance!

4th Friday Art Walk!
August 26th & September 23rd
5:30pm - 7:30 pm

Day of Service!
August 28th,
11:00am - 3:00pm

Spiritual Faire!
September 17th,
11:00am - 5:00 pm