

INTUITION

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

October / November 2016

Volume 12 Issue 6

October Featured Member

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Sherrina Johnson may be new to the Co-Op but she is no stranger to energy and sound therapy. For the past 10 years she has utilized sound and energy work on friends and family while in the military, completed her Master's degree, and working on licensure as a therapist. As she is branching out into the community, she brings these wonderful skill sets to our family along with her compassion and friendship.

Sherrina's modality for energy therapy is through Healing Touch Program which is the only accredited energy program in the nation. Utilizing structure and intention, its roots began in hospitals within nursing but quickly grew to where the foundation is currently working on accepting insurance. In certain areas it is even practiced and accepted within military bases and veteran's administrations.

Sound therapy is such a fun adventure for **Sherrina** not only in the promotion of healing, but to have fun and enjoy the music too. If you have been in her healing room, you'll have seen a variety of cool instruments to play with like gongs, crystal singing bowls, tuning forks, Tibetan singing bowls, tingsha cymbals, and bells. Each of these provides different frequencies to help the body, mind, and spirit raise to a higher vibration.

To experience energy and sound therapy, contact **Sherrina** at sj86303@gmail.com and 928.925.2993 or catch her in person open for walk-ins Tuesdays and Wednesdays from 10am - 6pm and Fridays from 2-6pm. 104C

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Words have the power to both destroy and heal. When words are both true and kind, they can change our world.
~ Gautama Buddha

MSCO Welcomes New Members

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Dr. Lindsay J. Martin, ND is a licensed Naturopathic Doctor who specializes in customized, natural healthcare. Dr. Martin is passionate about avoiding dependence on prescription medications and finding a cure where possible. Dr. Martin also offers natural skin rejuvenation treatments for concerns such as acne, acne scars, wrinkles, enlarged pores, age spots, etc.

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Jeremy and Lora Higgins of Elevated Instincts will be merging their one-of-a-kind intuitively inspired jewelry, artwork and so much more, with the Co-Op. This allows their work to be available the same hours as the Co-Op. Stop by and see if you can find the next mural.

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Suzanne Gaynor is an acupuncturist and Chinese herbalist, specializing in men's and women's reproductive health and wellness, pregnancy support, mental and emotional issues, respiratory and skin conditions and general health and well-being.

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Yvonne Inman is a certified Reiki Master and a gifted clairvoyant/clairaudient card reader. She integrated Reiki healing at the Pendleton Cardiac/ Pulmonary Rehab Center for ten years and is now a member of the co op offering her gifts here.

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November Featured Member

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Desire: A Sense of Belonging

All my life I searched. Since childhood, never experiencing a place where I felt safe to fit in, until the opening of Mountain Spirit Co-Op November 9th, 2005. After healing myself from bladder cancer with my metaphysics, acupuncture, Chinese herbs and some western herbs I heard the message one evening, prior to teaching a class in metaphysics, "It's time to open the Co-Op" and three WEEKS later a group of amazing co-founders opened the doors of MSCO. Thousands have walked through our doors seeking and finding the solace I was looking for all my life. It has been a great honor and tremendous joy to work with hundreds of members, clients and friends over the years. We have all grown so much by taking responsibility for our lives and learning to create and allow more happiness and joy in our lives. So many of us becoming more of our truer selves.

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

Though I feel completely blessed to have been a part of so much here, I realize there is so much more to the vision I had. And as incredible as these last 11 years have been I truly feel the the next 11 will be even more so. I want to take this time and space to say thank you. Thank you for ever member who has spent time with us, every client who has sought help, to all those who have supported us, and to all of our families who have stuck by us in the good times and the bad. It wouldn't have been the same without you and I am grateful for all the lessons learned and all the help received.

I wish us all the best in our future, MSCO and all those who make it a place where transformation happens with responsibility, grace, dignity and with the ease of the intricacy. ~Dana

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Testimonials

Sunny

- Amazing! Spot on! I love Sunny!
- She is very helpful and intuitive, loved the experience.
- Sunny was amazing and right on point - it was very good.
- Sunny was such a powerful connection and I'll walk away from the reading with so much to think about. It could be a huge life changer.

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Yvonne

- Awesome! Very helpful and plan on seeing her again!
- Great, she was gentle, kind, and spot on.
- Yvonne's reading was great! She was very kind and gave me lots of great insight!

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Sherrina

- Such a gift! Very unique!
- Very relaxing which helped to be more open and surrender to All That Is.
- I felt a shifting in both my subtle pain and emotional energy levels. When I got up I felt there was a change on all levels. I am very grateful!
- I felt awesome, I was stressed but it was so calming and clearing. She is the best.

~*~*~*~

Danna

- I got so much information in regard to a very tragic situation, that has been so helpful it was almost overwhelming. God bless all of you.

- My reading was great and very right on, never wrong. I would love to see her again.

- Danna is effervescent.

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David

- Very nice, I learned about Shaklee's products and also a nice marketing website that I will follow up on.
- Health screening helped point me in the right direction.
- Very informative and helpful

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Celeste

- Celeste was amazing! The energy work was very calming and my chakras are happy :)
- Wonderful work, I feel way better, thank you.
- It was wonderful and I felt the heat radiating especially from my intuition after the session. Definitely felt more grounded after.

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Co-Op

Thank you all for your hearts and amazing, important work

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October/November Classes & Events

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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](https://www.facebook.com/SpiritinMotionExpo). LaQuinta Inns & Suites, 4499 E State Route 69, Prescott

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MDC Yoga with Tara. Monday 9:30am - 10:30am Yoga for Strength & Fitness, Tuesday 9:30am - 10:30am Yoga for Stress Reduction & Flexibility, Wednesday 9:30am - 10:30am Yoga Basics (great for Beginners and students looking to refine their physical practice). **Tara** addresses human experiences and how they relate to physical sensations, thoughts and emotions. Cost: \$5 per class for your first 2 weeks (cash) or \$30 credit, \$15/class, \$50 Monthly Pass or 10 Class Pass (no expiration) \$100. For info go to MyDivineCompass.com

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Group Sound Healing. 1st Tuesday and Friday of each month, Tuesdays 12pm - 1pm and Fridays 6pm - 7pm.



Sherrina Johnson offers a group for participants to receive healing sounds and to each play crystal singing bowls. Cost: \$20 a session per person. Bring a cushion, and a singing bowl if you would like. Please RSVP to **Sherrina** at sj86303@gmail.com / 928.925.2993 as space is limited. 104C

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Join Celeste Holly, certified Reiki Master Teacher for attunement and training in Reiki II. October 9th, 11:30am - 2pm, Reiki II creates change, heals mental and emotional bodies. It clears and revises your thinking and feeling. You will learn to look at and help heal dysfunctional relationships, trauma, and past lives. Reiki II helps you find honesty and clarity in daily living and to be overall happier and healthier. You will leave with the knowledge of three Reiki Symbols, an ability to heal others remotely, to understand how to cleanse and align chakras and above all, with a higher vibration of Reiki energy through attunement. Cost: \$115.00. Registration required by Thursday, October 6th. Minimum of 3 attendees needed to have the class. Contact **Celeste** at ccholly@gmail.com or 920.858.2966. 105

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Yoga Classes. Thursday and Friday evenings from 6:30pm - 7:30pm and Saturday mornings from 10am - 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

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Angelic Boost 1st & 3rd Fridays of the month, October 7th & 21st, November 4th & 18th from 11am - 11:45am. Raise your vibration. Power up your day. Come and nurture yourself in this Angelic group healing. We will set our intentions when we start and allow the Angels to do their work. Cost \$11/person. Location: MSCO. Contact **Sue** at 608.239.9026 as space is limited. 105B

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Spiritual Connections Group. 2nd Friday of the month, October 14th and November 11th, 6pm - 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.

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Holt Healing presents 'A Day of Healing. Saturday, October 15th. Cindy Holt (11:30am - noon) with snacks and Q&A about the day. Debby Taylor (noon - 1:45pm) with detailed angel readings in group setting. **Sue Broome** (2:00pm - 3:45pm) with higher insights and fun in a group setting with Angel Cards. \$20/person each for Debby and Sue. Contact Cindy: 928.273.8576. Location: Holt Healing, Prescott Valley

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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 12pm - 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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Angel Card Party. 3rd Wednesday of the month. October 19th and November 16th from 6pm - 8pm. **Sue** connects



with Angels, intuitively using cards to give you guidance. You'll walk away with answers. Ask the Angels your questions. They are always loving in their answers. Everyone asks a question. Angels love to party. Cost \$20/person. Location: MSCO. Contact Sue at 608.239.9026 as space is limited. 105B

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MSCO Day of Service. Sunday, October 23rd, 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 offer yoga moves. All donations help fund the printing of 'The Intuition' newsletter.

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MSCO 4th Friday Art Walk. Friday, October 28th and November 25th, 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.

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Mile High Mystics presents their Harvest Festival. Saturday, October 29th 10am - 5pm. Intuitives, astrology, body & energy workers, aura photography, chair massage, crystals and more. Free admission. MileHighMystics.com Location: Hassayampa Inn, Gurley & Marina Streets, Prescott.

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MSCO Spiritual Fair. Saturday, November 19th, 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!

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Water Blessing. October and November. This ceremony

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

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

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Munay-Ki Rites. October and November. 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.

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Acker Night. Friday, December 9th. from 5:30pm - 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. Looking forward to seeing all of you.

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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

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Medicine Bag Ceremony. Friday, December 16th from 6pm - 9pm and Saturday 17th from 5pm - 8pm. We will be celebrating the time of the West and the medicine of the Bear. We will be gathering in ceremony choosing our medicine bags and filling them with stones, herbs, blessings and prayers for the new year. We will be sharing in the "washing of the hands" blessing as we honor our connection to all of Creation. Spiritual Guide: **Rebecca Cutehands**. Cost: \$50. Location: Juniper Well Ranch, in the Sante Fe Station. (20 minutes from downtown Prescott) RSVP to 928.499.4128.

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Interested in Holding Sacred Space; Trust, it's Meaning and how to Create More; Manifesting 102-300, 400, 500 and more; Quantum Dynamics; Ebbs and Flows of Universal Energies, from the Lazaris Material; Finding Purpose; Meditations for more information on these classes contact **Dana Cummins** 928.420.2109. Classes \$60 member \$80 non-member

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Six month manifesting mentorship. Grow strong as you clear and heal the past. Create your future with intention, grace and dignity. Facilitator **Dana Cummins** Members \$1500. Non-members \$2500.

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Members Ongoing Offerings

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Acupuncture and Chinese Herbs. **Suzanne Gaynor** is a licensed acupuncturist (AZ and CT) and a Diplomate in Oriental Medicine through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She is available on Thursdays from 12pm - 6pm. Suzanne is a gentle needler, and in addition to acupuncture, she creates customized herbal formulas. You will feel nurtured and cared for. Please call 203.505.4506 or e-mail suzanne_gaynor@hotmail.com to make an appointment. 105B

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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 Wednesdays from 2pm - 6pm. **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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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 a recovery based yoga practice for groups in treatment or structured sober living facilities. She will be offering Higher Power Yoga classes, please call for more information and scheduling. **Celeste** also offers Reiki energy work, vibrational crystal chakra alignment and jewelry classes by appointment. Contact **Celeste** at cgholly@gmail.com or 920.858.2966.

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By appointment

Gertie Miles
Spiritual Counselor

(928) 771-9496

www.egertie@aol.com **P.O. Box 3264**
gertiemiles.com **Prescott, AZ 86302**

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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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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

October had tremendous possibility. The summer's oppressive heat was a distant memory, and the golden leaves promised a world full of beautiful adventures. They made me believe in miracles.

~ Sarah Guillory

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 2pm - 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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'Healing with the Angels' sessions & Angel Readings. **Sue Broome** is an intuitive spiritual guide & energy healer. After a session you walk away with answers, energetic tools & feeling empowered, heard & understood. **Sue** conducts workshops, groups, weddings and is an author. She is also one of the organizers for SpiritinMotionExpo.com. **Sue** is available at the Co-Op on Friday afternoons or by appointment. Contact **Sue** at 608.239.9026 or su.broome@gmail.com or SueBroome.com 105B

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MDC Yoga with Tara. Monday, Tuesday & Wednesday 9:30am - 10:30am Yoga classes. Spiritual growth and transformation occurs when we acknowledge our true identity of pure light & love. Are you ready to live authentically and to fully understand what that means for you? Join us! See Classes & Events for description or visit MyDivineCompass.com. 403

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Come 'Like' our Facebook page:
[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



Co-Op's crystal Stonehenge.

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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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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Prescott Naturopathic. **Dr. Lindsay J. Martin, ND** addresses health concerns by developing customized plans to naturally achieve health goals. From skin disorders (e.g. eczema, psoriasis) to mental/emotional concerns (e.g. depression, anxiety), cures are possible. Additional to naturopathy, **Dr. Martin** employs natural skin rejuvenation treatments. Capable of treating any part of the body, these treatments effectively treat acne scars, acne breakouts, stretch marks, large pores, wrinkles, age spots, and general scarring. Free 15-minute consultation! Schedule online: www.prescottnatural.com. 104B

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We cling to our own point of view, as though everything depended on it. Yet our opinions have no permanence; like autumn and winter, they gradually pass away.
~ Zhuangzi

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Reiki Master/Healings/Auric clearing/Clairaudient/Clairvoyant Card Readings. **Yvonne Inman** offers her intuitive readings and Reiki healings along with energy work at the Co-Op on Mondays from 11am - 5pm for

appointments or walk-ins. Contact **Yvonne** at 928.830.4354 or gypsydragonflies57@gmail.com.

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Spiritual/Indigenous Medicine/Ministry. **Rev. Rebecca Cutehands** offers individual sessions, ceremonies, henna tattoos, weddings and sacred teachings. She also offers house and business clearings/blessings. Call 928.499.4128 or email: cutehands2@juno.com. CC

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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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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

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November space after the leaves have fallen when she felt it was almost indecent to intrude on the woods...for their glory terrestrial had departed and their glory celestial of spirit and purity and whiteness had not yet come upon them.
~ LM Montgomery

Extended Member Offerings

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Author/Celebrant/Spiritual Mentor. **Mikaya Heart** has been leading shamanic journeys and creating ceremonies to help people celebrate life for over 30 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. MotherImPartoftheSky.com

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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.

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Intuitive Tarot Readings. Martha brings years of experience and study to her readings. She is a member of the American Tarot Association and provides readings on their Free Reading Network and Free Tarot Network. She uses various intuitive abilities, including clairsentience (clear-feeling) and claircognizance (clear-knowing), to interpret the cards. Each card has many possible meanings, some of which are not found in any book and her intuition tells her the right meaning for the client and the situation at hand. Contact **Martha** for an appointment at 928.202.8104.

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

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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 one 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

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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

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Laura Miner
 cell: 928.925.4884
 office: 928.362.2070
 ONE | REALTYONEGROUP
 MOUNTAIN DESERT
 lauramineraz@gmail.com
 Each office is independently owned and operated.

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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. Call **Moses** at 928.379.9020 for an appointment.

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Sherrina Johnson (October Featured Member) has a wonderful set of tools she uses in her **sound and energy therapy** sessions. Here are just a few examples.



*Come visit your local
 Spiritual Family at
 Mountain Spirit Co-Op*



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

A big hearted THANK YOU for all the donations. We will gratefully continue to accept donations of yoga mats, blankets and bolsters for your yoga and meditative pleasures! 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!
October 28th & November 25th
5:30pm - 7:30 pm

Day of Service!
October 23rd,
11:00am - 3:00pm

Spiritual Faire!
November 19th,
11:00am - 5:00 pm