

INTUITION

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

December 2016 / January 2017

Volume 13 Issue 1

December Featured Member

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Yvonne Inman was gifted with the 3C's clairvoyant, clairaudient, and clairsentient, as well as healing touch. At a young age she discovered that if she laid her hands on a loved ones painful area, pain would cease, giving her the nickname "little healer". **Yvonne** amplified her healing gifts when she became a certified Reiki Master. She implemented this wonderful healing energy in her seated energy class for Cardiac Pulmonary Rehab at Yavapai Regional Medical Center for 10 years. Working in the healthcare system has given me new perspective and respect for natural health, mind, body and spirit. Utilizing these gifts and having an empathic ear has brought clarity and has given hope to many of her family, friends and clients. Yvonne is continuing to learn more ways to connect to the spiritual realm, Mother Earth, God and the Universe.

Yvonne is also a gifted tarot card reader. For the past three years she has been a patron and visitor of Mountain Spirit Co-Op, sometimes to just soak up the loving ambient energy. She feels honored and blessed to be given the opportunity to share her gifts with such a loving environment.

Yvonne is available at MSCO on Sundays, Mondays & Fridays and by appointment. You can reach her at 928.830.4354 or GypsyDragonflies@gmail.com

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MSCO Welcomes New Members

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Shelly Grant offers you Electro-Lymphatic Therapy, a specialized healing modality that brings balance within the lymphatic system and the immune system. Good for detox, allergies, sinus congestion, stress reduction, as well as most types of illness including autoimmune and cancer.

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Ariane Noffz is a licensed Massage Therapist, who not only loves customized sessions with her clients, but also enjoys educating those who are interested in more natural choices in life. This is not only true for her and her human friends, but also for animal friends.

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Shana Rushing is a Certified Bowenwork Practitioner. This is a noninvasive unique approach to stimulating the body's natural healing ability.

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James Knochel's practice is guided by Edgar Cayce's health readings and the principles of Eden Energy

Medicine. Finding specific imbalances in the body's subtle energy systems helps restore optimal health.

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Lori Rubenstein is excited to bring the gift of peace through forgiveness coaching, divorce mediation, retreats, past life regression and many on-line classes that you can take from your home.

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Lisa Wojciechowski is a certified Reiki II healer who was drawn to the healing arts early. She is a free spirit who enjoys experiencing healing and transformation of herself and others.

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January Featured Member

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Dr. Lindsay J. Martin, ND, Licensed Naturopathic Doctor

My motivation to study alternative medicines stemmed from my own health struggles.

At nine months, I developed terrible eczema. As a toddler, I struggled with unwarranted anger that came on suddenly and violently. At age 16, depression accompanied the anger. I did my best to palliate it with exercise, journaling and even counseling. I eventually tried several prescription medications without relief. In my mid-20's, I was diagnosed with a form of bipolar disorder. This was the most crippling of my conditions; my life spiraled out of control each month to manic episodes and depression. This continued for several years. Additionally, I suffered from thyroid disease, digestive issues, and cystic acne. While searching for answers, I was introduced to many different types of alternative medicine after conventional medicine had nothing left to offer. Each treatment helped a little more but never entirely resolved my concerns. I finally decided to see a Naturopathic Doctor that specialized in classical homeopathy. Within a month of

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

MountainSpiritCoOp

Gallery Hours: Monday - Saturday 10am - 6pm

Sunday 11am - 3pm

Intuitive Readers and Healers by appointment

Walk-ins welcome

treatment, I felt a difference; my moods began to stabilize and my skin and thyroid labs improved. Currently, I no longer have bipolar disorder, eczema, digestive issues or violent anger. This means no medicine (natural or otherwise) needed to maintain or palliate these conditions. Our bodies are capable of so much more than we realize! Classical homeopathy is now the focal point of my practice. With it, it's possible to break free from the obstacles hindering your health potential--there is hope! To contact **Dr. Martin**, call 928.445.1320 or visit PrescottNatural.com.

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Testimonials

Gertie

- Gertie is amazing! Very accurate, straight forward, and a beautiful person! I'll be back to see her again!
- I love Gertie. Enjoyed my session. Will come again!
- Gertie is amazing. I could feel her powerful energy the first time I met her. I loved my reading. So true and helpful. I feel supported by others and energy I was not aware of.

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Danni

- Danni was amazing, Wonderful experience! So helpful and encouraging.
- Danni was great, her reading was spot on, so enjoyed it, will be back
- Danni is such a blessing, her compassion and accuracy is amazing, she is blessed



Yvonne Inman
Intuitive Healer
Intuitive Reader
Reiki Master
gypsydragonflies57@gmail.com 928.830.4354

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Yvonne

- Yvonne did a wonderful job! I will be back for another reading soon.
- Wonderful session.
- Very uplifting, her cards and insight are great, thank you so much
- The reading was wonderful! It gave me a lot of guidance and made me feel more ready for a situation that I am getting through.

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Sue

- Sue is wonderful, thank you
- This experience was so WONDERFUL!! Very spiritual and calming
- Special beautiful, spirit Sue, may she be blessed.
- Core cleansing, letting go, awareness of something new and old, thank you!!

- Sue was very good. She has a gift and can read her angel cards very well.

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Dana

- Dana was awesome in helping me relax enough through her energy work and realized I have work to do. Thank you, blessings.
- I felt really good after the session. Dana was so great.
- You gave me much needed comfort and courage for the upcoming move and much needed reminders of my sacred purpose and connected-ness. Thank you dear friend! You travel with me... back to my mountains.



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

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David & Oleta

- David was great.
- David and Oleta were very nice and aspiring to talk to.
- The body health assessment went really well. It was good to reflect on where my health goals are and I'm happy to have an email of information.
- It went well. I am looking forward to reading my results via email.

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December/January Classes & Events

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Recovery Yoga. Tuesdays at 8:30am and Sundays at 4:30pm, with Celeste Holly, 200 hr certified yoga instructor. Yoga for those recovering from addiction or if you have a relationship with others in addiction. Cost: \$5 per class. Limit 15. Fourth floor, 405

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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, December 2nd & 16th, January 6th & 20th 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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Nutrigenomics. Every other Monday, December 5th, 19th, January 2nd, 16th, 30th at 7pm. Scientific breakthrough for your health. Learn about Nutrigenomics, how to activate/regulate your body's own survival genes through Nrf1+Nrf2 pathway activation, and how to spread the word. Please RSVP to **Ariane Noffz** at tunedinbodyworks@yahoo.com or 928.243.4852. 104C
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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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Spiritual Connections Group. 2nd Friday of the month, December 9th and January 13th, 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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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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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. (30 minutes from downtown Prescott) RSVP to 928.499.4128.
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Group Reading: Saturdays, December 17th and January 21st from 6pm to 7:30pm. International Psychic Medium **Joseph Daniel Drew** offers a group reading. Joseph specializes in Medical Intuition, communicating with the organs, emotions, aura, chakras and more. Cost: \$20, free to anyone sitting in and not receiving a reading. For more info call Joseph Drew at 928.830.4030. 104C
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Angel Card Party. 3rd Wednesday of the month. December 21st and January 18th 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 4th Friday Art Walk. Friday, December 23rd and January 27th, 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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Reiki II Certification Workshop. Sunday, January 8th, 2017, 11:30am - 2:00pm. Join **Celeste Holly**, certified Reiki Master Teacher for attunement and training in Reiki I. Reiki I introduces the student to Reiki. The history, the energy, placement of hands and chakras. You will leave with a higher vibration of Reiki energy through attunement. Cost: \$110.00. Registration required by Thursday, January 5th. Minimum of 3 attendees needed for class. Contact **Celeste** at ccholly@gmail.com or 920.858.2966.
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Discovering the Authentic YOU. January 10th and 12th, 5:30pm. This program will help YOU to discover why you do what you do and act how you act. You will leave with
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even more insight and understanding about yourself and will be able to create your own personal mission statement. You will be able to explain yourself better AND you will have a new, exciting focus in your career. Class limit is 12. Contact **Lori** here to sign up for this online class: lorirubenstein.com/events/discovering-the-authentic-you-2/



MSCO Spiritual Fair. Saturday, January 21st, 11am - 5pm. Enjoy a day of healing and intuition with the members of MSCO. Some of our members who will be here for the Spiritual Fair are:
David & Oleta Clay - *Yoga moves & Health Assessments*
Sherrina Johnson - *Sound Therapy*
Lana Ante - *Intuitive Readings*
Danni Templeman - *Psychometry & Tarot Reading*
Yvonne Inman - *Intuitive Readings & Reiki*
Dana Cummins - *Spiritual Counseling & Energy Work*
 Come spend the day. Get a reading, have a healing session and peruse MSCO to see the many wonderful items we have to offer.

Spirit in Motion Expo presents - Jumpstart Your Healing Journey, January 21st & 22nd, 2017. Saturday 9am - 4:45pm / Sunday 10am - 1:15pm. This 2 day event will feature 6 amazing workshops. It is an opportunity to engage in your health and happiness for the upcoming year. The 6 presenters are:
Rebecca Cuthands - *Embrace the Natural Wonders and Ancient Ways for Living a Healthy and Happy Life*
Sandy Sue - *Heal Your House, Heal Your Life! EZ 2 Feng Shui Tips*
Karyn Diane - *Unleash Your Healing Potential - Sound Vibration*
Karen Winkelman - *Embracing Your Shadow: Sacred Steps to Wholeness*
Melanie Banayat - *Stretch Your Brave: Unmask Your Confidence in Your Life and Business in an Authentic Way*
Sue Broome - *Experience the Magic of Healing with YOUR Angels.*
 Cost for this 2 day event (includes all 6 speakers) is \$44/in advance, available on SpiritinMotionExpo.com or \$56 day of. Location: Hassayampa Inn, 122 E Gurley St, Prescott, AZ. Contact SpiritinMotionExpo@gmail.com.

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 Cuthands.** CC

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 five or nine-week course. Cost: \$750-\$950. Spiritual Guide: **Rebecca Cuthands.** Call 928.499.4128 for info.

Holding Sacred Space: A few of the workshops available are: Trust, it's Meaning and How to Create More; Manifesting; Quantum Dynamics; Ebbs and Flows of Universal Energies from the Lazaris Material; Finding Your Purpose; Meditations to Enhance and Heal Your Life; Creating Sacred Space and Incorporating it Into your Daily Life. For more information on these classes or others please contact **Dana Cummins** at 928.420.2109. Classes range from \$60-\$150 for members, \$80-\$250 for non-members.



Six Month Manifesting Mentorship. Learn the tools of manifesting then put them into practice in your daily life. Heal the wounds of the past and change the limiting beliefs that hold you back from your desires. Work with a group creating a unique and uplifting dynamic as never before. Includes weekly group, classes, workshops and one on one session. For more information please contact **Dana** at 928.420.2109. Members \$1500. Non-members \$2500.

Higher Power Yoga with Celeste Holly. Higher Power Yoga offers the healing aspects of yoga along with a 12 Step meeting component. Not only will your clients be achieving mindfulness, through the breath and motion of yoga they will also be attending a 12 Step meeting. Each private class is a flat rate of \$60 for 1- 5 clients, \$70 for 6-10 clients and \$80 for 11-15 clients per facility group. Maximum of 15 students per group. Contact Celeste at ccholly@gmail.com or 920.858.2966.

MSCO Day of Service. There will not be a Day of Service for the month of December. We will resume with our next Day of Service in February. Be sure to visit us in

February 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 and health assessments. All donations help fund the printing of 'The Intuition' newsletter.

By appointment



**Certie Miles
Spiritual Counselor**

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

www.egertie@aol.com
gertiemiles.com

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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 11am - 4pm. **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 Reiki Master who offers Chakra Alignment, Prenatal Yoga and Jewelry Classes. Celeste 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. She creates beautiful, healing wire wrapped and beaded pendants. Contact **Celeste** at ccholly@gmail.com or 920.858.2966.

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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



608.239.9026

Angelic Healing & Readings

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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
Intuition

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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Eden Energy Medicine and Cayce Consulting. **James Knochel** gathered his books and asked, "If I would have received a reading from Edgar Cayce, what would he have me do?" The answer was clear but took many years to figure out how to fully implement it in the modern world. Carbon-Steel technology to harmonize the body's energy systems are custom-manufactured in Prescott Valley. Free 20 minute interview 602.842.2688 or knochj@gmail.com

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Electro-Lymphatic Therapy. **Shelly Grant.** ELT is a specialized healing modality that brings balance to the immune system. Good for detox, allergies, pain, fluid build up, and most types of illness. This therapy is new to the Prescott area and we are excited to introduce it to the community. It is safe, gentle, and like nothing you've experienced before. **Shelly** works for and mentors with **Brandi Owens RN**, giving you the benefit of working with a highly qualified team. Visit: eltexplained.com for more. **Shelly** is available for appointments on Wednesdays at MSCO. Call **Brandi** at 480.529.6323 or **Shelly** at 480.828.1411 or to schedule. 105B

*Sometimes life is about risking everything
for a dream no one can see but you.*
~ Anonymous ~

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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. **Sue** conducts workshops, groups & weddings, is an author and hosts *Angel Talk with Sue* on ThriveTalkRadio.com, 1pm Eastern every Monday. 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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Mediumship, Clairvoyant, Clairaudient, Intuitive Counselor and Tarot Readings. **Danni Templeman** offers readings at Mountain Spirit Co-Op on Wednesdays & 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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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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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

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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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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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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Soulstice Bowenwork. Shana Rushing is a Certified Bowenwork Practitioner. Bowenwork originated in Australia and is a noninvasive, unique approach to stimulating the body's natural healing ability. **Shana** offers sessions by appointment only. Visit: SoulsticeBowenwork.com or call 928.642.3425.

Martha Reed
 Tarot Reader
 Reiki Master
 928 202-8104

martha@tarotreadingsbymarthereed.com
www.TarotReadingsbyMarthaReed.com

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We at Mountain Spirit Co-Op respect the earth and in honor of her, we will be stopping mailing of the newsletter. Please send us your email at msconewsletter@gmail.com and we will add you to our email list so you'll receive it electronically. This will start in 2017. Please stop by the Co-Op to pick up a printed copy. Thank you.

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We at Mountain Spirit Co-Op are honored to serve as a transformational healing center. With all that is going on in our world today, here is an article that one of our members, **Shira Zerner** would like to share.

~ A Listening Ear ~

She walked into the Co-Op and within seconds burst into tears. I walked over, gave her a hug and just held her as she sobbed uncontrollably, venting her feelings about the election results. After a minute or so had passed I walked her over to the chairs and listened as she continued to share her fear, anger, disgust, shock, outrage and despair. I encouraged her to keep saying more, to let it all go and, after a few more minutes passed, she seemed to have run out of steam.

As she collected herself, I asked if I could share with her some thoughts and ideas she may have forgotten in her time of sorrow.

Here is what I shared:

Go to MountainSpiritCo-Op.com for the full article.

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

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 Sunday 11am - 3pm
 Readers and Healers by appointment
 Walk-ins welcome



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 **Celeste**: 920.858.2966 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!
December 23rd & January 27th
5:30pm - 7:30 pm

Day of Service!
None for December.
Next one in February

Spiritual Faire!
January 21st,
11:00am - 5:00 pm