

INTUITION

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

February / March 2017

Volume 13 Issue 2

February Featured Member

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James Knochel is a wanderer who collects forgotten common-sense bits of wisdom that help people improve their lives. The body's subtle energy systems serve as the blueprints for our physical experience. Edgar Cayce often stated this principle as "spirit is the life, mind is the builder, physical is the result." The most important aspect of regeneration is restoring the metabolism. Energetic imbalance are the most fundamental impediments to the useful conversion of food into useful energy.

James was guided to build his own version of Edgar Cayce's Radial Appliance because he was unable to sleep well. This device uses the vibrations of chilled carbon steel to balance and harmonize the body's subtle energy fields like nothing else. It is a potent aid to meditation, and brings "rest to the weary." James ships these around the world, and has received glowing feedback from many customers.

Phobias respond very quickly to interventions including energy psychology, or "acupressure for the emotions." On a flight he was once seated next to a stranger who didn't get her usual pre-flight drink in. She said that flying was okay, it was the take-offs and landings that really bothered her. But the landing on that flight was just fine. Addictions tend to be more complicated, but can resolve quickly too. James's clients have successfully worked through alcohol addiction, as well as destructive addictions to hard drugs. James is at the Co-Op on Tuesdays, and has other office hours by appointment. Call 602.842.2688 for more information.

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Kind words are the music of the world. They have a power which seems to be beyond natural causes, as if they were some angel's song, which had lost its way and come on Earth, and sang on undyingly, smiting the hearts of men with sweetest wounds, and putting for the while an angel's nature into us.
~ Frederick William Faber

MSCO Welcomes New Members

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Lauren Skye offers clairvoyant readings, energy healings, spiritual development classes, and ministerial services. Lauren is honored to support you in times of challenge and to empower you to enjoy the life you desire. She will be offering a group meditation and her services on Mondays.

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March Featured Member

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Rev. Lana Ante, BSW, has been with Mountain Spirit Co-Op since the very beginning. She is ordained in two metaphysical churches & has been doing readings for 50 years. She uses her social work ethics and intuitive gifts when doing counseling. She is trained as a "hands-on-healer," meditation trainer and teacher, and loves sharing the skills she has learned in classes and in one on one teachings. She also creates jewelry that is made with love, and only makes jewelry when she is in a positive state of mind. This energy goes into the jewelry, and is passed on to those who wear it. She has been very supportive within the community and has offered a positive reflection for her clients. MSCO is honored that she is one of its founding members and has had such an amazing impact in the world. Lana is at the Co-Op on Tuesdays for walk-in appointments, or you can call and schedule with her at 928.717.4499.G

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Testimonials

Celeste

- Very gentle energy and great healing hands.
- She balanced my body and it quieted me - am so calm.

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

Gallery Hours: Monday - Saturday 10am - 6pm

Sunday 11am - 3pm

Intuitive Readers and Healers by appointment

Walk-ins welcome

- I found Celeste to be a warm and welcoming person. I felt comfortable and nurtured by her healing. Thank you!

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David

- New stretches and knee therapy good!
- Amazing! I am in love with Yoga.

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Dana

- LOVED the class!
- Dana is a generous, loving and highly intuitive soul. Her healing work is amazing and very deep. She creates a safe, nurturing space and is completely tuned in during her sessions.
- ...a gifted and compassionate teacher and a treasured friend who taught me verbal, visual and experiential tools to help me actualize self-empowerment and discover my own resources for deep healing.

Martha

- Very happy reading made me certain of something I was longing for. Thanks
- A good full tarot reading. Pinpointed where I am in my life at this time. Good job.

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Shira

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

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Sue

- My session with Sue was fantastic, wonderful and I feel life altering. I feel so fortunate she shared her special ability with me. 5 out of 5 stars.
- Incredible reading! Just what I needed for the next level of my awakening. Action to take charge of my gifts. Thank you

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February/March Classes & Events

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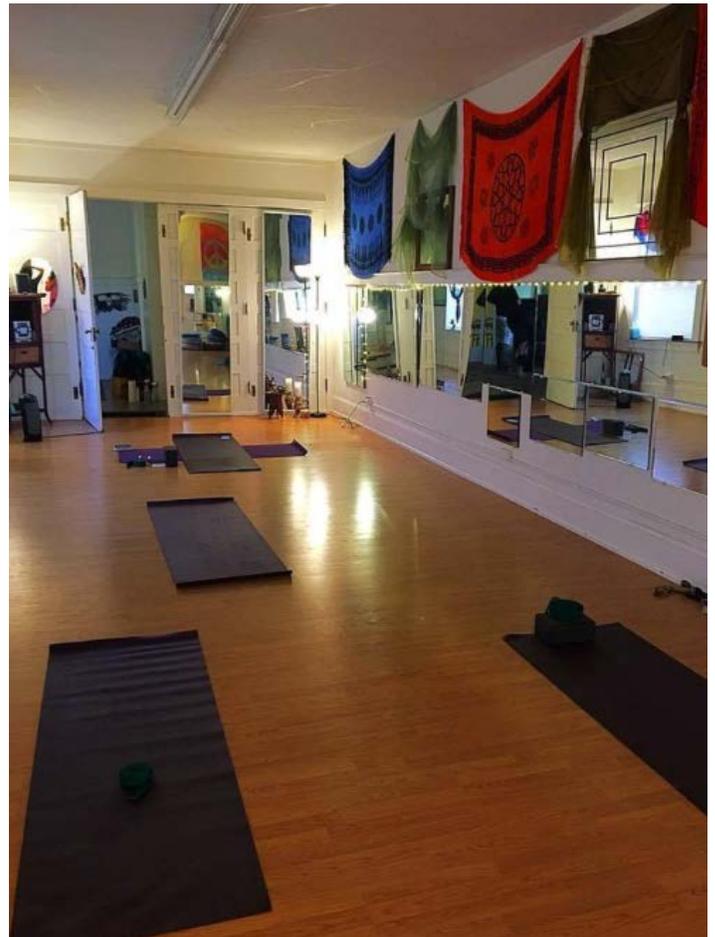
Yoga Classes. Thursday and Friday evenings from 6:30pm - 7:30pm and Saturday mornings from 10am - 11am. Beginning students are invited to join **David Clay** (a certified Yoga instructor) for Level One Hatha Yoga. Classes are designed to evoke a beautiful blend of perspiration, serenity, and joy through gentle sequences. Cost: \$10/class or 6 classes for \$50. For info, call **David** at 928.458.5577. 405

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Reiki-cise Class Mondays from 10am - 11am. Reiki-cise is a seated exercise class that gently incorporates range of motion, core strengthening and a form of aerobic exercise from a chair with a twist of Reiki healing energy. In this class you will not only strengthen your body, but your mind and spirit as well. Come join the fun with instructor **Yvonne Inman** Cost: \$10.00 per class. For info call or text Yvonne at 928.830.4354 or gypsydragonflies57@gmail.com G

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Monday Guided Meditation. Mondays, 11am - 11:45am. Experience energy management techniques to create calm, empowerment, and clarity. Open to your own energy as a spiritual being and all that is within you. By donation. Location: MSCO. Contact **Lauren** at [303.282.9439](tel:303.282.9439) as space is limited. 105B



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Gentle Yoga for Beginners. Mondays, 2:15pm - 2:45pm and Wednesdays, 3:45pm - 4:15pm. Enjoy a relaxing Yoga session for Beginners who want to experience gentle stretching with emphasis on alignment and exploring the link between mind, body, and breath. Facilitator: **David Clay**. Cost: \$5 each class. 405

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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. Location: MSCO, Room 405, Fourth Floor. \$5.00 per class. Limit 15.

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Spiritual Connections Group. 2nd Friday of the month, February 10th and March 10th, 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.

*The more one does and sees and feels,
the more one is able to do, and the
more genuine may be one's
appreciation of fundamental things
like home, and love, and
understanding companionship.
~ Amelia Earhart*

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Angel Card Party. 3rd Wednesday of the month. February 15th and March 15th 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. G

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MSCO 4th Friday Art Walk. Friday, February 24th and March 24th, 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.

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

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MSCO Day of Service. Sunday, February 26th, 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 Spiritual Fair. Saturday, March 18th, 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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Spring Equinox Celebration. Monday, March 20th from 11am - 6pm. We will be honoring the Spirit of the East, the Medicine of Eagle and Grandfather Sun. This is the time of new beginnings and a fresh start to the new cycle of life. We will be celebrating this day at the Buddhist Temple. Offering teachings, meditation, ceremony, personal time to walk the grounds and reflect and also sound healing from **Sherrina Johnson**. Location: Garchen Institute in Chino Valley. Cost: Donations. Spiritual Guide: **Rebecca Cutehands**. Please RSVP at 928.499.4128. You will be responsible for your own lunch.



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Water Blessing. February and March. 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

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Munay-Ki Rites. February and March. 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: \$950-\$1150. Spiritual Guide: **Rebecca Cutehands**. Call 928.499.4128 for info.

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By appointment

Gertie Miles Spiritual Counselor

(928) 771-9496

www.egertie@aol.com
gertiemiles.com

P.O. Box 3264
Prescott, AZ 86302

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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.

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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.

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Higher Power Yoga with Celeste Holly. Higher Power Yoga offers the healing aspects of yoga along with a 12 Step meeting component. So 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](tel:920.858.2966).

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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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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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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Clairvoyant readings, Energy Healings, Spiritual Development Classes, and Ministerial Services. **Lauren Skye** is the founder of the Church of Infinite Spirit, a non-profit spiritual organization based in Denver, CO since 1996. Her readings/healings bring life-changing information to the foreground and profound vibrational shifts. She is available on Mondays by appointment or walk-in from 12pm - 4pm. MSCO-only rate of \$50 1/2 hr or \$100/hr. Visit LaurenSkye.com or call 303.282.9439 or at lauren@laurenskye.com



CREATE & PLAY

Gatherings With a Gift ♥ Jewelry From the Heart

Laura Nelson

(714) 350-4580

laura_a_nelson@msn.com / mountainspiritco-op.com

107 N. Cortez, #100, Prescott, AZ 86301

I am grateful for our experience!

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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 Cutchands** 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

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Energy, Sound, Intuitive Healing. Sherrina Johnson offers Sound Therapy utilizing tuning forks and Healing Touch energy work on Wednesdays 10am - 6pm and Fridays 2pm - 6pm for appointments and walk-in's for \$25 per 30 min. These modalities help bring the entire being into harmony through physical, mental, emotional, spiritual, auric, and cellular levels. Contact Sherrina at sj86303@gmail.com or 928.925.2993. 104C



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

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Healing with the Angels & Angel Readings. Sue Broome is an intuitive spiritual guide & energy healer. **Sue** conducts workshops, groups, is an author and hosts *Angel Talk with Sue* on ThriveTalkRadio.com, 11am AZ time every Monday. She is one of the organizers for SpiritinMotionExpo.com. She has Young Living Oils available in the Co-Op or through order. **Sue** is available by appointment only. Contact **Sue** at 608.239.9026 or su.broome@gmail.com or SueBroome.com

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Intuitive Tarot Readings. Martha Reed brings years of experience and study to her readings. She is a member of the American Tarot Association and has earned their rating of Experienced Reader. 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](tel:928.202.8104). 105B

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Mediumship, Clairvoyant, Clairaudient, Intuitive Counselor and Tarot Readings. Danni 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



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•

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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! Call 928.445.1320. Schedule online: PrescottNatural.com. 104B

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Reiki Master, Chakra Alignment, Yoga and Jewelry Classes. Celeste Holly is a 200 hour certified yoga instructor and 85 hour and prenatal yoga instructor. She is a certified Usui Reiki Master, as well as a crystal and vibrational healer, and has over 10 years of experience in teaching jewelry making. She creates beautiful, healing wire wrapped and beaded pendants which can be seen and purchased in the gallery. Contact Celeste at ccholly@gmail.com or 920.858.2966.



SUE BROOME
 608.239.9026
Angelic Healing & Readings

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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 Sundays from 11am - 5pm for appointments or walk-ins. Contact

Yvonne at 928.830.4354 or gypsydragonflies57@gmail.com.
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Reiki Practitioner Lisa Wojciechowski has incorporated Reiki as a part of her everyday life. She has seen and felt miracles happen within herself and others. She channels Reiki to heal physical, emotional, and spiritual pains. This includes anxiety, depression, and even a failing kidney that was healed back to good health. Come and explore the amazing possibilities that can be created. **Lisa** is available Thursdays at the Co-Op, 1:00pm - 5:00pm. Contact **Lisa** at 928.277.7335 to schedule an appointment. 105B
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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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We at Mountain Spirit Co-Op respect the earth and in honor of her, we will be stopping mailing of the newsletter. Please send your email to msconewsletter@gmail.com and we will add you to our email list. You'll receive it electronically. You are welcome to stop by the Co-Op to pick up a printed copy as well.
~ Thank you ~

Extended Member Offerings

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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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Forgiveness Teacher Lori Rubenstein coaches you by phone, Skype or in person to help you find the peace you crave. As a gift, she offers a Forgiveness 101 class that you can take at your own pace for only \$36. LoriRubenstein.com/forgiveness-101-introduction/. **Lori** is the author of 3 transformational books, including the Amazon Best Seller, *Forgiveness: Heal Your Past and Find the Peace You Deserve*. For more info: LoriRubenstein.com or 928.634.0252.
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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.

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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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

Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.
~ Bradley Whitford

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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.

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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

Choosing to Co-create With Respect & Dignity For All
In my Manifesting Mentorship class I was speaking about finding alternate ways of being for those who are having a difficult time dealing with our new president, Donald Trump. We have talked for weeks about feeling and releasing our feelings. We talked about how important it is to recognize that this turmoil is giving us an opportunity to identify the unhealed aspects of ourselves, forgive ourselves and heal. This process opens us to another opportunity which can lead to deeper understanding and a sense of grace. By taking these actions, we are not passive, but rather move forward in a respectful and dignified way.

We talked about how the new world will not be created with hatred and fear, but from a place of healing. It can be brought forth with dignity, compassion, understanding and grace. It was then one of the participants reminded us all of Martin Luther King's quote "Darkness can not drive out darkness, only light can do that. Hate can not drive out hate, only love can do that. "

If we seek respect, then we must act in a respectful way. Acting respectfully does not mean to become a "people pleaser", it means to act with honor and respect. We know the way we like to be treated.

Another example is the Indian story about the two wolves: The two wolves are fighting, a dark wolf of fear and hate and a light wolf of hope and possibility. They are fighting; which one will win? The one we feed or pay attention to. The story is a reminder that our thoughts, feelings, attitudes, beliefs, choices and decisions all play an active role in creating our reality. If we wish for a world of fairness and peace we must be responsible for making sure we are focusing our thoughts, feelings, beliefs, attitudes, choices and decisions on what we want. If not, aren't we being hypocritical? If so, we might choose to set down our old ways, forgive ourselves, and create new habits that support the dreams and visions that we say we hold dear. Let's face it, the majority of the population, whether they voted for Trump or Clinton, want peace, fairness, hope and health. They want it for their family, friends and their neighbors.

Let's pause and focus on that for a minute. Let's allow the possibility of that dream and vision to be real. Let's move forward holding this in our hearts. Let's co-create our reality with respect and dignity. Let's "be the change" we wish for.

~ Dana

Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace...



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!
February 24th & March 24th
5:30pm - 7:30 pm

Day of Service!
February 26th,
11:00am - 3:00pm

Spiritual Faire!
March 18th,
11:00am - 5:00 pm