

# INTUITION

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

August/September 2017

Volume 13 Issue 5

HELLO  
AUGUST

## **August Featured Member**

### **Jennifer Maxwell**

Jennifer Maxwell is a Licensed Massage Therapist, as well as a talented comedian, administrator, and healer. She is a well-respected member of the Healing Arts community. The diverse background that this artist brings to the co-op provides a fresh fun style of Bodywork. She provides a safe space for unwinding, unfolding, and transformation for her clientele. Jennifer incorporates crystals, CBD oil's, and a multitude of other healing elements for her clients to reach their ultimate potential of healing. Jennifer has an authentic presentation which helps her clients reach a level of trust entering each session. The intention that she brings to the table is to bring attention to the issues that her clients have stored in their tissues. In addition to the healing art of massage, Jennifer incorporates laughter into every session organically for the full therapeutic effect. Each healing session is reverent and intentional for the client for each session. There is a huge paradigm shift in the healing community that reflects massage no longer as a luxury, however a necessity as a conduit to healing. The power of touch has been proven through the entirety of the existence of humankind to be one of the most influential ways to reach the balance in homeostasis that our bodies seek. Jennifer enjoys working with her clients to promote freedom, ease, and flow within her client's bodies, as well as their lives. Call/text (602) 4565404 or Email [bodyworktomaxyourhealth@gmail.com](mailto:bodyworktomaxyourhealth@gmail.com).

WELCOME

## **MSCO Welcomes**

**Morgana Cooper.** Morgana specializes in Carl Jungian "Shadow Work" Counseling- diving into subconscious beliefs, negative programming, and traumas that hold us back from truly being our authentic selves and feeling freedom and joy in our daily lives. (Continued on page 2.)

When before the beauty of a sunset or a mountain, you pause and exclaim, "Ah," you are participating in divinity.

Ancient Hindu Text

SEPTEMBER

## **September Featured Member**

### **Terry Turrentine**

I was attending my 16<sup>th</sup> Tucson show when I found a wire-wraper whose work I admired and was selling an instructional DVD of "how to wire wrap". I bought the DVD and immediately got busy making wire wraps. This financed several more trips to the mine to pick up yet more amazing crystals and mineral specimens.

I had been collecting rocks at the Oceanview Mine in California and I needed a way to finance more expedition to the mine. After a couple dozen trips to the mine, I had tourmaline of all colors, aquamarines, fine quartz point, morganites and kunzites coming out of my ear; what to do?

After my initial experience of a few dozen pieces, I decided to make up my own designs. At first, I incorporated the original design elements into wrapping crystals and odd shaped mineral specimens. This was well received and encouraged me to continue to push the envelope of what wire-wrap could and should be; fine jewelry.

This has been my goal in creating jewelry; pieces that emphasize the stone and not the wire. I use a bare minimum of wire and attempt to accent the stone on every piece.

My newest acquisitions have been some exquisite, Ethiopian opals. For the past eight years, I have been buying rough opals in quantity. These are just about the most beautiful stones I've ever had the honor of holding, and some of them are clear, making them impossibly rare. I also have black and translucent opals.

Terry has a beautiful collection of wrapped pieces in the gallery that are one of a kind. He also offers special order pieces. Contact Terry at [terryaturrentine@gmail.com](mailto:terryaturrentine@gmail.com) or (323) 834-8374.

## **Mountain Spirit Co-Op**

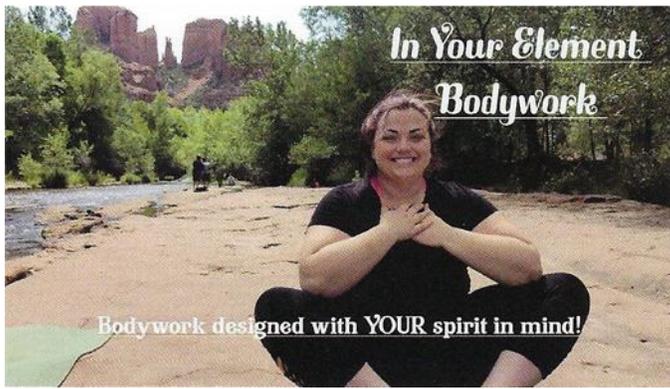
(928) 445-8545 / [www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

Gallery Hours:

Monday thru Saturday 10am–6pm, Sunday 11am–3pm

Readers and Healers by appointment

Walk-ins Welcome



**New Members. Continued from Page 1 ...**

**Tony Reck.** Tony embodies a much-needed role of the "Divine Masculine", assisting others to become the highest version of themselves utilizing many healing modalities.

**Melody Kozmeniuk.** Melody has won many awards for her clay sculptures in both Canada and the US. Her pieces are amazing and beautiful and are now displayed in the gallery.

*Testimonials*

**Gertie**

-I've known Gertie Miles for 17 years and will not trade her for the world.

-Gertie was amazing, authentic, and made me feel at ease. She knew things only loved ones would know, which was proof of her pure gift. I will absolutely come back to meet with her again.

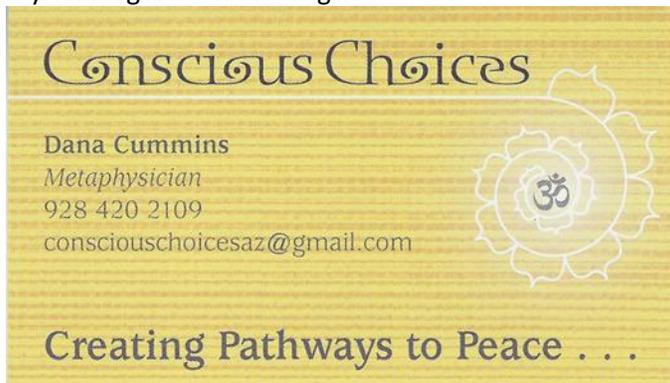
-Gertie was wonderful. She shared such peace and comfort with me.

**Sherrina**

-The sound therapy was very relaxing and it felt like it was balancing the whole body. Sherrina also ran energy into my right eye to help it heal it from cataract surgery. Also my spine. I hope it lasts as long as I think it will.

-Fantastic session. Strong healing took place. Twenty-year-old stagnant energy moved and cleared out. I'm so grateful for her patience and energy. Will try and book another session soon. Thank you!

-Sherrina was amazing! I could feel the energy clearing out my blockages. What an angel.



-A very relaxing session. Sherrina is a kind soul who focuses on the intentions set by the client for the outcome of the session.

**Rhonda**

-It was great! I felt more relaxed after! Thank you.

-Amazing reading, right on. Extremely intuitive, I highly recommend.

Workshops \* Classes \* Events  
Empowerment, Transformation, Possibilities

**August/September Classes & Events**

**Six Month Manifesting Mentorship. Beginning in August.** 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.

**Workshop/Discussion Group.** August and September. Monday's from 4pm to 5pm. Come join **Shira** for a fascinating, inspirational and challenging workshop based on the New York Times #1 Bestselling Book **Conversations With God** by Neale Donald Walsch. Find out how this book can help you not only develop and improve your own personal relationship with the Divine Spirit, but can help us solve the problems of the world. Cost: \$10 per session. Please RSVP at MSCO or call (928) 445-8545. 104C

**Prenatal Yoga.** Mondays 5:30pm with **Celeste Holly**, 200 hour certified yoga instructor and 85 hour prenatal certified. We will work together to alleviate pregnancy-related discomforts by practicing gentle, modified yoga poses, breathing exercises and meditative relaxation techniques. This class will help strengthen the pelvic floor and provide information for all three trimesters of pregnancy. Prenatal yoga class allows the opportunity for pregnant women to connect and celebrate their changing bodies and growing babies. Appropriate for expectant mothers at all stages of pregnancy. Cost: \$5. Location: 450 Goodwin St. Suite 107. Contact **Celeste** at (920) 858-2966 or [ccholly@gmail.com](mailto:ccholly@gmail.com).

**Recovery Yoga.** Tuesdays at 5:30pm and Sundays at 4:30pm, with **Celeste Holly**, 200 hour certified yoga instructor. Yoga for those recovering from addiction or if you have a relationship with others in addiction. Location: 450 Goodwin St. Suite 107. \$5.00 per class. Limit 15. Contact **Celeste** at (920) 858-2966 or [ccholly@gmail.com](mailto:ccholly@gmail.com).

**Reiki** being offered Thursdays from 12pm - 5pm for August & September by **Yvonne Inman**. Each is for donation of the

building fund. Call for appointment or drop in. Contact **Yvonne** at (928) 460-2124.

**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** (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: (928) 458-5577. 405

**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

Rev. Rhonda Smith B.msc.  
Holistic/Spiritual Counseling: Relationship-Personal-Grief; Intuitive Body Work/  
Massage/Reflexology; Weddings, Blessingways, Rites Of Passage, Traditional  
Ceremonies and Healing Circles; Childbirth/Parenting Education, Dream Work and LOVE

# 7Generations bEarthRites

7generationsbearthrites@gmail.com 928-499-9366  
www.mountainspiritco-op.com

"WHAT WE DO AND SAY TODAY, EFFECTS  
THE NEXT 7 GENERATIONS"

**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: \$950-\$1150. Spiritual Guide: **Rebecca Cutehands**. Call (928) 499-4128 for info.

**Full Moon Ceremony.** Wednesday, September 6<sup>th</sup>, 7pm - 9pm. In honor of Grandmother Moon we will be walking the labyrinth, sitting with the sacred fire and empowering our Spirt. Everyone will offer a prayer to the circle, a blessing to the moon and an intent into the fire. Spiritual Guide: **Rebecca Cutehands**. Cost: \$50. Location: Juniper Well Ranch. RSVP with payment by September 1st. For more info call Rebecca at (928) 499-4128.

**Painted Horse Ceremony.** Saturday, September 9<sup>th</sup> from 10:30am to 1:30pm. We will be gathering in ceremony to honor the spirit of the sacred horse and making offerings to the four directions and the medicine they hold. We will each get an enchanted moment with "Utah" blessing him with prayer and paint. We will be journaling and holding space for one another with everyone offering the sage and the sacred drum. Spiritual Guides: **Rebecca Cutehands** and

Energy Healing with Shira  
Healing your Mind, Body and Spirit

928-237-5339  
www.facebook.com/  
energyhealingwithShira  
**Shira Zerner**  
Energy Healer/Angel Card Reader  
energyhealingwithShira@gmail.com

**Deb Vernon.** Cost: \$50. Location: Silver Spur Ranch in Chino Valley. Please RSVP to **Rebecca** at (928) 499-4128 or **Deb** at (928) 899-7746. All materials included, please no open toe shoes and Utah loves apples and carrots.

**MSCO 4<sup>th</sup> Friday Art Walk.** Friday, August 25<sup>th</sup> and September 22<sup>nd</sup>, 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. **Stop in to see the featured members, August is Jennifer Maxwell and September is Terry Turrentine.**

An Art Walk  
Every 4th Friday!  
For Details and  
and Special Events Visit:  
[www.ArtThe4th.com](http://www.ArtThe4th.com)  
Nada Art Walk in December...  
'tis Christmas Day!

**Intuitive and Spiritual Energy Healing Circle.** Wednesday, September 27<sup>th</sup>, October 11<sup>th</sup> and 18<sup>th</sup> from 6:15pm to 8:30pm. Join us as we raise our vibration to heal ourselves and others in a sacred circle of Love and Light. We will quiet our minds and open our hearts to enter into the State of Attunement with Infinite Intelligence. Inspired by Harry Edwards and other renowned Spiritual Healers. Facilitator: **DeeDee Freeman**. Cost: \$1-\$10 sliding scale. Location: MSCO. Please RSVP to [InteriorAlchemy.weebly.com](http://InteriorAlchemy.weebly.com),

*Celeste Holly*  
designs

*Celeste Holly, Jewelry Artist*  
920.858.2966 • [ccholly@gmail.com](mailto:ccholly@gmail.com)



**SUNNY MOOSESTEPS**  
 Certified Spiritual Medium  
 Clairvoyant, Clairaudient  
 Messages from Loved Ones,  
 Spirit & Animal Spirit Guides  
 570-660-5591  
 Will do Tea Readings/Parties in your home

Interior Alchemy Meetup or Interior Alchemy on Facebook or 928.351.1135. G

**MSCO Day of Service.** Sunday, August 27<sup>th</sup>, 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.



**MSCO Spiritual Fair.** Saturday, September 16<sup>th</sup>, 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! Come and have some fun!

**Fall Equinox Ceremony.** Friday, September 22nd from 12pm to 2pm. Come and celebrate the first day of fall. We will be honoring the shift from Grandfather Sun to Grandmother Moon and embracing the strong medicine of Bear. Facilitator: **Deb Vernon**. Cost: \$40. Location: The



**By appointment**

**Gertie Miles**  
**Spiritual Counselor**

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

**www.egertie@aol.com**  
**gertiemiles.com**

medicine wheel, at the community nature center. Please RSVP to Deb at (928) 899-7746.

**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](mailto:ccholly@gmail.com) or (920) 858-2966. Location: 450 Goodwin St. Suite 107.

**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.



## Members Ongoing Offerings

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

**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 email [egertie@aol.com](mailto:egertie@aol.com) 105A

**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

**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](mailto:knochj@gmail.com)

**Energy, Sound, Intuitive Healing. Sherrina Johnson** offers Sound Therapy utilizing tuning forks and Healing Touch energy work on Wednesdays 10-6, by 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. She offers one session by donation month, call to be added to the waitlist. Contact **Sherrina** at [sj86303@gmail.com](mailto:sj86303@gmail.com) or (928) 925-2993. 105B

**Holistic Counseling, Massage, Reflexology, Card Readings, Weddings, Dream Work. Rhonda** has 30 years of experience in body work, birth and parenting education and nutrition. She also offers traditional ceremonies and rites of passage. She will be offering her services on Saturdays and taking appointments during the week. Call **Rhonda** at (928) 499-9366. 105B.

**David Clay** Slow Flow Yoga Instructor  
Mountain Spirit Co-Op  
107 N. Cortez, Room 405  
(928) 458-5577  
[www.seraphicyogi.com](http://www.seraphicyogi.com)  
Classes Thurs & Fri 6:30-7:30pm  
Sat 10-11am  
\$10 per class or 6 for \$50

**Intuitive Certified Hypnotherapist. Reiki Master. Keely Salman** uses her tools in a loving and welcoming way to get to the root of any belief system and replace them with positive action. **Keely** will be offering her services on Fridays at MSCO. Appointments and walk-ins are welcome. Call (320) 310-2382. 105B

**Licensed Massage Therapist, Jennifer Maxwell, LMT** offers bodywork designed with your spirit and mind working predominately from a Connective Tissue Therapy perspective with an integration of several modalities such as lymphatic drainage, reflexology, Shiatsu, and Swedish. **Jennifer** is available by appointment on Tuesdays and Thursdays for 50 minute and 100 minute sessions. Call/text (602) 456-5404 or Email [bodyworktomaxyourhealth@gmail.com](mailto:bodyworktomaxyourhealth@gmail.com). 104C.

We have no idea what tomorrow will bring, but today is overflowing with potential.

Allan Lokos

**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 info please call (928) 420-2109. CC

**BLACKCAT MOUNTAIN JEWELERS**  
"Blurring the line between wire wrap and fine jewelry"  
**Terry A Turrentine**  
Jewelry Artist  
323-834-8374  
[blackcatmountainjewelers.com](http://blackcatmountainjewelers.com)

**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 currently teaching yoga at 450 W. Goodwin St. Suite 107, Higher Power Yoga on Tuesday's at 5:30 pm and Prenatal Yoga on Monday's at 5:30 pm. 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](mailto:ccholly@gmail.com) or (920) 858-2966.

**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**: (928) 830-4354 or [gypsydragonflies57@gmail.com](mailto:gypsydragonflies57@gmail.com).

**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

**Mountain Light Sanctuary**  
Rev. Lana Ante, B.S.W.  
•Intuitive Counseling  
928.717.4499  
P. O. Box 1923  
Prescott AZ 86302  
[mountainlight@cablone.net](mailto:mountainlight@cablone.net)  
•By Appointment•

## Rev. Rebecca Cutehands

Spiritual Guide

awaken the journey within

Indigenous Teachings  
Medicine Wheel Ceremonies & Moon Blessings  
Intuitive Body Work & Crystal Therapy  
Native American Artwork, Weddings, Henna Tattoos  
Bus.#928-445-8545/ Cell#928-499-4128  
cutehands2@juno.com  
www.mountainspiritco-op.com

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

### Shadow Work Astrology and Relationship Counseling.

**Morgana Cooper** teaches us to love our shadow sides and make the unconscious, conscious. By working with the shadow we are able to become integrated, whole, balanced and free. This work not only assists with deep self love, it builds the foundation for relationships of all kinds. after all, the shadow shows up THE MOST in romantic partnerships. Learn how to integrate your shadow, find and keep true love. Walk in or appointment available Mondays. Call **Morgana** @ (808) 634-1463 or Email: [whitewolfalchemy13@gmail.com](mailto:whitewolfalchemy13@gmail.com).



### Spiritual Guide on Your Path of Healing and Letting Go.

**Tony Reck** has over 30 years experience in multiple styles of martial arts that embodies several aspects to his gifts as a spiritual teacher and energy healer. He will lovingly assist, guide, teach and heal any perceived blocks and limitations that arise on your path of awakening. He is also offering one-on-one martial arts classes/sessions to connect with your inner warrior. Call **Tony** 928.308.2286 or email: [t.reck@yahoo.com](mailto:t.reck@yahoo.com).

**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](mailto:cutehands2@juno.com). CC

**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

**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

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life...and the world.

SARAH BAN BREATHNACH



## Extended Member Offerings

**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](http://MotherImPartoftheSky.com)

**Certified Hypnotherapist. Spiritualist Minister. Shamanic Practitioner.** **DeeDee Freeman** offers intuitive tarot readings, psychic development classes and facilitates regular circles for people to learn to use their intuitive abilities. In her therapy practice, "Interior Alchemy", she helps clients release trauma and other obstacles through shamanic counseling and hypnosis. For more information and to schedule an appointment, please visit [InteriorAlchemy.weebly.com](http://InteriorAlchemy.weebly.com)

**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/](http://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: call (928) 634-0252 or [LoriRubenstein.com](http://LoriRubenstein.com).

**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](http://JudsonKramer.com) or contact [Jud@JudsonKramer.com](mailto:Jud@JudsonKramer.com).

**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](mailto:LeeAnn@midOhioValley.com)

**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](http://SoulsticeBowenwork.com) or call (928) 642-3425.

### ***Mountain Spirit Co-Op Welcomes a New Non-Profit!***

**Mountain Spirit Co-Op** welcomes a newly formed non-profit Ms Hec 3. This non-profit was formed to help those who have come to a crossroads in life to heal from past trauma and grow into their more authentic selves. Stay tuned to learn more of what and when they will be offering services near you. If you would like to donate to this organization and help change the world by healing those in need. Please contact Dana at (928) 420-2109, or Rebecca at (928) 499-4128.

Love is not a feeling; it is a great power, an Intelligence to which we are all heir and have been forever called.

Anne Hillman



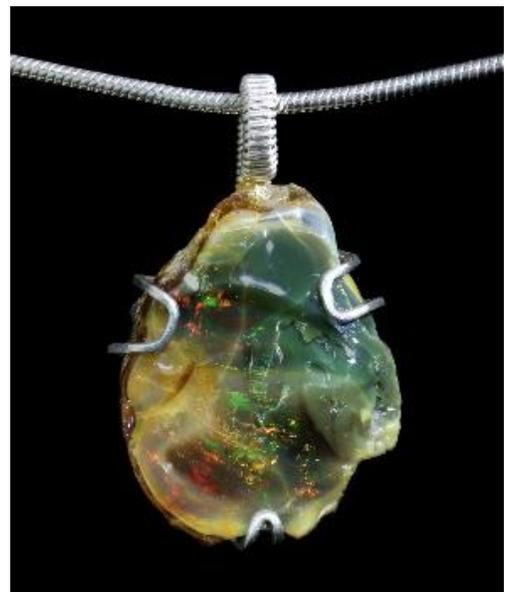
## Rentals

### Rentals Available

**Wilderness Retreat House.** Two-bedroom one bath, pool and jacuzzi. Fully furnished on 5 beautiful sacred acres in Williamson Valley. Available for 5 or more days. Pet friendly, adult occupants only. Five day, weekly and monthly rates. Contact **Dana** at (928) 420-2109.

**Vacation Rental.** Two-bedroom one bath house. Fenced yard, pet friendly \$120 night / 2-3-night minimum, plus cleaning and pet fee. One mile from the square. Fully equipped kitchen, etc. Contact **Dana** at (928) 420-2109

**Sweet room for rent in Santa Monica, California,** about a mile from the beach. Just blocks from metro on the west side. Super fantastic host with a dog. Sorry not suitable for children. Kitchen access, fully equipped. Tour guide available for hire. Lovely courtyard and patio with lots of charm. Wi-Fi and breakfast included for \$150 night. Pictures available upon request. Call (928) 420-2109.





107 N Cortez, Suite 100

Prescott, AZ 86301

928.445.8545

[MountainSpiritCo-Op.com](http://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.*



**Like us on Facebook!**

*Facebook.com/MountainSpiritCoOp*

**THE INTUITION**

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

**GIFT CERTIFICATES AVAILABLE**

*Mountain Spirit Co-Op gift certificates are available in  
the Gallery!*



*The Intuition Newsletter is a combined effort of Rebecca  
Cutehands, Dana Cummins, Laura Nelson, 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!

### 4<sup>th</sup> Friday Art Walk!

August 25<sup>th</sup> and September 22<sup>nd</sup>

5:30pm - 7:30 pm

### Day of Service!

August 27<sup>th</sup>,

11:00am - 3:00pm

### Spiritual Faire!

September 16<sup>th</sup>

11:00am - 5:00 pm