

# INTUITION

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

October/November 2017

Volume 13 Issue 6



## **October Featured Member** **Gertie Miles**

I am a Clairvoyant, Clairaudient Medium. I have worked in the spiritual world my whole life, even before I knew how to label it. That could be because I don't like labels of any kind; especially applied to human beings.

I love that I can be of service by being an instrument of guidance for others, especially when a loved one has crossed over who wants to communicate with a loved one left to complete their journey on earth, it brings peace and joy to those family members like nothing else and shows me my purpose. In my life I have been many things—a mother, grandmother, business owner, and teacher. I taught classes in spiritual development at Yavapai College for 14 years and also taught psychic development classes privately. I have had a radio show as well as television show and written a column.

I have traveled and especially enjoyed backpacking in both Europe and India. Now, I enjoy being available for my clients, family, and friends. I love chocolate, coffee, and dancing, but nothing equals the joy I experience in what I do.

I am available for readings either in person or by telephone and can be reached at (928) 771-9496 or [egertie@aol.com](mailto:egertie@aol.com) for appointments.



**MSCO Welcomes**

**Nivare'** of Calling In The Light is back at MSCO as a Spiritual Channel, Guide and Teacher focusing on Your Desires for Self-Empowerment, Spiritual Healing & Growth with Customized Sessions & Classes.

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love."

Saint Basil

**Little Mediums at Large.** Lisa and Tripp offer energy Clearing, Shifting and Blessings for your self and your sacred spaces. As a Crystal Practitioner and Specialist, Lisa offers readings, healings and guidance; As a fire worker, Tripp offers one on one ceremonies, teachings, and spiritual support.

**Reverend Joseph Drew** will be offering a variety of Healing modalities and readings, either individually or with a group.



## **November Featured Member** **Beth Markley**

The metaphysical world has always been a part of my life, I have just not been active in it for most of my adult life. I grew up in New England (Maine, New Hampshire, Vermont) where I was exposed to the metaphysical world at a young age. My mother dabbled in astrology, but mostly, she taught my siblings and me about auras, dowsing, and spirit guides. Seeing auras came naturally to me, but with the usual drama of adolescence, my third eye pretty much closed. Fast forward 40 or so years and I find myself part of the Mountain Spirit Co-Op family where I am enjoying sharing my beeswax candles and jewelry. I am also relearning about my spiritual side and working on reopening my third eye.

Growing up, I never thought of myself as "crafty" but as an adult, I've discovered my crafty side. In 2001 I lived in the Washington, D.C. Metropolitan area and managed a candle shop where I learned how to make hand rolled beeswax candles. I also learned about the benefits of burning candles made of beeswax as opposed to those made of paraffin. After 9/11, my husband and I moved to the West  
*(Continued on Page 2)*

## **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



**By appointment**

**Gertie Miles  
Spiritual Counselor**

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

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

Coast where I added jewelry making to my crafting repertoire. My jewelry is simple yet elegant and perfect for many occasions. I love to make both candles and jewelry as I find both to be somewhat therapeutic. My candles and my jewelry are made with an open heart and the intention to bring happiness to the buyer. I hope that people will find the same joy in my items as I do in making them.

For more information or to discuss a custom order (candle or jewelry), you can reach me on my cell phone at (928) 925-7828 or email me at [beth@blessedbeeswax.com](mailto:beth@blessedbeeswax.com). I can also be found in the Co-Op Gallery several times a month.

## *Client Testimonials*

### **Yvonne**

-I enjoyed my angel reading. I felt like the topics covered were the most appropriate for me and I could truly relate with Yvonne's reading. Thank you!

-My experience is always very good. The co-op is a very positive place. Yvonne performed Reiki and I left feeling lighter and happier overall.

-Loved Yvonne!

-Love, love, love! Thank you for the magical experiences.

### **James**

-James was very nice and did a gentle energy that felt very soothing. I hope it will help me.

-Very great energy session. James is very intuitive with the guidance he gives as well.

Absolutely relaxing and rejuvenating, wonderful!



Blessed Beeswax  
Handmade Beeswax Candles  
[www.blessedbeeswax.com](http://www.blessedbeeswax.com)

Elizabeth Markley  
Owner  
[beth@blessedbeeswax.com](mailto:beth@blessedbeeswax.com)

Made in Prescott, Arizona  
928.925.7828

-James has a gift! I feel so much lighter! Thank you, James.

-James was delightful. I feel balanced and full. So kind and gentle!

### **Gertie**

-Gertie was as good and insightful as she was previously - highly recommended!

-On a scale of 1-5, it was a 5.

-Gertie is a loving spirit with great skill.

-Gertie is WONDERFUL! I'll be back.

-Gertie! That was very enlightening. I've never had a reading of this sort before and didn't know what to expect. I enjoyed learning about spirit and communication between planes.

### **Lisa W.**

-Lisa helped me feel so much better after an injury to my foot. I was able to relax during the session to the point I fell asleep. I would recommend Lisa's Reiki healing to anyone who needs healing.

-Love, love, love! Thank you for the magical experiences.

-My experience was great. Lisa did amazing she is awesome at Reiki.

### **David**

-David stretched the sciatic pain right out! So gentle and kind.

-David is so kind and he listened to me, giving me nutritional info and guidance. Thank you



**Lee Ann Romine**  
Independent Ambassador ID# 2213981  
MOBILE: 304-482-1222  
Email: [LA.Plexus@midohiovalley.com](mailto:LA.Plexus@midohiovalley.com)

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

### **October/November Classes & Events**

**Andean Teachings of the Munay-Ki, the Lloq'enacuy and the fire ceremony** will be offered individually or with a group. Faith Prayers are also offered by donation. October & November. Facilitator: **Nivare'**. Contact information (928) 856-2823 or [ub@callinginthelight.com](mailto:ub@callinginthelight.com). 105B

**Smudging 101:** October and November. Personal clearing of heavy energies, and how to protect yourself in your walk. These teachings will be offered individually or with a group. For more information or to set up an appointment please call Little Mediums at Large, **Lisa Winter** at (201) 787-7152 or **Tripp** at (928) 460-1921. 105B

**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).



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"

**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 October and November 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

**Crystal Recognition.** October and November. Learn how to make crystals work for you. Lisa will be offering in depth identification of crystal properties, as well as grid work direction and guidance. Available weekly on Thursdays.

Please call **Lisa Winter** at (201) 787-7152 for times and cost information.105B

**Spiritual Movie Night.**

October & November. 1st & 3rd Friday's starting at 6:30pm. Oct. 6th "What the Bleep Do We Know?", Oct. 20th "E-Motion", Nov. 3rd "Temple Making", Nov. 17th "Ramtha, Cracking the code to the Extraordinary" Facilitator: **Nivare'** Cost: By Donation. Location: **Rad Yoga** 436 South Montezuma suite B. Info: (928) 856-2823 or [ub@callinginthelight.com](mailto:ub@callinginthelight.com)



Little Mediums at Large

House Clearings & Blessings

Spirit Guidance

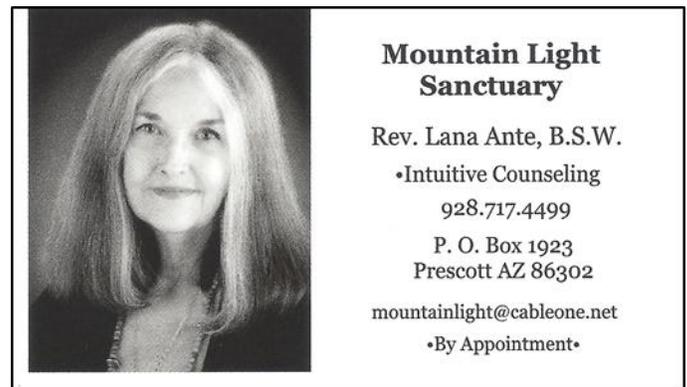
Lisa 201-787-7152  
 Tripp 928-460-1921

Crystal Specialist  
 Intuitive Energy Work  
 Munay Ki Rites

**Nivare' Saturday Classes.** October and November from 10:30am to 11:30am. October 14th and November 4th, a Guided Meditation Group. October 28th and November 25th Fire Ceremony. Cost: By Donation. November 11th, The Art of Fasting, getting closer to Your Source. Cost: \$20. Facilitator: **Nivare'**. For more info call (928) 856-2823. 105B

**Water Blessing.** October and November. This ceremony offers the individual an opportunity to cleanse and wash away giving the body, mind and spirit a fresh, regenerated and purified feeling. This offering will lighten the heart and ready the breath. Cost: \$225 (2-3-hour session) also offered as a teaching, for more info call (928) 499-4128. Spiritual Guide: **Rebecca Cutehands**. CC

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



**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

**10/01-11/01 - 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 about other classes, contact **Dana Cummins** at (928) 420-2109. Classes range from \$60-\$150 for members, \$80-\$250 for non-members.

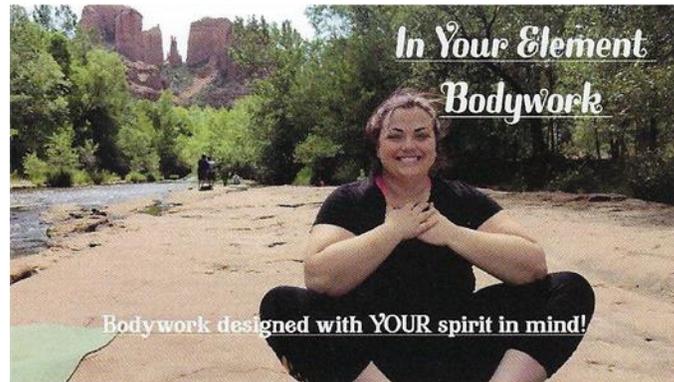
**Fire Ceremony. New Moons and Full Moons.** Thursday's from 5pm to 7pm., October 5th and 19th and November 2nd, 16th and 30th. Little Mediums at Large will be offering the Andean fire ceremony. Embrace the teachings of serpent, jaguar, hummingbird, eagle and condor. Munay Ki Rites and Lloq'enacuy are also available individually or with a group. Facilitator: **Tripp**. RSVP at (928) 460-1921. 105B

**Working with the Universal Energy.** Sunday, October 8th from 10am-2pm. Coming to know, connect, direct and play with the universal energies. Learn maps to integrally work with the Divine while beginning to understand and claim the conduit of light that you are. Be a part of the

magic, while opening to your truer self. Heal and be healed by spirit. Bring a sack lunch or something to share. Cost: Members \$60 Non-Members \$80. RSVP to **Dana** at (928) 420-2109. 104A/B

**Intuitive and Spiritual Energy Healing Circle.** Wednesday, October 11th and 18th 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), Interior Alchemy Meetup or Interior Alchemy on Facebook or 928.351.1135. G

**MSCO Day of Service.** Sunday, October 22<sup>nd</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 4<sup>th</sup> Friday Art Walk.** Friday, October 27<sup>th</sup> and November 24<sup>th</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, October is Gertie Miles and November is Beth Markley.**

**Rummage Sale.** Saturday/Sunday, November 4th and 5th from 9am to 5pm. We will have a variety of miscellaneous items for sale for you to rummage through and find little treasures to take home. All proceeds are funding the **MsHec3 Project**. Your donations will go to helping less fortunate individuals and families receive Healing and Educational Services from our Center. **If you have any gently used or new items to donate please do so by October 27th.** Call the MsHec3 Project at (928) 421-3399 or MSCO for more info at (928) 445-8545.104C

**Prayer Bundle Ceremony.** Saturday, November 11th from 12pm to 2:30pm. We will each create seven prayer ties in ceremony and receive the teachings of this traditional offering/blessing. Embrace this sacred ceremony so you can

## Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace . . .



offer it to the world. Spiritual Guide: **Rebecca Cutehands**. Cost: \$75. **Location: Ravens Call in Sedona.** Seating is limited. Please RSVP to Rebecca: (928) 499-4128.

**MSCO Spiritual Fair.** Saturday, November 18<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!

**Acker Night and Silent Auction.** Friday, December 8th from 5:30pm to 8:30pm. One of the greatest nights in Downtown Prescott! The whole town is dedicated to celebrating artistic expression. We will be offering live music from **Robert Karney**, refreshments and holiday goodies. We are also hosting a silent auction with all proceeds going to the **MsHec3 Project**. There will be a variety of pieces for your bidding pleasure. Come support a good cause and enjoy all the festivities of Acker Night!

**Medicine Bag Ceremony.** Friday, December 15th and Saturday, December 16th from 6pm to 9pm. We will be celebrating the medicine of Bear and the time of the West. We will gather around the medicine wheel in ceremony, choosing our medicine bag and filling it with many sacred offerings. This year an **overnight stay** around the medicine wheel is offered for Saturday night only. Sunday, we will share in breakfast, new moon energies and close the circle. Spiritual Guide: **Rebecca Cutehands**. Cost: \$50, \$100 includes overnight stay. RSVP by December 1st. Call (928) 499-4128.

**David Clay** Slow Flow Yoga Instructor  
 Mountain Spirit Co-Op  
 107 N. Cortez, Room 405  
 (928) 458-5577  
 www.seraphicyogi.com

Classes Thurs & Fri 6:30-7:30pm  
 Sat 10-11am  
 \$10 per class or 6 for \$50

**Lloq'enacuy.** Monday, January 1st from 11am to 6pm. This is an Andean ceremony that pushes us to the left side of the Mesa to awaken the mystical, the creative, the intuitive, the non-ordinary world. Remember your connection to Pachamama and the Cosmos. Embrace the ceremony, sacred teachings, walking the labyrinth and a Mesa filled with medicine offerings. Lunch is also included. Spiritual Guides: **Rebecca Cutehands and Diane Tripp**. Cost: \$333 with Mesa or \$260 without. RSVP by Dec. 15th. Location: Juniper Well Ranch. Call **Rebecca** at (928) 499-4128 or **Tripp** at (928) 460-1921.

## Members Ongoing Offerings

**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

**Customized Intuitive Sessions/ Bach Flower Formulas (for Humans and other species)/ Source Energy/ Ionic Rings/ Crystals/ & Faith Prayers.** Classes, Andean Teachings of Munay-Ki, Lloq'enacuy, Fire Ceremonies upon request. **Nivare'** is available Saturdays at MSCO. Contact [ub@callinginthelight.com](mailto:ub@callinginthelight.com) or (928) 856-2823. 105B

**SUNNY MOOSESTEPS**  
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Clairvoyant, Clairaudient

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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](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-ins 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


  
**Nivaré**  
 Spiritual Channel  
 Guide and Teacher  
 Focusing on Your Desire for Self Empowerment  
 Spiritual Healing & Growth  
 with Customized Sessions  
 ub@callinginthelight.com      928-856-2823

**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.

**House Clearings, Blessings, Heavy Energy Shifting, and Intuitive Energy Work.** Lisa and Tripp are Ministers and partners in Little Mediums at Large. Lisa is a Crystal Practitioner leading Readings & Workshops. As recipients of the Andean Fire Rites of the Munay Ki, Tripp will offer fire ceremonies, teachings, and guidance. Lisa Winter (201) 787-7152 or D. Tripp (928) 460-1921. 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 and 100 minute sessions. Email [bodyworktomaxyourhealth@gmail.com](mailto:bodyworktomaxyourhealth@gmail.com) or call/text (602) 456-5404 or 104C.

**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

**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 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

**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

# STEPHEN JENKINSON

Author of *DIE WISE: A Manifesto for Sanity and Soul*

**THURSDAY, NOV. 9**  
 Author talk • 6pm – 7pm • FREE EVENT  
 Peregrine Book Co., 219 N. Cortez, Prescott

**FRIDAY, NOV. 10**  
*Griefwalker* – Film screening with Stephen • 7pm – 9:30pm \$25  
 Davis Learning Center, Embry-Riddle Univ., 3700 Willow Creek Rd., Prescott

**SATURDAY, NOV. 11**  
*DIE WISE: Making Meaning of the Ending of Days*  
 A talk about grief, death, and the great love of life. • 9:30am – 3:30pm \$115  
 Davis Learning Center, Embry-Riddle Univ., 3700 Willow Creek Rd. Prescott  
*Due to a short lunch break we suggest a B.Y.O. lunch*

**Tickets for Friday and Saturday events:** [www.orphanwisdom.com/events](http://www.orphanwisdom.com/events)



Stephen Jenkinson, MTS, MSW does not offer seven steps for coping with death. He does not suggest ways to make dying easier. Instead, with lyrical prose, deep wisdom, and stories from two decades of working with dying people and their families, he places dying at the center of our attention, asking us to behold it in all its painful beauty. Stephen teaches the skills of dying, which can only be learned in the course of living deeply and well.

Local contact: Matthew Files (928) 420-0362

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

## 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).

**International Psychic Medium. Joseph Daniel Drew** is an international psychic medium. He offers Energy Healing, Readings, Animal Communication, Medical Intuitive, Mediumship, Weddings, Akashic Records and so much more. For more information or an appointment call (928) 830-4030 or email [josephddrew23@gmail.com](mailto:josephddrew23@gmail.com).

**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

**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 and hand knit items. 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.

## Rentals Available

**Wilderness Retreat House.** One-bedroom one bath, pool and jacuzzi. Fully furnished on 5 beautiful sacred acres in Williamson Valley. Available for 3 or more days. Pet friendly, adult occupants only. Three-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.

## From Our Members:

**Through Nivare'**

Dear Ones let us share of New Beginnings and the Cycle of Returns. As this Co-Op is transforming into greater service to your community in new ways the community is opening to transformation. This holds a reflection of many new beginnings upon Earth during planetary changes. **(Article continued on our website: [mountainspiritco-op.com](http://mountainspiritco-op.com))**

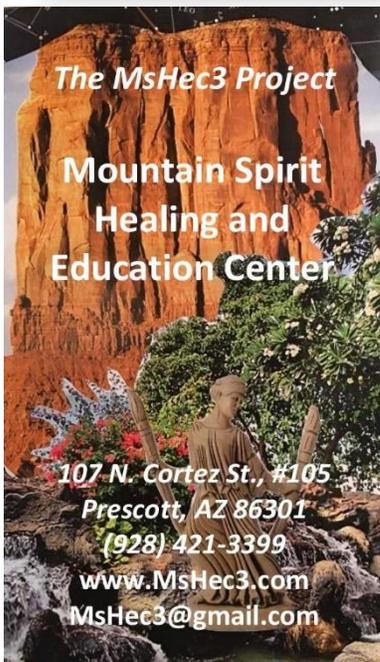


## **The MsHec3 Project Mountain Spirit Healing and Education Center**

Looking for a community based organization to make your **tax-deductible** donation to? **The MsHec3 Project** offers reduced rates for classes and healing work to those in need.

Your tax-deductible dollars can help heal and educate those right here in your community. Please think about us and those in need this year as you prepare your taxes.

For more information, email [MsHec3@gmail.com](mailto:MsHec3@gmail.com), call (928) 421-3399, or visit our website: [MsHec3.com](http://MsHec3.com).  
Thank you.



### **The MsHec3 Project**

Mission Statement:  
"Dedicated to co-creating and preserving healthy relationships with ourselves, each other, and our planet through healing and educational services."



**The Intuition Newsletter** is a loving collaborative effort by 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.

Sign up to receive our newsletter via your email:  
[MountainSpiritCo-Op.com](http://MountainSpiritCo-Op.com)

All offerings are held in the Old Masonic Temple Building 107 N. Cortez, Prescott, AZ 86301 unless otherwise noted.

### **GIFT CERTIFICATES AVAILABLE**

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

## **Events at a Glance!**

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

October 27<sup>th</sup> and

### **MSCO 12<sup>th</sup> Anniversary!**

November 24<sup>th</sup>

5:30pm - 7:30 pm

### **Day of Service**

October 22<sup>nd</sup>

11:00am - 3:00pm

### **Rummage Sale**

### **To Benefit the MsHec3 Project**

Saturday/Sunday, November 4<sup>th</sup> and 5<sup>th</sup>

9am - 5pm

### **Spiritual Faire**

November 18<sup>th</sup>

11:00am - 5:00 pm

### **Acker Night and Silent Auction**

Friday, December 8<sup>th</sup>

5:30pm - 8:30pm

## **Mountain Spirit Co-Op Marks 12th Year in Prescott**

A small group of people came together on November 9th, 2005, to open the Mountain Spirit Co-Op in downtown Prescott. As a co-founder, Dana Cummins' vision was to create an intuitive art gallery and alternative healing center. Others quickly picked up the dream. The original gallery, reading and healing rooms were located on the 2nd floor of the Old Masonic Temple Building on Cortez Street. The center expanded to another healing room on that floor within a year. It was inspiring to have a center focused in compassion and support of the entire individual. After surviving the odds of a new venture located 1½ flights off the main street entrance, the Co-Op was offered the downstairs location in February of 2008.

The new venue allowed the Co-Op to grow exponentially. As the membership grew so did the number of people who discovered the unique environment. "I can't even count the number of times someone has told me 'Thank goodness you're here, this is the only place where I feel accepted,'" says member Dana Cummins. "Many people come through our doors never feeling able to speak their truth and have found friends, mentors, and a healing environment where they are able to move beyond their fears to become who they really are in their hearts."