

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

December 2017/January 2018

Volume 14 Issue 1



## December Featured Member

**Rev. Rhonda Smith B.msc.**

I am excited to be a part of Mountain Spirit Co-Op and be available to my fellow beings in healing any body, mind, emotional and spiritual challenges they may have. As we heal together we also heal our Mama earth and all our relations. I believe that what we say and do has an impact on the next 7 generations. For over 30 years I have been in the natural healing arts as a massage therapist, herbalist, Midwife, childbirth/parent educator and doula. I have done nutritional counseling and intuitive readings for people face to face and at a distance.

Most recently I have received my degree at the University of Sedona as a Minister of Metaphysics, so I am available to officiate for weddings and offer holistic counseling. I also do traditional ceremonies and rites of passage for individuals, groups and students. I've been humbled to be with people who are transitioning from this earth life and have been honored to be with loved ones in grief counseling. What a blessing it is to help a broken heart heal and feel joy again. I thank you my friends in advance for allowing me to be a part of your life's journey.

Much love and blessings, AHO



## MSCO Welcomes

**Body Balance and Spiritual Healing- Toria** is a Certified Reiki Master Teacher who uses Reiki, sound frequency and crystals to help clear away blockages and fragments that can create an imbalance and often get in the way of the body's capability to heal itself.



The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, and all involved in one another.

Thomas Merton



## January Featured Member

**Dana Cummins**

Born into a Catholic Military family there was no space or words for the experiences of my youth. My entire life spent seeking, yet finding no place of acceptance that did not force me to leave precious parts of myself behind. After heralding my well-being from cancer using Eastern Medicine and Metaphysical techniques I was guided to open the co-op in 2005. It was a dream come true.

Over the last twelve years of our existence here at MSCO I have seen much growth, personally and professionally. This summer I got the honor of being elected president to the newly formed non-profit Mountain Spirit Healing and Educational Center, aka MsHec3 project. It is another dream coming true to offer healing and education to all those who could not normally afford our services. I am working with an amazing group of practitioners ready to help heal our world, starting here in my beloved Prescott.

For the last 20 plus years I have assisted hundreds of people learning to heal from the past and stand confident in their truer self. I have taught countless classes on working with energy, learning to have healthy trust, manifesting and dozens of metaphysical techniques and healing modalities. I continue to teach group and individual classes as well as work with clients on a one on one basis.

In April 2018 I begin my second series of 6-month metaphysical mentorship classes. It is my passion to share some of the many techniques I have learned over my 28 years of metaphysical studies and practices. It brings me such joy to witness others heal and empower themselves to be the people they have longed to be. I am honored to facilitate and co-create the sacred space in which so much magic happens.

Thank you all for your continued support over these many years. For your kindness, your generosity and your words of appreciation for the work we do here at Mountain Spirit Co-Op. We could not be here without you. And I thank you for your love and support. ~Dana

## 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

**Conscious Choices**

Dana Cummins  
Metaphysician  
928 420 2109  
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

## Client Testimonials

### September Spiritual Faire

#### Yvonne

- Lovely
- Excellent reading!

#### Joseph

- Joseph release a lot of tension in my neck and rest of body.

#### Lisa/Tripp

- Today's visit was such a wonderful experience. I enjoyed learning about the crystal grids and fire and the energy they bring. Will definitely be back. Such positive energy healing and intuitiveness.

#### Gertie

- Loved my reading
- Readings by Gertie are always helpful and highly accurate for me! It is a treat I give to myself every so often.


### October Day of Service

#### James

- James is very knowledgeable and has a calming presence. I can tell a difference in my energy immediately! Thank you.
- Good relaxation and info.
- James was amazing! He helped me relax as he put pressure on different parts of my spinal cord. He then balanced the yin and yang through my toes. When I got off the table, I felt much lighter. I highly recommend James to anyone seeking bodywork!

#### Jennifer

- I've had both massage and Reiki before but never felt the energy flow through like it did with Jennifer. It was amazing. I immediately booked an appointment.
- Excellent massage!!



**Mountain Light Sanctuary**

Rev. Lana Ante, B.S.W.

- Intuitive Counseling

928.717.4499

P. O. Box 1923  
Prescott AZ 86302

mountainlight@cablone.net

- By Appointment•

-Jennifer is a beautiful soul doing her passion. Continue following spirit.

-Loving healing touch that was exactly, perfectly what I needed most. I released, lived, opened and let love in. She is amazing.

#### Yvonne

-She was fantastic as it helped clean my path for the next step in my life. Thank you -Excellent reading, On target with where I am in my life, as always!

-Gave me insights in what my purpose is for the future, it was exciting and totally unexpected - many thanks to Yvonne, a totally gifted person.

-Was very intuitive to my spirit.

-I loved Yvonne. She is very connected to spirit and received the message I needed at this time. She is very efficient and professional and sincere. I plan to see her again. May god bless you all for your service.




**Celeste Holly**  
designs

*Celeste Holly, Jewelry Artist*

920.858.2966 • ccholly@gmail.com

#### Dana

-Dana is a naturally gifted healer whose intuition and compassion open the doors to insight and grace. She uses not only her words but also her presence to facilitate movement and miracles.

#### Nivare'

-Nivare was full of information to help me with my stress level to stop my kidney stones.

-Chakra analysis/clearing was wonderful - I felt energized and much lighter upon having this energy work done - many thanks to Nivare'.

#### David

-So much benefit with every breath. David is a clear, gentle, super effective guide and was perfect for what I needed. I will take his classes!

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

### December/January Classes & Events

#### Experience the Healing Journey of Horse and Human!

Engaging with and through my horse, Utah, has enabled he and I to bring the wisdom of healing that horses carry in their hearts to others. If you would like to make the connection between Soul and Heart a reality for your personal journey,



we would love to work with you. Call **Deb Vernam** to schedule a private session at (928) 899-7746, [buddhahorseranch.com/](http://buddhahorseranch.com/) **Belly Dance Teacher**. December/January. **Joseph Daniel Drew** offers belly dance classes 1 hour for Members \$5 and \$10 for Non-members, 2 hours for Members \$10 and for Non-members \$20, \$50 for 6 classes. For more information or would like to take a class call (928) 830-4030 or [emailjosephddrew23@gmail.com](mailto:emailjosephddrew23@gmail.com).

**Crystal Recognition**. December and January. 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 on the second and fourth Thursdays of the month. Please call **Lisa Winter** at (201) 787-7152 for times and cost information. 105B

**Munay-Ki Rites**. December and January. Nine Rites of initiation are energy transmissions that reawaken and strengthen the architecture of the Human Being. These Rites of passage offer us a way to live in happiness and harmony with ourselves and All of Creation. These medicine teachings of the Americas are another gift of evolution. Offered in a five or nine-week course. Cost: \$950-\$1150. Spiritual Guide:

**Rebecca Cutehands**. Call (928) 499-4128 for info.



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"



**Smudging 101**: December and January. 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

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

**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



**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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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).

**Transcendental Meditation**. Saturday, December 2nd and January 6th from 12 to 1:30pm. Find out how Hugh Jackman and Cameron Diaz cope with stress, and how Transcendental Meditation®, a simple, natural technique encourages inner peace, helps you cope with PTSD, stress, anxiety and depression. **Toria**, a Reiki Master Teacher, who practices TM twice daily, will be sponsoring a FREE introduction of TM with Northern Arizona's Certified TM Teacher, Gordon Peters. RSVP to **Toria** at [moonsview333@gmail.com](mailto:moonsview333@gmail.com) or (602) 460-0566 105B

**Fire Ceremony. On the New Moons and Full Moons.**

Thursday's from 5pm to 6pm., December 7th and 21st and January 4th and 18th. 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

**Reiki** is being offered Thursdays from 12pm - 5pm for December and January 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 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



# Acker Night

**Acker Night and Silent Auction.** Friday, December 8th from 5:30pm to 8:30pm. This is such a fun night in Prescott. The whole town is dedicated to celebrating artistic expression. We will be offering live music from **Robert Karney**, refreshments and holiday goodies. **Acker Night Musical Showcase is an annual event created to raise awareness of musical expression and for raising funds for instruments for children who otherwise could not afford them.** We are also hosting a **Silent Auction**, with all proceeds going to the **MsHec3 Project**. There will be a variety of items and Healing modalities offered for you to bid on. (See the last page of the newsletter for more details.) Come and support a good cause and have fun!

**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. We will also be sharing in the washing of the hands blessings. Spiritual Guide: **Rebecca Cutehands**. Cost: \$50. Location: The Santa Fe Station, at Juniper Well Ranch (25 to 30 minutes from downtown Prescott). RSVP by December 1st. Call Rebecca at (928) 499-4128.



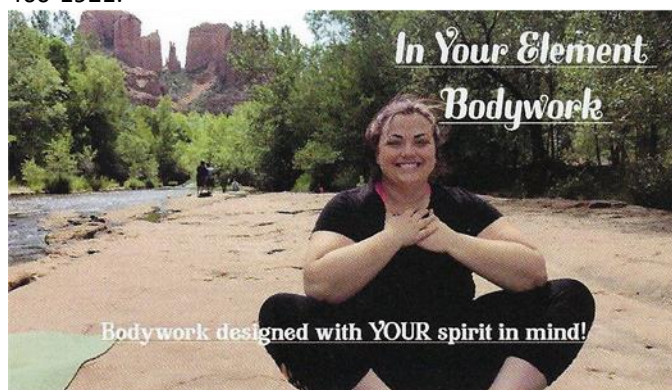
**Rev. Rebecca Cutehands**  
Spiritual Guide  
**awaken the journey within**

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

**MSCO 4<sup>th</sup> Friday Art Walk.** Friday, December 22<sup>nd</sup> and January 26<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, December is Rev. Rhonda Smith B.msc., and January is Dana Cummins.**

**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, first full Moon of the year, walking the labyrinth and a Mesa filled with medicine offerings. Lunch is also included. Spiritual Guides: **Rebecca Cutehands and Diane Tripp**. Cost: \$333 includes Mesa or \$260 for those who

already carry a Mesa. RSVP by Dec. 15th. Location: Juniper Well Ranch. Call Rebecca at (928) 499-4128 or Tripp at (928) 460-1921.



**Intuitive and Spiritual Energy Healing Circle.** Wednesdays, January 3rd and January 24th from 6pm to 9pm. 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 the "State of Attunement." We will explore different types of energy healing, and work in pairs to give and receive healing energy. Cost: \$5-\$10 (no one ever turned away for lack of funds.) Facilitator: **DeeDee Freeman**, Shamanic Practitioner and Certified Hypnotherapist. To RSVP, send an email to [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com) or call (928) 351-1135. 100G

**Shamanic Journey Circle.** Saturdays, January 6th and January 27th from 5pm to 8pm. Join the circle and embark upon a journey where darkness allows vision, and vision illuminates consciousness. Open the gateway to your hidden mind and access the Wisdom of the Cosmos. Cost: \$5-\$10 (no one turned away for lack of funds) Please bring: Notebook, wrap, Something to cover your eyes, A mat if you intend to journey laying down, A personal item to place on the Altar. Facilitator: **DeeDee Freeman**, Shamanic Practitioner and Certified Hypnotherapist. To RSVP, call (928) 351-1135 or send an email to [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com). 104C

**Female Archetypes.** January and February. Saturday's, January 13th, 20th and 27th and February 3rd, 10th, 17th and 24th starting at 10am. This seven-series class will help you gain a deeper understanding of yourself as a woman, help you recognize when the seven archetypes within yourself are out of balance, and how to regain a healthy balance in your life. Cost: \$10 each class, or pre-paid, \$60 for seven. RSVP to **Toria** at (602) 460-0566 or [moonview333@gmail.com](mailto:moonview333@gmail.com) 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






**Yoga Nidra - The Doorway to Bliss.** Tuesday, January 16th from 6pm to 7:30pm. Yoga Nidra (a form of Raja Yoga) induces complete physical, mental and emotional relaxation (Bliss), while maintaining full consciousness. In this state between wakefulness and sleep, the doors of perception inspiration. This practice has also been found to alleviate symptoms of anxiety and PTSD. Cost: \$5-\$10 (no one ever turned away for lack of funds). Facilitator: **DeeDee Freeman**, Shamanic Practitioner and Certified Hypnotherapist. To RSVP, send an email to [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com) or call (928) 351-1135. 104C

**MSCO Spiritual Fair.** Saturday, January 20<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!

**Turtle Ceremony.** Saturday, January 20th from 11am to 2pm. We will be sharing the Creation story of Turtle Island and offering blessings to the four races of humanity. Come and sit with Grandmother Turtle and give thanks. Facilitator: **Rhonda**. Cost: \$40. Location: Cordes Junction. Please RSVP to Rhonda at (928) 499-9366.

**Coming to Know, Connect, Direct and Play with the Universal Energies.** Saturday, January 27th from 10am to 2pm. 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. Cost: Members \$60 Non-Members \$80. RSVP to **Dana** at (928) 420-2109. 104A/B

**Bony Moon Ceremony.** Saturday, February 17th from 11am to 1pm. We will be gathering in ceremony to honor the ancestors and those who have passed. Facilitator: **Rhonda**. Cost: \$40. Location: Cordes Junction. Please RSVP to Rhonda at (928) 499-9366.



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 Will do Tea Readings/Parties in your home

**MSCO Day of Service.** Sunday, February 25<sup>th</sup>, 11am to 3pm. (There will be no Day of Service in December.) 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.

**Travel the Medicine Wheel.** One-year cycle. Begins Saturday, March 17th from 11am to 4pm. We will gather once a month to share in the teachings of the medicine wheel. This will include teachings of the thirteen Moons, the plants, stones and animal kingdoms, two traditional ceremonies and more. Spiritual Guide: **Rebecca Cutehands**. Cost: \$200 each teaching. Locations: Will vary. Call Rebecca at (928) 499-4128.

**6 Month Metaphysical Mentorship Program.** Beginning April 4<sup>th</sup>, 2018. Weekly classes covering working with energy, manifesting, forgiveness, healing the child, adolescent and past lives, crystal grids, generating trust, strengthening relationships with your Higher Self, Future Self, Soul, Spirit, God, Goddess, All That Is, creating the healed you and the life you want. Cost: Members \$1500. Non-Members \$2500. RSVP to **Dana** at (928) 420-2109.

**Little Mediums at Large**

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**House Clearings & Blessings**

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Spirit Guidance

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

•

Crystal Specialist  
 Intuitive Energy Work  
 Munay Ki Rites

## 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

**.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 a month, call to be added to the waitlist. Contact **Sherrina** at [j86303@gmail.com](mailto:j86303@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 Fridays and taking appointments during the week. Call **Rhonda** at (928) 499-9366. 105B.

**House Blessings and Clearings, 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 a recipient 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



Find us on  
**Facebook**

**Facebook.com/MountainSpiritCoOp**

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



**Spiritual Healing.** Toria is a Certified Usui Shiki Ryoho Reiki Master Teacher who uses Reiki, sound frequency and crystals to help balance the chakras and bring the body to its natural state of wholeness. She offers a relaxing healing experience each Saturday at Mt. Spirit from 10am-4pm. For more information or to schedule an appointment call **Toria** at (602) 460-0566 or [moonsview333@gmail.com](mailto:moonsview333@gmail.com) 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

**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



## Extended Member Offerings

**Author Gretchen Eelon Vorbeck** lives in Sedona, 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)



**By appointment**

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

**(928) 771-9496**

[www.egertie@aol.com](mailto:www.egertie@aol.com)  
[gertiemiles.com](http://gertiemiles.com)

**P.O. Box 3264**  
**Prescott, AZ 86302**

**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)

**Clairvoyant, Clairaudient, Psychic Medium, Teacher, Minister.** Rev. Joseph Daniel Drew offers Weddings, Animal Communication, Medical Intuitive, Mediumship, Akashic Records and so much more. Joseph brings over 16 years of experience in various Healing modalities, all offerings by donation, one on one, group and long-distance sessions, classes, gift certificates and parties are available. For more information or an appointment, call (928) 830-4030 or email [josephddrew23@gmail.com](mailto:josephddrew23@gmail.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).

**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.

### GIFT CERTIFICATES AVAILABLE

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

## Events at a Glance!

### Acker Night and Silent Auction

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

5:30pm - 8:30pm

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

December 22<sup>nd</sup> and January 26<sup>th</sup>

5:30pm – 7:30 pm

### Day of Service

February 25<sup>th</sup>

11:00am - 3:00pm

### Spiritual Faire

January 20<sup>th</sup>

11:00am - 5:00 pm

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*The Intuition Newsletter is a loving collaborative effort by Rebecca Cuthands, Dana Cummins, Laura Nelson, Judson Kramer and Lee Ann Romine. We publish it through the generous donations of our clients, customers, friends and members.*

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*Sign up to receive our newsletter via your email:*

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

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



# MSHEC3 PROJECT

## NEWS & EVENTS

### Mission Statement:

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



**Acker Night and Silent Auction.** Friday, December 8th from 5:30pm to 8:30pm. This is such a fun night in Prescott. The whole town is dedicated to celebrating artistic expression. We will be offering live music from **Robert Karney**, refreshments and holiday goodies. **Acker Night Musical Showcase** is an annual event created to raise awareness of musical expression and for raising funds for instruments for children who otherwise could not afford them. We



are also hosting a **Silent Auction**, with all proceeds going to the **MsHec3 Project**. There will be a variety of items and Healing modalities offered for you to bid on. Come and support a good cause and have fun!

**Items/Sessions will include:** Artwork, Jewelry, Crystals, Candles, Massages, Readings, Yoga Classes, Reiki, Gift Baskets, Overnight stays and more.

- Dana Cummins- 2 nights BNB and Crystal
- Bath and Body Works- \$75 basket
- David Clay- 3 1hr yoga sessions
- Rebecca Cutehands- Artwork and Crystal
- Celeste Holly- Beaded belt value \$150
- Beth Markley- Gift basket, Candles
- Kris- 2 nights BNB
- Jennifer Maxwell- 1hr massage \$65 value
- Yvonne Inman- 1 hr Reiki session \$85 value.
- Suzanne From Essentials of Life Wellness Center- 2 Bowen sessions and One Massage
- Toria- 1 Reiki session
- Laura- 1 Reiki Charged Handmade Pendant \$45 value, Quan Yin and Buddha Statues value \$30 each.

(Because of Newsletter deadline all donations may not be listed)



*Thank You*

**Mountain Spirit Healing and Educational Center (MSHec3)** would like to say Thank You to all of those that supported our **Rummage Sale** this November. We deeply appreciated all the items that were generously donated for the sale, and the abundance that was received as a result for the **MsHec3 Project**. We look forward to the next Rummage Sale in April!

A new Fundraiser for the  
MSHec3 Project!  
**CHILI COOK-OFF**

Our next event will be a Chili Cook Off on **Saturday, February 10th**. Come support the MsHec3 Project and judge the best Chili of the day.

*Please check out MsHec3's website:*

**Mshec3.com**

Events, Information, FB, Donations (PayPal, Amazon Smile)

