

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

February/March 2018

Volume 14 Issue 2



February Featured Member Yvonne Inman

Losing my mother when I was 2 months old gifted me the opportunity to grow up with my grandmother who taught me alternative medicine, natural healing techniques, and how to communicate with the fairies. My childhood was filled with the exploration of nature and developing my healing touch. My grandmother, a powerful woman who escaped the holocaust, taught me how to survive and be strong in the scariest of times as well as my deep respect for Mother Earth. During my 38-year marriage to the love of my life we were gifted two beautiful and talented children. My husband, a wonderful strong Marine, and I, working a decade in cardiac rehab, instilled love, honor, hard work and respect into our children. It's been two years since I lost my sweetheart, and I have learned and grown so much through my grief and healing process. Finding Dana's mentorship class in early 2017 helped me immensely work through my grief and move into the powerful, gifted healer/spiritual counselor/reader that I am today. Though I have always been gifted and taught well by my grandmother, it was integral for my growth to find the support I needed in my healing so that I can offer my truest self in service to our community.

I am delighted to be a part of the Mountain Spirit Co-Op family and community. I am also on the Board of Directors for our new non-profit MsHec3. It brings me great joy to help those struggling to find the peace and strength within themselves. I offer my Readings/Spiritual Counseling and Reiki/Energy Work weekly at the co-op, please stop in and meet me or call for appointment. Contact **Yvonne** at (928) 460-2124.



Only if we become calm as earth, fluid as water,
and blazing as fire will we be able to rise to the
task of peacemaking.

BR. DAVID STEINDL-RAST

Welcome

MSCO Welcomes New Members

Simona Bidian has over fourteen years of experience doing body work. She will be offering Reiki and Massage on Sundays and giving 10-minute chair massages for free.

Morgana Raven Wolf is a gifted teacher and healer who assists those to heal the emotional body, offering reiki, clearing, counseling and more. She also offers guitar, voice and piano lessons to kids, teens and adults.

Pamela Franklin is the owner of Prescott HomeBody, located on the second floor in the Historic Bashford Courts. She offers handmade, natural, organic soaps, lotions, bath fizzy's and more.

Deb Vernam facilitates personal and group sessions with her amazing horse Utah, with the combination of traditional training and an intuitive connection it creates a space for healing on emotional, physical and spiritual levels. She also offers animal card readings and will be displaying her artwork in the gallery.

Please see **Ongoing Offerings** for more information on our new members.



March Featured Member Torja Hungerford

"Trees are poems the earth writes upon the sky." Kahlil Gibran. When I was a child, I would climb a tall pine tree in my front yard every day after school. I would spend hours sitting at the top, swaying with the wind, listening to the breeze blowing through the leaves, and dreaming of working with nature when I grew up. This beautiful tree had become my

Mountain Spirit Co-Op

(928) 445-8545 / www.mountainspiritco-op.com

Gallery Hours:

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

Readers and Healers by appointment

Walk-ins Welcome



best friend, my escape from bad days and mean friends. As years passed, I discovered boys, music and independence, and climbing the tree became a silly past-time for children. Soon, my dreams were traded in for a car payment, and an apartment filled with new furniture. For the next 20 years, I was enslaved to a dead-end job and trapped in a world of stress. Feeling unhappy and disconnected from my authentic self, I searched every direction for fulfillment, but found nothing. One night driving

home in all my brokenness, I gazed up through my tears to find a magnificent bulb in the sky, shining all of its bright splendor upon me. That night, while the magnificent moon escorted me home, I realized what I had lost and forgotten all those years; my first love, my religion, my breath, my deep connection and love for nature and All That Is. Whether it be an enormous tree I climbed as a child, or a faithful friend such as the moon, we are, at all times, connected to the vastness and wonder of the Universe.

It is through these sovereign and majestic beings within nature, that we recognize ourselves again, and are restored, and healed. In my spiritual work, it is my hope to help those who feel a bit lost or disconnected, to find guidance, healing, inspiration, and balance. I teach classes on Female Archetypes and the chakras they govern, as well as offer Spiritual Healing and Body Balancing using Reiki, sound therapy, and crystals. In March, I will be facilitating Sacred Sister Circle, a Red Tent Community, in hopes to gather the powerful, inspiring, and loving women in Prescott and surrounding areas to empower one another. I am available each Saturday at Mountain Spirit Co-Op and look forward to meeting you! Please contact Toria Hungerford at (602) 460-0566 or moonsview333@gmail.com.





Yvonne Inman
 Intuitive Healer
 Intuitive Reader
 Reiki Master

Mountain Spirit Co-op
 107 N. Cortez, Prescott AZ
gypsydragonflies57@gmail.com 928.460.2124

Client Testimonials

James

- Very relaxing during the session. Afterward I felt balanced and capable.
- James has a gentle spirit. He was able to pinpoint the sources of my stress and taught me techniques that I can use on a daily basis to balance my energy.

Joseph

- Joseph was very good, answered any questions I had. Kept talking and mentioning very important things I need to work on. He also shared techniques to help. I would definitely recommend.

Dana

- Dana is an extremely knowledgeable teacher. Great examples!
- Today's energy workshop was so enlightening. I thought it was great to see the transformation of all of us when we were grounded. Thank you for lending us your wisdom and showing us how to be better versions of ourselves.

Yvonne

- Wonderful reading! Such a powerful energy worker too, gentle yet SO powerful! Love the grounding and clearing techniques you shared with me. Thank you so much!

Lana

- So intuitive and helpful, really got a lot out of my reading, very informative.



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•

Workshops * Classes * Events
 Empowerment, Transformation, Possibilities

February & March 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/ **Female Archetypes**. February/March. Every Saturday at 10am. This seven-series class (ongoing), will help you gain a deeper understanding of yourself as a woman, help you recognize the seven archetypes – and the chakras they govern – within yourself, when they are out of balance, and how to

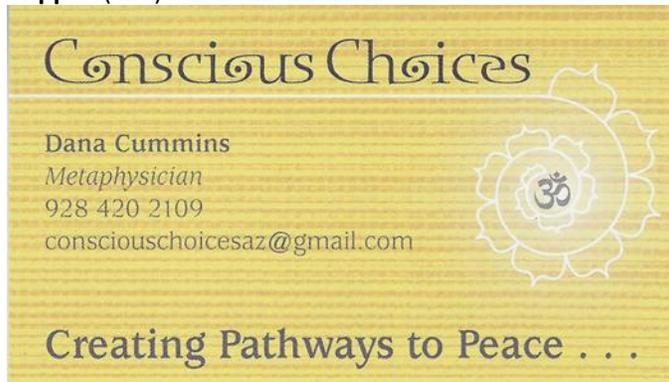
regain a healthy balance in your life. Please RSVP to reserve seat. Cost: \$10 each class, or pre-pay the seven classes for \$60. Facilitator: **Toria** at (602) 460-0566 or moonsview333@gmail.com 105B

Belly Dance Teacher. February/March. **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 email: josephddrew23@gmail.com.

Crystal Recognition. February. 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. February/March. Nine Rites of initiation are energy transmissions that reawaken and strengthen the architecture of the Human Being. These Rites of passage offer us a way to live in happiness and harmony with ourselves and All of Creation. These medicine teachings of the Americas are another gift of evolution. Offered in a five or nine-week course. Cost: \$950-\$1150. Spiritual Guide: **Rebecca Cutehands**. Call (928) 499-4128 for info.

Smudging 101: February/March. 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



Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

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

Prenatal Yoga 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



Celeste Holly
designs

Celeste Holly, Jewelry Artist
920.858.2966 • ccholly@gmail.com

their changing bodies and growing babies. Appropriate for expectant mothers at all stages of pregnancy. Cost: \$5. For information, contact **Celeste** at (920) 858-2966 or ccholly@gmail.com.

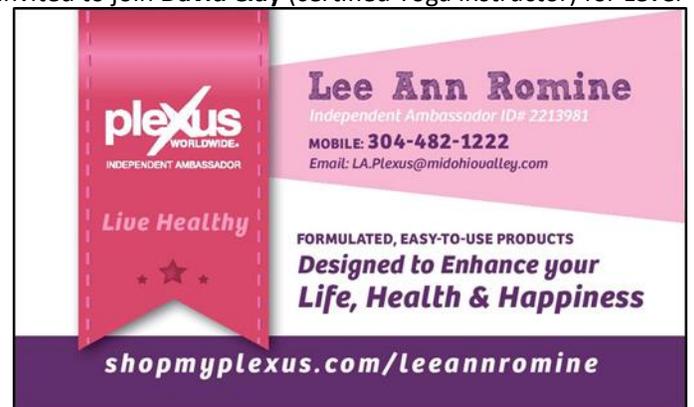
Recovery Yoga. Tuesdays at 5:30 pm with **Celeste Holly**, 200-hour certified yoga instructor. Yoga for those recovering from addiction or if you have a relationship with others in addiction. Location: Symbiosis, 450 Goodwin St. Suite 107. \$5.00 per class. Contact **Celeste** with questions at (920)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

Prayer Flag Workshop. Saturday, March 3rd from 12pm to 5pm. We will be creating 5 prayer flags and blessing them with sound and prayer. Traditionally prayer flags are created to promote peace, compassion, strength, love and wisdom, and it is the wind that carries these prayers and mantras to all of Creation. We are also bringing our singing bowls together on this day, so please bring yours if u have one. Spiritual Guide: **Rebecca Cutehands**. Cost: \$60. Seating is limited, call Rebecca at (928) 499-4128 to RSVP. All supplies and snacks included. Location: MSCO, conference room. 104C

Fire Ceremony. February. First and third Thursdays from 5pm to 6pm. Embrace the teachings of serpent, jaguar, hummingbird, eagle and condor. One on one work with the fire, Munay-Ki Rites and Lloq'encuy 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 February and March by **Yvonne Inman**. Each is for donation to the MsHec3 Project. 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



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 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"

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.

Grand Opening! February 14th, 10am to 5:30pm. **Little Mediums at Large** are opening their new store, "Manifested Art," in the 2nd floor of the Historic Bashford Courts in Prescott.

Temporal Lobe Workshop and guided meditation. Saturday, February 17th at 4pm. Join us as we explore the meaning of TLS (Temporal Lobe Sensitivity), understand the clues to having childhood or adult onset of TLS. Learn techniques for activating and utilizing TLS. Journey with Lazaris through a Taurus for TL healing and activation. RSVP required. Members \$60 Non-Members \$80. Contact **Dana** at (928) 420-2109.

Group Temporal Lobe Meditation. Wednesdays, February 21st and March 21st at 4pm. Join us as we gather to open and strengthen our Temporal Lobes while we diffuse the energy of fear, hatred and crisis while holding intensions of peace, love and healing. RSVP required. Members \$20 Non-Members \$40. Contact **Dana** at (928) 420-2109.

MSCO 4th Friday Art Walk. Friday, February 23rd and March 23rd, 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, February is Yvonne Inman, and March is Toria Hungerford.**

MSCO Spiritual Fair. Saturday, March 17th, 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!

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

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.

MSCO Day of Service. Sunday, February 25th, 11am to 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.

Meet and Greet with Utah. Saturday, March 17th from 11am to 1pm. Learn about the healing power of the horse. Spend personal time with **Utah** and experience his energy and wisdom. Cost: \$25. Location: Ranch in Chino Valley. RSVP with **Deb** at (928) 899-7746

Travel the Medicine Wheel. One-year cycle. Begins Saturday, March 10th 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.

Spring Equinox Ceremony. Tuesday, March 20th from 11am to 2pm. We will be gathering in ceremony to celebrate the first day of Grandfather Sun and honoring the time of the Winged Ones of the East. Spiritual Guide: **Rhonda Smith.** Cost: \$40. Location: EZ Ranch, Cordes Junction. Call **Rhonda** for more info at (928) 499-9366.

Coming to know, connect, direct and play with the universal energies.

Wednesday, March 21st at 12pm. 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

Sacred Sister Circle, A Red Tent Gathering. We will meet the last Saturday of each month starting Saturday, March 31st on Full Moon from 4pm to 6pm. Please join me, along with other women in our community, as we gather to share love, laughter, and the powerful stories of our lives. Sacred Sister Circle is a safe place for all women, all ages, to unite, to give and receive love, light, empowerment and support. For more

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

information or to RSVP, contact **Toria** at (602) 460-0566 or moonsview333@gmail.com 105B

6 Month Metaphysical Mentorship Program. Beginning April 4th, 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.

Vision Quests/Rites of Passage. Starting in May. Day Vision Quests for groups or individuals. Spiritual Guide: Rhonda Smith. For more information call **Rhonda** at (928) 499-9366.

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 egertie9@gmail.com 105A

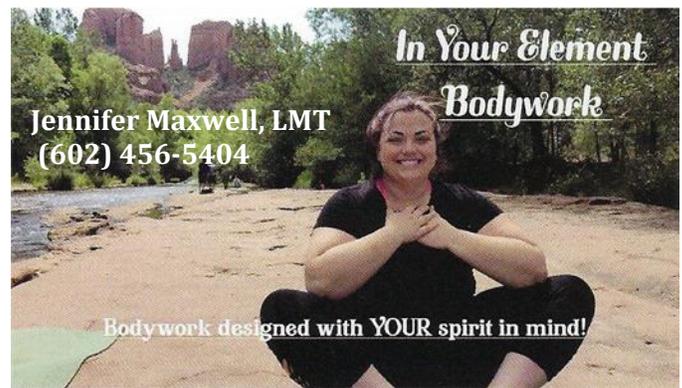


David Clay Slow Flow Yoga Instructor
Mountain Spirit Co-Op
107 N. Cortez, Room 405
(928) 458-5577
www.seraphicyogi.com
Classes Thurs & Fri 6:30-7:30pm
Sat 10-11am
\$10 per class or 6 for \$50

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

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 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

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. Call/text (602) 456-5404 or email bodyworktomaxyourhealth@gmail.com. 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 and Massage. **Simone Bidian** LMT/Reiki Master has 14 years of experience doing body work. She customizes massage by what your body needs, anything from deep tissue/injury work to Swedish relaxing. She works on Sundays, by appointments and walk-ins and will be offering free ten-minute chair massages. Call (928) 499-5324. 105B

Reiki Master, Chakra Alignment, Yoga and Jewelry Classes. **Celeste Holly** is a 200-hour certified yoga instructor and 85 hour and prenatal yoga instructor. She is a certified Usui Reiki Master, as well as a crystal and vibrational healer, and has over 10 years of experience in teaching jewelry making. She creates beautiful, healing wire wrapped and



Gertie Miles
Spiritual Counselor
(928) 771-9496
egertie9@gmail.com
By Appointment

beaded pendants which can be seen and purchased in the gallery. Contact: 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. Appointments or walk-ins, contact gypsydragonflies57@gmail.com or (928) 830-4354.

Spiritual Healing. Toria Hungerford 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 MSCO from 10am-4pm. For more information or to schedule an appointment call Toria at (602) 460-0566 or 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. 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 his classes in the **Classes and Events** portion of the newsletter or call David at (928) 458-5577 for more info.

Extended Member Offerings

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.

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

Emotional Clearing Guide. Guitar, Voice and Piano teacher for kids, teens and adults. Astrologer. Addiction Recovery Counselor. Spiritual guide/teacher. Reiki Master

Attunements. Morgana Raven Wolf offers many tools to assist in navigating and healing the emotional body. As a gifted teacher/healer her background is in extreme childhood abuse, addiction, loss, mental illness. She inspires many to heal themselves by Creative Expression and navigating the

unconscious/emotional realms. One on one/group circles/home visits for Music lessons. Call (808) 634-1463 or email: whitewolfalchemy13@gmail.com

Equine Healing Facilitator, Animal Card Reader. Deb Vernam has always had an intuitive connection to animals and nature. Combining this connection with traditional training and an intuitive bond with her horse Utah, Deb offers personal and group sessions with this remarkable horse to unblock and move energy to heal on emotional, physical and spiritual levels. She also uses her intuitive connection in her animal card readings. To schedule a reading or a session with Utah contact Deb at (928) 899-7746 or buddhahorseranch.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/. 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.

Graphic Design, Web Design, Photography. Judson Kramer is a Graphic Designer, Web Designer and Photographer from Santa Monica, California with over 20 years of experience in design and art direction. He is MSCO's current webmaster and has been involved in the spiritual community for over 30 years. If you are looking for a graphics professional for your next project, logo design, design for print or web, check out Jud's website: JudsonKramer.com or contact Jud@JudsonKramer.com.

Gretchen Vorbeck founder of **We Value Our Teachers Foundation** a 501c3 charitable organization. Purpose: To let teachers know they are valued. Mission: To provide Grocery Gift Cards for teachers until teachers receive the significant pay raise they deserve. Fact: Arizona teacher pay is the lowest in the entire nation! The foundation raises funds through "Teamwork for Teachers." Visit: www.wevalueourteachers.org and Join the Fun!

Prescott HomeBody. Pamela Franklin is a small business owner who proudly serves the community by offering an array of personal care items which include local, handmade, natural, organic, soaps, lotions, bath fizzy's & more. Located on the 2nd Floor of the **Historic Bashford Courts**. Our website is www.homebodybynature.com or call (928) 458-1165.

Psychic Readings. Lee Ann Romine has been an active psychic, counselor and medium for 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.

Let us keep ourselves open to the power that carries our life in every moment...that we may be filled with silent gratefulness.

Paul Tillich



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.

The Intuition Newsletter

is a loving collaborative effort by Rebecca Cutehands, Dana Cummins, Laura Nelson, Judson Kramer and Lee Ann Romine, published through the generous donations of our clients, customers, friends and members.

*The Intuition newsletter is distributed via email:
MountainSpiritCo-Op.com
or available for pick up at the MSCO Gallery.*

*Unless otherwise noted, all offerings are held at
Mountain Spirit Co-Op in the Old Masonic Temple Building,
107 N. Cortez, Prescott, AZ 86301.*



Celebrating MsHec3!



Events at a Glance!

4th Friday Art Walk

February 23rd and March 23rd
5:30pm – 7:30 pm

MsHec3 Chili Cook Off!

February 10th
12pm – 4pm

Day of Service

February 25th
11:00am - 3:00pm

Spiritual Faire

March 17th
11:00am - 5:00 pm

MsHec3 Rummage Sale

April 7th – 10am to 5pm
April 8th – 10am to 3pm

MsHec3 Reiki on the Rocks

June 9th
11am to 6pm



Facebook.com/MountainSpiritCoOp

Facebook.com/Ms Hec 3

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

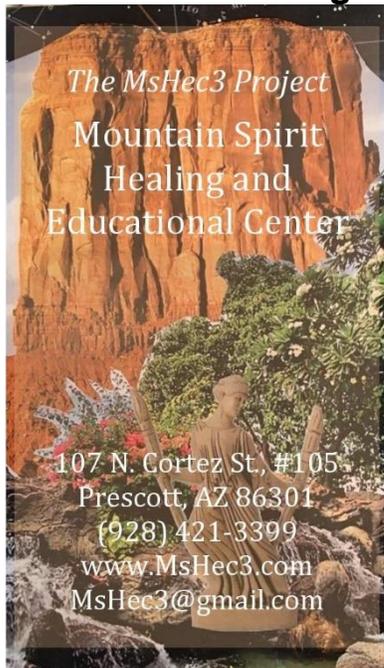
Please check out MsHec3's Website: Mshec3.com



The MsHec3 Project is grateful to all those who donated to and bid on the **Silent Auction** during December's Acker Night. It was another successful event with wonderful support and abundance that will help many in need within our community. With your help we will continue to grow, broaden our message and support our mission to help those in need.

We would also like to give additional thanks to everyone who supported our **Go Fund Me** Project in December. We are so grateful for all the love and support of our community. We also give thanks to the several **Generous Year End Donations** we received.

MsHec3 Fundraisers and Coming Events!



Chili Cook Off. Saturday, February 10th from 12 to 4pm. Contestants from the MsHec3 Project and MSCO will be sharing in a sweet little competition to see who has the best chili. For \$5 you get to taste all 7 of the fabulous chilis, and you get a bowl of your favorite along with water, chips and a yummy cookie to top it off! Some of our contestants have won ribbons and cash prizes in the past. So, come and have fun, taste testing and voting on your favorite chili, while supporting the MsHec3

Project. Suggested Donation: \$5. Location: MSCO, conference room. For more info call Yvonne at (928) 460-2124 or Oleta at (434) 568-0440. 104C

Rummage Sale. Saturday, April 7th from 10am to 5pm and Sunday, April 8th from 10am to 3pm. 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 which helps less fortunate individuals and families receive Healing and Educational Services from our Center. Location: MSCO. If you have any gently used or new items to donate, please do so by March 25th. For more info call Yvonne at (928) 460-2124 or Oleta at (434) 568-0440. 104C

Reiki on the Rocks. Saturday, June 9th from 11am to 6pm. This will be a playful and powerful day of healing. We will have a variety of practitioners offering reiki, massage, readings, intuitive body work and a collection of art, gifts and goods for sale. Cost: \$25 for each 1/2 hr session. Location: The Community Nature Center, 1980 Williamson Valley Rd. All proceeds go to the MsHec3 Project. Come and treat yourself to a few sessions and support a great cause. For more info Vendors can contact Rebecca at (928) 499-4128.

MsHec3 Project Mission
 "Dedicated to co-creating and preserving healthy relationships with ourselves, each other and our planet through healing and educational services."

What does MsHec3 mean?

Ms Hec 3 is not only an acronym but is inspired by the Goddess Hecate who is the Goddess of crossroads. People who come to a crossroads in life often seek us out. Funny how things all come together. With the opening of this 501c3 charitable organization we are working to secure grants that will take our healing work to the next level and beyond. We are also accepting tax deductible donations from all those who wish to invest in a healthier community and world. We have dozens of modalities, spiritual teachings, ceremonies, classes and workshops available for those looking to become more at peace with themselves and their world.

MsHec3 Board of Directors

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...that if you order from Amazon you can order from their page called Amazon Smiles and 5% of you purchase will be donated to a charity of your choice? Guess what, **Mountain Spirit Healing and Educational Center** is listed in their organizations that you can choose to donate to. So please, when your purchasing through Amazon, go to Amazon Smiles and choose your local charity helping those in need right here in Arizona.

Thank you so much!

