

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2018

Volume 14 Issue 4

## June

**Featured Member**

**DeeDee Freeman CHT**

***“Interior Alchemy—Psychic Development for  
Integration of Body, Mind and Spirit”***



DeeDee Freeman is a Certified Hypnotherapist, Intuitive Tarot Reader, Shamanic Counselor and Spiritual Healer. A student of the Metaphysical Arts for nearly 25 years, she feels the ability to enter altered states of consciousness is essential for personal growth and self-empowerment. Devoted to helping people develop their own intuitive, psychic abilities, she regularly hosts psychic development discussion groups, circles and workshops in both San Francisco, CA and Prescott, AZ. DeeDee also works with individuals to release old patterns of behavior that hold them back. By working collaboratively, she assists individuals in finding their own answers to allow integration of the Body, Mind and Spirit.

Born and raised in San Francisco, CA, DeeDee has travelled extensively throughout her life and has gained a deep appreciation for the diversity of the world's cultures by living for extended periods of time in many countries including: Greece, Japan, the Philippines, Guam, Samoa, and Mexico. DeeDee first visited the Prescott area in 2010 and was captivated by the raw, natural beauty of the surrounding landscape. She now divides her time between San Francisco and Prescott so she can follow the voice of Spirit (928) 351-1135; DeeDee.Interior.Alchemy@gmail.com.

*It was June, and the world smelled of roses. The sunshine  
was like powdered gold over the grassy hillside.  
— Maud Hart Lovelace, Betsy-Tacy and Tib*

## July

**Featured Member**

**Beth Markley**



I have been a member of the Mountain Spirit Co-Op family for just over a year and have no regrets! I enjoy sharing my beeswax candles and jewelry. Growing up, I never thought of myself as “crafty” but as an adult, I discovered my crafty side. In the Washington, D.C. Metropolitan area I managed a candle shop where I learned how to make hand rolled beeswax candles. I also learned about the benefits of burning candles made with beeswax as opposed to those made with paraffin. Later we moved to the West 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 work is done 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 information on custom orders, 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.

**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

# Welcome New Members!

## Stephen Hetrick

Intuitive Healer & Coach. Stephen specializes in helping you discover more inner peace and serenity, self-confidence, self-love, and joy in life. He takes an integrated approach by combining hands-on energy healing with intuitive guidance to augment results.

## Barry & Gayla Gordon

Barry & Gayla traveled the world to receive eclectic wisdom and initiations from Kahunas, Shaman, Gurus, Lamas, and Energy Psychology Masters. Their wise perceptions and light-hearted wisdom inspire miraculous transformations.

## Frances Ulman

Frances is so excited to join the Mountain Spirit Co-Op. Recently back from living in India and Nepal, Frances has a new appreciation for specialness and rarity of a community like this one. She is excited to meet others, share her gifts from Spirit, and to laugh, learn, and grow together!

## Kirstin Johnson

Hey There, my name is Kirstin! I am passionate about empowering women to wake up to who they were meant to be. I ask you the right questions, so that you can find the answers within yourself. I look forward meeting you!

## Client Testimonials

### David

- David was a great way to get my body open and energy flowing. His energy was delightful.



### DeeDee

- I attended your healing circle with my mom last week...it's been amazing since! Thank you DeeDee.

### Gertie

- Gertie is one of the most amazing readers that I have seen. Love and light radiate from her and I know when I walk out of a reading that I will leave clear headed and grounded. I am always quick to recommend her.



### James

- Awesome! Awesome! Awesome! I feel so much better!

### Jennifer

- I was honored to have Jennifer work her magic with my body. Her holistic approach is amazing in helping to find balance on all levels. Her intuitive, compassionate, and humorous way of Massage and just being is so appreciated and refreshing. Thank you, Jennifer!

### Joseph

- I was honored to have a reading with Joseph that spanned the physical, emotional, and spiritual bodies. I had a few positive surprises. Reminded of basic spiritual care and the magic we may live in if we choose, thank you so much Joseph.

### Simona

- Simona's touch is intuitive and as a bodyworker it is necessary to give and receive. I enjoy her work!

### Yvonne

- Yvonne is amazing! Spot on with how I was feeling. ... Keep doing your work, you're helping people this service is amazing!

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

## June/July Classes & Events

**Belly Dance Teacher.** June/July. **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.

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

Engaging with and through my horse, Utah, has enabled us 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.

**Conscious Choices**

Dana Cummins  
 Metaphysician  
 928 420 2109  
 consciouschoicesaz@gmail.com



**Creating Pathways to Peace . . .**

**Journey into Metaphysics.** Bi-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 \$60. Non-Members \$80. RSVP to **Dana** at (928) 420-2109.

**Modern Spirituality.** Wednesdays at 6pm. **James** will be offering classes on strategies to take better care of yourself and your loved ones! Topics to cover are natural health/energy healing/Edgar Cayce/weight loss/weight gain/relationships, etc. Donations accepted. Sign up for email announcements at: [www.tinyletter.com/JamesKnochel](http://www.tinyletter.com/JamesKnochel)

**Munay-Ki Rites.** June/July. 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. 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](mailto:cutehands2@juno.com)  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

**Water Blessing.** June/July. 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 info call (928) 499-4128. Spiritual Guide: **Rebecca Cutehands**. CC

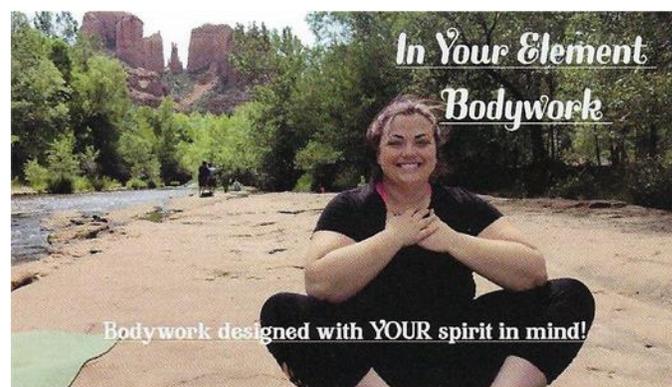
**Travel the Medicine Wheel.** One-year cycle. We will gather once a month to share in the teachings of the medicine wheel. This will include teachings of the thirteen Moons, the plants, stones and animal kingdoms, two traditional

ceremonies and more. Spiritual Guide: **Rebecca Cutehands**. Cost: \$200 each teaching. Locations: Will vary. Call **Rebecca** at (928) 499-4128.

**Visioning 2018.** Sundays June 10<sup>th</sup> and 17<sup>th</sup>, from 1 to 4 pm. What do you want to create in the remaining 6 months of 2018? What will define you? What is your dream? In two Sundays you will look at where you are, create a vision for what you want, then create a map, a game plan for what is needed to focus on in order to live into your vision. Suggested Offering \$80. To reserve your seat call **Kirstin Johnson** at (928) 592-3995.

**Chakra Clearing and Balancing Using Crystal Chakra Wand and Pendulum.** Saturday June 16<sup>th</sup> from 3:30pm to 5:30pm. Learn how to clear and balance your own chakras and the chakras of others (including pets) using a chakra wand and pendulum in a relaxed, no judgment, fun group. No experience? No problem! This class is for everyone looking to expand their self-healing toolkit. For those with experience, you never know what new things you might learn! Take home your very own pendulum and chakra wand that you will make in class. Materials will be provided. Class fee is \$45. RSVP by text to **Frances Ulman** at (602) 517-7208 or call if you have questions.

**Overcoming Guilt, Shame & Regret.** Saturday, June 16th from 1pm - 3pm. For many of us, feelings of guilt, shame and regret haunt our daily lives and often influence our self-esteem and how we interact with others. Join **Stephen Hetrick** as he shares his personal experiences with these feelings and how he was able to overcome them through self-love and a deeper understanding of the nature of the Divine Universe. The class will include interactive and practical techniques to help overcome these feelings. RSVP required. Members \$45, Non-Members \$60. Contact **Stephen** at (818) 693-9135.



**Metaphysical Comedy: Laughter Medicine and How to Create Your Own.** June 19th and July 19<sup>th</sup> from 1pm to 3:30pm 104C. This workshop has been designed with the intention of allowing the student to harness their abilities to create and embrace the funny in their own lives. This will be an improv style workshop wear loose fitting clothing and bring water, pen and paper. Workshop cost: \$15 per person. Space is limited to 11 people. Enroll via [bodyworktomaxyourhealth@gmail.com](mailto:bodyworktomaxyourhealth@gmail.com) or call **Jennifer Maxwell** at (602) 456-5404.

**Yoga Nidra - The Doorway to Bliss.** Tuesday, June 19, 2018, 6-7:30pm. Yoga Nidra induces complete relaxation while maintaining full consciousness. Between wakefulness and sleep, we access our intuition and creative inspiration. This practice has been found to alleviate symptoms of anxiety, PTSD. Please bring: wrap, eye covering, mat. Donation \$5-\$10. Facilitator: **DeeDee Freeman**, Shamanic Practitioner, Certified Hypnotherapist. For more information, please visit: InteriorAlchemy.weebly.com, Interior Alchemy Meetup, Interior Alchemy on Facebook. RSVP: call (928) 351-1135 or email [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com) or. 104C

**Shamanic Journey Circle.** Saturday June 23, 2018, 5-8pm. "Come on a journey where darkness allows vision, and vision illuminates consciousness. Open the gateway to your hidden mind and access the Wisdom of the Cosmos!!" Please bring: notebook, wrap, eye covering, mat, personal item for the Altar. Donation \$5-\$10. Facilitator: **DeeDee Freeman**, Shamanic Practitioner, Certified Hypnotherapist. For more information, visit: InteriorAlchemy.weebly.com, Interior Alchemy Meetup, Interior Alchemy on Facebook. To RSVP: Call (928) 351-1135 or email [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com). 104C

**Embracing Fear: Owing Fear vs. Fear Owing You.** Saturday, June 23rd from 1pm - 3pm and Friday, July 13th from 6pm - 8pm. Fear is something that we encounter on a daily basis, but is it running your show? Join **Stephen Hetrick** and **Morgan Cooper** as they share their own personal experiences with fear and how they learned to embrace it. Learn practical techniques to flip the script so fear has less power over you. The experience will close with a group guided meditation designed to face your deepest fears and embrace them as learning tools. RSVP required. Suggested donation: \$26 - \$39. Contact **Stephen** at (818) 693-9135 or **Morgan** at (808) 634-1463. 105B

**Intuitive and Spiritual Energy Healing Circle.** Wednesday, June 27, 2018, 6-8pm. "Join us as we raise our vibration to heal ourselves and others!" We will explore different types of energy healing, and work in pairs to give and receive healing energy. Donation \$5-\$10. Facilitator: **DeeDee Freeman**, Shamanic Practitioner, Certified Hypnotherapist. For more information, please visit: InteriorAlchemy.weebly.com, Interior Alchemy Meetup, Interior Alchemy on Facebook. RSVP: call (928) 351-1135 or email [deedee.interior.alchemy@gmail.com](mailto:deedee.interior.alchemy@gmail.com). 100

**Addiction: Achieving Permanent Relief.** Saturday, June 30th from 1pm - 3pm. Addiction comes in many forms—from alcohol, drugs and sex to love, relationships and other "distractions". Join **Stephen Hetrick** as he shares his personal experience with addictions and how he was able to overcome them through self-love and a deeper understanding of how addictions are triggered. The class will include interactive and practical methods to help overcome addictions permanently. RSVP required. Members \$45, Non-Members \$60. Contact **Stephen** at (818) 693-9135 or email: [newparadigmholistichealing@gmail.com](mailto:newparadigmholistichealing@gmail.com).

**Hungry: What is Feeding You?** Sundays July 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> from 1pm to 3pm. We will be looking at where life is not filling our needs and leaving us hungry; actually, many pounds overweight and still starving; stuck in a life we are not happy with and seemingly unable to change. This is a 4 Week Coaching Series with a 30-minute integration phone call and one individual one on one session with or without a horse. There are 8 seats available. Call today to reserve your spot and hear about the pricing. **Kirstin Johnson** (928) 592-3995. 104C



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

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



## DeeDee Freeman

*Certified Hypnotherapist~Intuitive Tarot Reader  
Shamanic Counselor~Spiratual Healer*

San Francisco CA 510-367-2262  
Prescott AZ 928-351-1135  
InteriorAlchemy.weebly.com  
[DeeDee.Interior.Alchemy@gmail.com](mailto:DeeDee.Interior.Alchemy@gmail.com)

**Reiki** is being offered Thursdays from 12pm - 5pm for June and July by **Yvonne Inman**. Each session is by for donation to the MsHec3 Project. Call for appointment or drop in. Contact Yvonne at (928) 460-2124.

**Women's Equine Gestalt Group.** Thursday evenings from 5 to 7. The intention for the group is to support each other in living a passion led life. We will be using the principles of Gestalt to create learning experiences that will allow you to find your own answers that already exist within you. By asking the right questions you can let go of outdated beliefs and defenses that were created to keep you safe but now they keep you small and stuck. Connection, Compassion, Courage. Pay what you can. Call **Kristin Johnson** to reserve your seat (928) 592-3995. Santori Ranch, 955 West Road 2 North, Chino Valley.

**Yoga Classes.** Thursday evenings from 6:30pm to 7:30pm and Saturday mornings from 10am to 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.



**MSCO 4<sup>th</sup> Friday Art Walk.** Friday, June 22<sup>nd</sup> and July 27<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, June is DeeDee Freeman, and July is Beth Markley.**



**MSCO Day of Service.** Sunday, June 24<sup>th</sup>, 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.

**MSCO Spiritual Fair.** Saturday, July 21<sup>st</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!

## 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's Insights.** **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)

**Intuitive Coach and Facilitator Kirstin Johnson** is in the gallery Wednesday's offering Wisdom Card Readings, individual and group coaching sessions. She also facilitates workshops on Visioning 2018, a Women's Gestalt Group and a 4-week Coaching Series. "I am passionate about empowering women to wake up to who they were meant to be. I ask you the right questions, so you can find the answers within yourself. I look forward meeting you!" For more information see classes and events or call 928-592-3995. 105B

**Intuitive Healer & Coach. Stephen Hetrick** is available for private hands-on energy healing and intuitive guidance sessions. Stephen specializes in helping you discover more inner peace and serenity, self-confidence, self-love, and joy in life. He takes an integrated approach by combining hands-on energy healing with intuitive guidance to augment results. Contact **Stephen** at (818) 693-9135 or [newparadigmholistichealing@gmail.com](mailto:newparadigmholistichealing@gmail.com)

**Licensed Massage Therapist, Jennifer Maxwell, LMT** offers bodywork designed with your spirit in mind, working predominately from a Connective Tissue Therapy perspective with an integration of several providing a one of a kind healing experience. **Jennifer** is available by appointment, and it is best to book in advance. Call/text (602) 456-5404 or via email [bodyworktomaxyourhealth@gmail.com](mailto:bodyworktomaxyourhealth@gmail.com). Rates: 1 hour \$65; 90 minutes \$80; Recharge Chair massage for 15-30-minute sessions \$25-\$40. 104C



### 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•

**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 5:30pm and coming soon: Prenatal Yoga. She is a certified Usui Reiki Master, as well as a crystal and vibrational healer, and has over 10 years of experience in teaching jewelry making. She creates beautiful, healing wire wrapped and beaded pendants which can be seen and purchased in the gallery. Contact Celeste at ccholly@gmail.com or (920) 858-2966.

**Reiki, Sound Healing and Massage.** Simona 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



**Yvonne Inman**  
Intuitive Healer  
Intuitive Reader  
Reiki Master

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

**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 - 3pm for appointments or walk-ins. Contact Yvonne: (928) 460-2124 or gypsydragonflies57@gmail.com.

**Spiritual/Indigenous Medicine/Ministry.** Rev. Rebecca Cutehands offers individual sessions, ceremonies, henna tattoos, weddings and sacred teachings. She also offers house and business clearings/blessings. Call (928) 499-4128 or email: cutehands2@juno.com. CC

**The Real Secrets of Success & Happiness: Barry and Gaya Gordon.** Your subconscious emotional programming acts like a magnet attracting energies to you. "Like attracts like!" If you weren't programmed from birth, for success in love, or business, or whatever, then being successful in romance, or business, or...? might be a struggle. For all of the conscious effort you invest in trying, it's possible that, deep in your subconscious, you don't believe you deserve success. Fortunately, you can change the problematic subconscious

emotional beliefs/energies. Discover how: TransformationalLifeCounseling.com Barry & Gayla Gordon present ongoing workshops online: TransformationOnline.org

Emotional Problems, Anxiety, Abuse, Addictions, PTSD, Bad Luck, Curses

*Transformational Life  
Counseling:  
TLC!*



Scientific Shamanic Healing: Barry & Gayla Gordon • 928.460.4062

**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.

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## 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



*Laura Miner*  
REALTOR®

928-925-4884  
lauramineraz@gmail.com  
www.LivingPrescott.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.

**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](http://www.wevalueourteachers.org) and Join the Fun!

**plexus**  
WORLDWIDE  
INDEPENDENT AMBASSADOR

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

Live Healthy

FORMULATED, EASY-TO-USE PRODUCTS  
**Designed to Enhance your Life, Health & Happiness**

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**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 fizzys & more. Located on the 2<sup>nd</sup> floor of the **Historic Bashford Courts**. Our website is [www.homebodybynature.com](http://www.homebodybynature.com) or call (928) 458-1165.

**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

**Reiki Master/Intuitive Energy Healing/Chakra Clearing and Balancing/Psychic Reading. Frances Ulman.** With a background as a psychologist and a connection to the higher realms, **Frances Ulman** offers healing in many modalities. **Frances** helps open your heart, let go of what is no longer serving you, and embrace the love, healing, and wisdom that is around you and within you. Energy healing offered remotely. Readings by phone or written and emailed to you. Email francesulmanphd@gmail.com or call **Frances** at (602) 517-7208.

### INTERACTIVE EQUINE BODYWORK

928-308-2829 by Christy Garavetto

Helping your Horse to release deeply held tension patterns, injuries, or habits.  
Acupressure & massage serving Yavapai County works on dogs & cats too  
Videos available online  
[InteractiveEquineBodywork.com](http://InteractiveEquineBodywork.com)



### Moving Forward with the Torch

As a subtle energy healer, you are essentially a torch-bearer. If we are all healers—and we all are—we participate in our own Olympic Games, carrying forward and passing on the most important torch of all: that of hope. Only by working with subtle energies, in addition to the physical body, can we shift medicine, healing, and this world out of its current constrictions into the truth of wholeness. Indeed, as a subtle energy healer, you are a bridge between the past and the future, a collaborative healer who values more than the healing process—a healer who values life. As you discover the bounty and the beauty of the methods and tools offered herein, where East meets West and heaven meets earth, you will understand why you have been called to the practice and process of healing. *You are a light. Your light is needed.*

Cyndi Dale, The Subtle Body Practice Manual

## RECYCLING CAN SAVE THE WORLD

By Jeffrey Burke, MSCO Portrait Artist

"I'm only one person: what I do doesn't make any difference, so why bother trying." If that sounds like someone you know, griping about separating beer cans from newspapers, here's a few thoughts that might nudge them into action.

Think quantum physics. Think homeopathically. Everyone from scientists to spiritualists agrees: from the sub-atomic particle to the entire cosmos and beyond, we're all one big ball of wax. We reap what we sow. The shinbone's connected to the knee bone. A single little change indirectly alters the course of everything that comes after it. So that one soda can you recycle becomes a positive essence that affects the entire universe. Conversely, if you don't recycle that bit of aluminum, it adds to the need for mining, the resulting pollution, additional energy usage and so on.

Here's another cool thing to spring on your non-recycler: the total number of water molecules on earth is constant, it never changes. They are either liquid (water), gas (vapor), or ice. They can be crystal clear or black with bubonic plague. Molecules can be concentrated in oceans or dispersed across deserts, running in muddy torrents in flood-ravaged lands or lofting along in heavenly clouds, but the actual number of H<sub>2</sub>O molecules remains the same forever. We won't "run out." What can change is what we *do* with it and how we regard it.

Think of water as holy water. It's precious. Like air and soil, water is life. It's your life, my life, the life of the sugar beet and thistle, the peregrine and banana slug, the forests and deserts and oceans and mountains and planets and stars and empty spaces. We are the stewards, meant to care for what we have, to conserve it, use it wisely and recycle it over and over again.

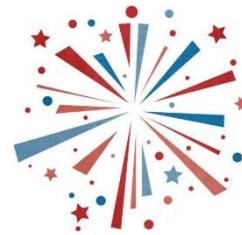
So your recycling-resistant buddy says, "Hey, man, ya' know they *make* water now. They take crappy water and push it through a machine and pump it into plastic bottles. So why make a big fuss about water; the oceans can provide what we need a gazillion times over!" Sure. But the process requires massive amounts of energy to force non-potable water through expensive membranes to purify it. That means vast increases in burning oil or gas or smashing apart atoms or damming up rivers or something else with its attendant pollution and "more of the same" thinking. And for all that enormous expense and pollution, whadayaget? Water. Lets opt instead for wise-use, conservation, and recycling.

"But it's the stupid system," hollers the naysayer. "Why should I organize trash for a bunch of corporations that give me nothing in return?" You might suggest that if he's unhappy with the system, there's one sure thing he might do that strikes directly at the heart of the status quo: recycle.

**If your neighborhood doesn't recycle, take your glass, paper, plastics, and cardboard to the giant dumpsters on Sundog Ranch Road just before the transfer station. Open 24/7.**



*Thank you all for  
your continued  
support and  
generosity!*



*Have a wonderful  
and safe  
4<sup>th</sup> of July!*





## Rentals Available

**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

## GIFT CERTIFICATES AVAILABLE

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

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### The Intuition Newsletter

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

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The Intuition newsletter is distributed via email:

MountainSpiritCo-Op.com

or available for pick up at the MSCO Gallery.

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

*The 4th of July is a time for hot dogs, donning red, white and blue, and for fireworks. But it is also a time to stop and reflect on this wonderful country of ours*

*from "sea to shining sea." A time to remember the foundation that our country was built on. A time to remember the courage our founding fathers displayed.*



## Events at a Glance!

### MsHec3 Reiki on the Rocks

June 9th 11am to 6pm

### Day of Service

June 24<sup>th</sup>

11:00am - 3:00pm

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

June 22<sup>nd</sup> and July 27<sup>th</sup>

5:30pm – 7:30 pm

### Spiritual Faire

July 21<sup>st</sup>

11:00am - 5:00 pm

### Rummage Sale

August 18<sup>th</sup> 10am to 6pm

August 19<sup>th</sup> 11am to 3pm



Facebook.com/MountainSpiritCoOp

Facebook.com/MsHec3

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

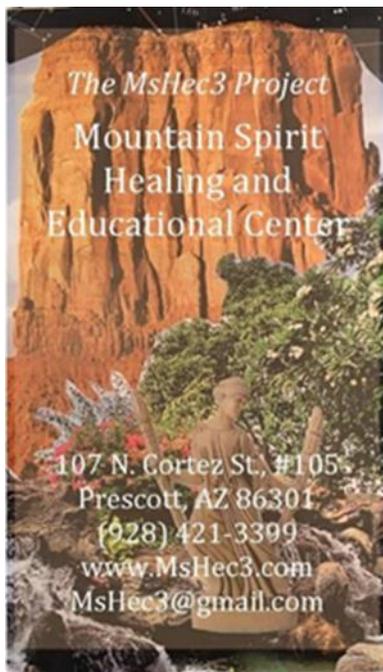
Please check out MsHec3's Website:

MsHec3.com



## SUMMER SOLSTICE

June 21<sup>st</sup>, 2018



## MsHec3 Fundraisers and Coming Events!

**Reiki on the Rocks and Pet Blessing.** Saturday, June 9<sup>th</sup> from 11am to 6pm at City Nature Center 1980 Williamson Valley Road, Prescott. This will be a playful and powerful day of healing. Come join many of Prescott’s practitioners as we share our gifts and love for each other. We will be drawing the raffle winners for the amazing artwork “Bliss” donated by artist Marie Howell, as well as the “Merkaba/Decahedron” crystal.

### 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?

MsHec3 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.



**Did you know...**

**amazonsmile**  
You shop. Amazon gives.

...that if you order from Amazon you can order from their page called Amazon Smiles and 5% of your 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!**



### Get started now!

Amazon Smile (<https://smile.amazon.com>) Log in using your Amazon dot com credentials, and search **Mountain Spirit Healing and Educational Center**.

### We Are Here for EVERYONE

If you or anyone you know is in need of guidance—be it spiritual, emotional, or physical—and money is an obstacle, please go to our website to find information on applying for our services using our sliding scale.  
<http://mshec3.com/scholarships/>

### Our Continued Thanks!

Much gratitude goes out for all the love and support we receive throughout the year for our many fundraisers. Your donations help to serve the many in our community that are ready to heal and educate themselves on how to be happier and healthier members of our society. Thank you so much, MsHec3 Board of Directors.

*“America was not built on fear. America was built on courage, on imagination and unbeatable determination to do the job at hand.” Harry S Trumam*

### MsHec3 Board of Directors

**Dana Cummins** (928) 420-2109  
**Rebecca Cutehands** (928) 499-4128  
**David Clay** (928) 458-5577  
**Yvonne Inman** (928) 460-2124  
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