

Welcome New Members!

Catharine Long

As a hypnotherapist, I deeply enjoy sharing with others how to create a life they love. As a near death experiencer and minister, it is my greatest honor to offer end of life counseling and transition midwifery.

Maryann Hesse

Maryann Hesse is a Licensed Art of Feminine Presence® Teacher and EnWaken™ Energy Mentor who teaches women how to uncover and awaken into their soul's calling. She teaches them to stand fully in their feminine power to activate their heart's desire.

Client Testimonials

David

- David is fabulous! His stretching was healing and so beneficial! His facilitation of yoga is the bomb. Thank you David so much!

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

DeeDee

- Both highly experienced and knowledgeable, DeeDee is adept at creating a safe, comfortable space for self discovery and healing.

Gertie

- This reading was amazing! I look forward to booking again!
- Gertie really helped to start letting go and to stop trying to control things I cannot.

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

James

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

Jennifer

- Jennifer as always was healing and kind! I love her massage and enjoy her approach it makes me feel safe and able to release!

Simona

- Wow!! 15 minute chair massage by Simona was divine magic!! I am a new man!! 5 stars!

Yvonne

- Yvonne is very sweet and great to work with! This was my first reiki experience and I look forward to receiving more in the future.
- She did a beautiful reading and I appreciate her perspectives! Thank you!

Workshops * Classes * Events
Empowerment, Transformation, Possibilities

August/September Classes & Events

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 . . .

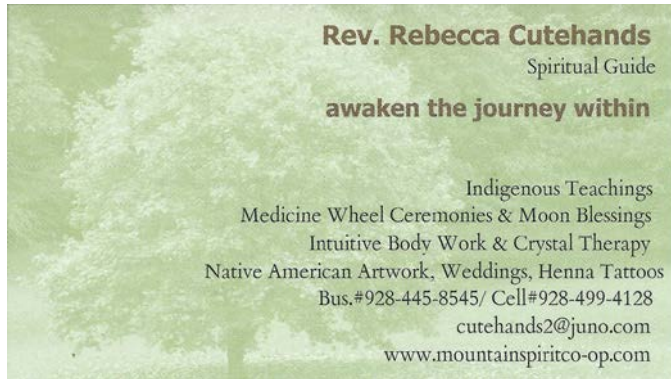
Journey into Metaphysics. Bi-weekly classes covering working with energy, manifesting, forgiveness, healing the child, adolescent and past lives, crystal grids, generating trust, strengthening relationships with your Higher Self, Future Self, Soul, Spirit, God, Goddess, All That Is, creating the healed 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

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

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



Water Blessing. August/September. This ceremony offers the individual an opportunity to cleanse and wash away giving the body, mind and spirit a fresh, regenerated and purified feeling. This offering will lighten the heart and ready the breath. Cost: \$225 (2-3-hour session) also offered as a teaching. For 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.

Holding Space: Living from Your True Nature. August 18th & 19th In life we assume roles and labels that imposed by culture and family. Too often we may find these roles and labels are a detriment to our true nature. We then define ourselves and our work through these roles and labels—we become addicted to our way of thinking patterns and defenses. In this two-day retreat, together we will create a space to experience the wholeness of y/our being, body mind heart and Spirit. Through mindfulness, breath practices, sound, movement, yoga, energy art and nature you will experience tools to release old patterning and create/ realize new patterning / habits that cultivate living from your true self. Saturday 9:30 am – 5:00 pm and Sunday 9:30 am – 3:00 pm. Cost: \$125. Contact **Celeste** at ccholly@gmail.com or (920) 858-2966. Facilitators: Tajali Tolan, MS, 200-CYT, Yoga Teacher, Y12SR Certified, Peace and Mindfulness Educator, Family and Parenting Counselor, Spiritual Guide, Artist and lives in Madison, WI. Celeste Holly, 200-RYT, 85-RYPT Prenatal

Yoga, Y12SR Certified, Reiki Master Teacher, Jewelry Artist and Teacher.

Chakra Clearing and Balancing Using Crystal Chakra Wand and Pendulum. Saturday, August 25th 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. 105

Intro to Art of Feminine Presence®. Saturday, August 25 and Saturday, September 22 from 1:30 to 4 p.m. In the pursuit of a career or having to take care of so many people around them many women have disconnected from their own knowing, their own personal power, without realizing it. This affects everything. From being able to attract and keep a passionate lasting love, the state of our health, fulfillment in our work, and to women competing against women everywhere. Reconnect with the unique consciousness of your own feminine presence. Class fee \$25. Register by text to **Maryann Hesse** at 641-919-0643 or call if you have questions. 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.

Y12SR Yoga. Tuesdays at 5:30pm 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. Contact **Celeste** with questions at (920) 858-2966 or ccholly@gmail.com.

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.



Fall Equinox Ceremony. Earth Blessing. Sunday, September 23rd 11am to 1:30pm. As we enter into the time of Grandmother Moon we will celebrate the time of the West with the Etsi Elohi Ceremony. The wearing of the Earth is a sacred honor and enriches our Spirit to connect with our primal energy. Spiritual Guide: **Rebecca Cutehands**. Location: Dewey. Cost: \$40. RSVP to **Rebecca** at (928) 499-4128.

Spiritual Response Therapy (SRT). Sunday, September 23 at 11 a.m. and 12:30 p.m. **Maryann Hesse** offers individual 90-minute sessions of SRT, a powerful healing method that works on a soul level to release negative programming. A "Program" is the root cause of a problem or symptom that is negatively affecting your life. Programming can be positive or negative. With SRT we release only negative programming. Releasing hidden blocks to health, happiness and prosperity and allow your soul to move into its full expression. Call/text Maryann to schedule 641-919-0643. 104C

MSCO 4th Friday Art Walk. Friday, August 24th from 5:30pm - 7:30pm. Come celebrate our new beginnings and our last Art Walk in the space that has held us for the last 13 years.

MSCO Day of Service. Sunday, August 26th, 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.

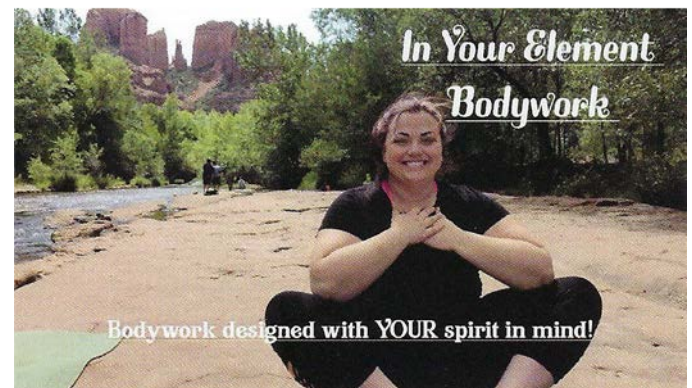
MSCO Spiritual Faire. Saturday, September 15th, 11am - 5pm. and **MSCO 4th Friday Art Walk.** Friday, September 28th from 5:30pm - 7:30pm. Sign up for our mailing list at the Co-Op or keep track of us on Facebook (Facebook.com/MountainSpiritCoOp) to learn where we will start the next chapter of MSCO's journey.

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 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

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



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. Rates: 1 hour \$65; 90 minutes \$80; Recharge Chair massage for 15-30-minute sessions \$25-\$40. 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, 20-hour trauma yoga trained and Y12SR yoga certified. She is currently teaching yoga at 450 W. Goodwin St. Suite 107, Higher Power Yoga on Tuesday'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 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

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.




Yvonne Inman
Intuitive Healer
Intuitive Reader
Reiki Master

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

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

Secret to Success & Happiness: Your subconscious emotional programming acts like a magnet attracting experiences to you. "Like attracts like!" For all of the conscious effort you invest in trying to be successful or happy, it's possible that hidden deep in your subconscious, you don't believe you deserve it. Fortunately, you can change your problematic subconscious emotional beliefs. Learn how: Ask for a Free 30 Minute Consultation: barry@FeelFreeFast.com / TransformationalLifeCounseling.com.
Read: ScientificShamanicHealing.com

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



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•

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.

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.



Laura Miner
REALTOR®

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



Graphic Design, Photography. Judson Kramer is a Graphic 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!

Licensed Art of Feminine Presence® Teacher. Spiritual Response Therapy Practitioner. Reiki Master. Maryann Hesse offers Art of Feminine Presence® classes and Heart's Desire Discovery sessions that teach you a unique way to access your own inner knowing, free from mind chatter, where you are crystal clear on your next step in life. Her work with Spiritual Response Therapy and EnWaken™ energy healing techniques shift any roadblocks to living what your heart and soul are calling you to do. To schedule <http://bit.ly/ActivateHeartsDesire>

Rapid Transformational Coach, Past Life Regression Therapist, and Meditation Guide. What is it you most want? Peace of Mind, Health, Wealth, Love, Confidence, A Fresh Start, Freedom? Everything is available to you, right now! Unlike traditional talk therapy, which can take months or years to find resolution, Rapid Transformational Coaching uncovers the root causes of issues quickly, easily and elegantly so you can have the life you want now. You can conquer addiction, anxiety, depression, infertility, PTSD, and pain in one to three 90-minute sessions. Call or email **Catharine Long** for a complimentary introduction. 928.273.6857 catelongcoaching@gmail.com

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 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 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.

GIFT CERTIFICATES AVAILABLE

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

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.

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.



To everything (turn, turn, turn)
There is a season (turn, turn, turn)
And a time to every purpose,
under heaven.

Events at a Glance!

Rummage Sale

August 18th 10am to 6pm

August 19th 11am to 3pm

Day of Service

August 26th

11:00am - 3:00pm

4th Friday Art Walk

August 24th and September 28th

5:30pm – 7:30 pm

Spiritual Faire

September 15th

11:00am - 5:00 pm



Facebook.com/MountainSpiritCoOp

Facebook.com/MsHec3

*And for Events, Information, FB,
Donations (PayPal, Amazon Smile)
Please check out MsHec3's Website:
MsHec3.com*

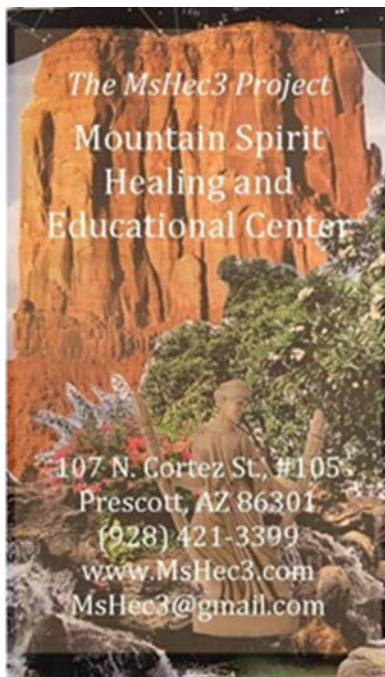


We have to continually be jumping off cliffs
and developing our wings on the way down.

– Ray Bradbury

Stay in the Know!

Be sure to add your name to our email list so we can let you know where we land after our move! You can stop by the shop and add your name and email to our sign up sheet OR you can find us on Facebook where you can send us a PM (www.facebook.com/MountainSpiritCoOp).



MsHec3 Fundraisers and Coming Events!

Rummage Sale. Saturday, August 18th from 10am to 6pm and Sunday, August 19th from 11am 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 August 15th. For more info call Yvonne at (928) 460-2124 or Oleta at (434) 568-0440. 104C

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.



MsHec3 Board of Directors

Dana Cummins (928) 420-2109
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David Clay (928) 458-5577
Yvonne Inman (928) 460-2124
Celeste Holly (920) 858-2966
Sam Howell (623) 980-9885
Beth Markley (928) 925-7828