

# INTUITION

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

October/November 2018

Volume 14 Issue 6

## Hello Friends

We hope this finds you all doing very well. So strange to know it has already been a month since the Co-Op closed its doors. Wow how time truly does fly by! Although we never wanted the Co-Op to close we find ourselves here in this moment of change. It is not always easy letting go of something so amazing and magical, but all the outpouring of love and support we have received has allowed us to move through this transition with grace and elegance. We are still offering our services, classes, ceremonies, events and merchandise, and we will continue offering Extended Membership, the Newsletter, the Website and our Facebook page. So make sure you go on and like us so you can keep abreast of all the announcements and changes coming to MSCO. Hope to see you at Reiki on the Rocks, Saturday October 6th, 11-5.

## An Opportunity Awaits

In this moment of change we are offering an opportunity for any person or persons who would like to jump into an exciting new adventure. We would love to see somebody step up into a leadership position by taking over the gallery portion of the Co-Op. This will give someone a great opportunity to embrace an already established business in the community, merchandise including a great display of crystal and gems, startup furnishings including glass cabinets, and shelving, plus a group of members dedicated to its purpose and potential, and the chance for you to have a business that will open you up to the world by meeting so many different people and sharing many experiences, just like we have for over a decade. It has been so fun and exciting meeting the thousands of people who have walked through our door, we have truly enjoyed every moment of it.

If this feels like an endeavor you are interested in investing in please let us know. For more information you can call Dana Cummins at (928) 420-2109

*"We must always change, renew, rejuvenate ourselves; otherwise, we harden."  
— Goethe*



## Looking to the Future

With all these new shifts happening, we are looking forward to the future of MSCO and the MsHec3 project. We are all dedicated to the reason the Co-Op opened in the first place and are taking this time to redirect our energies to our Non-Profit and our Extended Membership with all the many practices, classes and ceremonies we offer.

We are actively looking for more grants and donors for the MsHec3 Project so that we can help all the people we can for many years to come. So that no matter when or to whom the torches are passed, the lineage of what we created will continue on for generations to come. Remember to call the MsHec3 Project for available funding for services offered to those who qualify, (928) 421-3399. For those who wish to make their year-end charitable donation please go to our website (<http://mshec3.com/donate-now/>) and click the "Donate" button, or if you'd prefer, you can mail your check to MsHec3 P.O. Box 11553, Prescott, AZ 86304. All donations are tax deductible and greatly appreciated.

For those of you working on your integrity who honor and respect all peoples and would like to join our Extended Membership of amazing light workers and business owners, please go to the MSCO Membership page (<https://mountainspiritco-op.com/memberships/>) to complete your membership application. In this time of great world change we are standing together, supporting each other and creating sacred space for healing. If this is you, and you would like more advertising for your business and the support of many beautiful people, we would love to have you join our team.

## Mountain Spirit Co-Op

(928) 445-8545 / [www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

Facebook:

<https://www.facebook.com/MountainSpiritCoOp/>

Readers and Practitioners by appointment

Please note all event locations are noted.

## Reiki on the Rocks

Saturday, October 6th from 11:00 am to 5:00 pm  
The Community Nature Center (entrance is just past the Abia Judd football field) 1980 Williamson Valley Road, Prescott, Arizona.

It's that time again! So many of us remember the fun experiences we had together a few months ago when a group of practitioners, teachers and artist went to play together in nature. What a great day! And lucky us, it's about to happen again!!! Won't you join us?

Enjoy a playful and powerful day of healing. For \$25 per session, you can choose from a variety of practitioners offering reiki, massage, readings, spinal flush, and intuitive body work. There will also be a collection of art, gifts and goods for sale. Come and treat yourself to a few sessions and support a great cause! All proceeds go to the MsHec3 Project: Helping people reach their healing and educational goals.

We look forward to seeing you there!

### Practitioners include:

Tracy Brock – Energy Healing  
Oleta Clay – Telepathic Healing  
Dana Cummins – Spiritual Counseling & Energy Healing  
Rebecca Cutehands – Indigenous Medicine & Energy Healing  
Joseph Drew – Chair Massage & Energy Healing  
Celeste Holly – Reiki & Intuitive Guidance  
Yvonne Inman – Reiki & Intuitive Guidance  
Kirstin Johnson – Transformational Coaching  
James Knochel – Spinal Flush & Guidance  
Deb Vernam – Animal Card Readings  
Gretchen Vorbeck – We Value Our Teachers Foundation



### Vendors include:

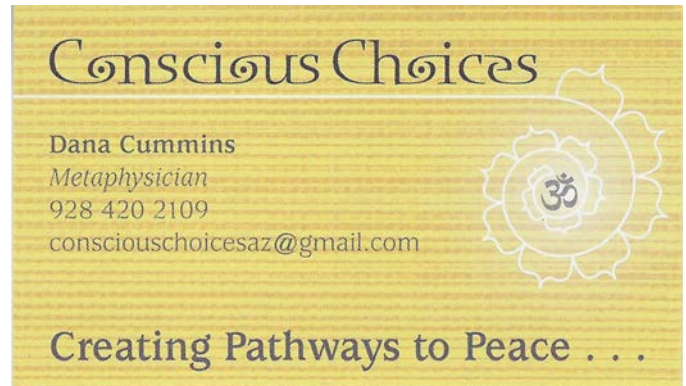
Dana Cummins – A Selection of Crystals  
Rebecca Cutehands – Native American Art  
Celeste Holly – Wrapped Crystals and Beaded Jewelry  
Pamela Faye Franklin – HomeBody—CBD Oil, Essential/Aromatherapy Oils, local, handmade, natural, organic, soaps, lotions, bath fizzys  
Beth Markley – Beeswax Candles, Crystal Jewelry, Incense, and Oracle Cards  
Deb Vernam – Native American Art

Please note: Pets are not allowed

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

## October/November Classes & Events

**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.



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

**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.

**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.

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

**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

**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. [www.changing-leads.com](http://www.changing-leads.com) Facebook: [changing-leads@changingleads.net](https://www.facebook.com/changing-leads@changingleads.net) Santori Ranch, 955 West Road 2 North, Chino Valley.

**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](mailto:ccholly@gmail.com).

**Yoga Classes. David Clay** (certified Yoga instructor) for Level One Hatha Yoga. **David** teaches group and private classes from beginner to advanced. Classes are designed to evoke a beautiful blend of perspiration, serenity, and joy through gentle sequences. For info, call: (928) 458-5577.

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

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

**Art of Feminine Presence® - Embodying Peace,** Thursday, October 18<sup>th</sup>, 5:30 – 8 p.m. OR Saturday, October 20<sup>th</sup> from 1:30 – 4 p.m. We're entering the Holiday season. Family and friends gather in celebration, and all too often, old wounds and conflicts arise leaving everyone walking around on eggshells. Then all of a sudden you find yourself playing family peacemaker when you are already overwhelmed and on a short fuse. Learn how to put the Joy back into the season and consistently create happy, precious memories with your family and friends. Register for this class and start handling life and even emotionally charged situations with calm, centered, embodied presence and authentic confidence. Fee: \$25 OR bring a cherished girlfriend and you both attend for FREE. For location, call/text **Maryann Hesse** at 641-919-0643 or email: [hessemaryann@gmail.com](mailto:hessemaryann@gmail.com) with questions. <https://www.facebook.com/events/248396735872328/> and <https://www.meetup.com/Prescott-Art-of-Feminine-Presence-group/events/254535843/>

**Celeste Holly**  
designs  
*Celeste Holly, Jewelry Artist*  
920.858.2966 • [ccholly@gmail.com](mailto:ccholly@gmail.com)

**"The Perfect Bite"** October 19th, 20th and 21st, 2018 Time: Friday 6 to 9pm, Saturday 9 to 5pm, Sunday 10 to 1pm Bringing creativity and exploration to our food to fulfill and nourish our souls. We will begin Friday evening and Saturday answering the 3 W's: What, When, and Why you eat. We will explore senses of the tongue, nose, eyes, and ears, as well as textures of different foods while exploring our emotional connections to it. On Sunday we will switch gears and see where else you can create the perfect bite in your life and bring in some horse play. Call to reserve your spot today. Fee: \$275 includes the cost of the food. **Kirstin Johnson** 1-928-592-3995 [www.changing-leads.com](http://www.changing-leads.com) Facebook: [changing-leads@changingleads.net](https://www.facebook.com/changing-leads@changingleads.net) Location will be at residence in Coyote Springs, AZ.

**Global Sisterhood New Moon Circle,** Wednesday, November 7<sup>th</sup> from 5:30 – 7:30 p.m. Join us in a powerful Global Sisterhood movement. Every new moon thousands of women around the world gather in circle, unifying in heart and intention, for the upliftment of our planet. Science has shown us that when a critical mass of people begins to believe or act in a certain way, the collective consciousness of the whole world starts to change. We can be part of that crucial mass, co-creating global change. Join us for the Global Sisterhood New Moon gathering Wednesday, November 7<sup>th</sup> from 5:30 – 7:30 p.m. as we delve into the monthly theme in Scorpio: Sacred Sexuality—I honor my creativity, my power and my

passion. Donations appreciated. For location, call/text

**Maryann Hesse** at 641-919-0643 or email:

hessemaryann@gmail.com with questions.

<https://www.facebook.com/events/263480670958155/>

<https://www.meetup.com/Prescott-Art-of-Feminine-Presence-group/events/254570027/>

**Art of Feminine Presence®--StressLESS Holidays**, Thursday, November 15 from 5:30 to 8 p.m. OR Saturday, November 24<sup>th</sup> from 9:30 a.m. to 12 noon. Holiday season is full blown. You are dealing with shopping, cooking, parties, family gatherings, travel, relationship conflicts and family tensions, financial concerns...and the list goes on. During this busy season it seems like it's all about doing and constantly being on the go, and everyone is supposed to be 'merry'. But often we feel 'blue' and exhausted from the stress and overstimulation. Take a pause. Come and BE. Learn how to manage your energy so you don't deplete yourself during this hectic time. When we EMBODY our feminine power and master our mind, we can master our life, experiencing Less stress and More Joy, Peace, Harmony, Happiness and Health. Register for this class and start being 'unshakeable'. Live in calm, peaceful centerness, even in the midst of the swirling chaos around you. Fee: \$25 OR bring a cherished girlfriend and you both attend for FREE. For location, call/text **Maryann Hesse** at 641-919-0643 or email: hessemaryann@gmail.com with questions.

<https://www.facebook.com/events/932903806918523/> and <https://www.meetup.com/Prescott-Art-of-Feminine-Presence-group/events/254569026/>

**Spiritual Response Therapy (SRT)**. Sunday, November 25<sup>th</sup> 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 your health, happiness and prosperity will allow your soul to move into its full expression. To schedule and for location, call/text **Maryann Hesse** at 641-919-0643. Or email: hessemaryann@gmail.com

**Medicine Bag Ceremony**. Friday December 21st (Solstice) 5:30pm to 8:30pm. Saturday December 22nd (Full Moon) 5:30pm to 8:30pm. Sunday December 23rd 12 to 3pm. We will be celebrating the medicine of the Buffalo, the Winter Solstice and a Full Moon. We will fill our medicine bags with herbs, stones, oils and prayers, share the "washing of the hands" blessing and honor the time of ceremony. Spiritual Guide: **Rebecca Cutehands**. Cost: \$50. RSVP by December 15th. Location: The Playground Ranch, Dewey, AZ. Call (928) 499-4128.



## Members Ongoing Offerings

### **Awakening from Within with Rosemary Bartolomeo.**

Interested in having less stress...more inner peace? These sessions enable you to release stored stress and tension from your mind and body. Emergence Care Certified, 25 years Meditating, Hands on Healing Certified, Reiki 1, Certified, B.A. Degree. Questions or appointments call **Rosemary** at (928) 499-0024.

**DeeDee Freeman**  
*Certified Hypnotherapist~Intuitive Tarot Reader  
Shamanic Counselor~Spiratural Healer*

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

**Certified Hypnotherapist. Spiritualist Minister. Shamanic Practitioner. DeeDee Freeman** offers intuitive tarot readings, psychic development classes and facilitates regular circles for people to learn to use their intuitive abilities. In her therapy practice, "Interior Alchemy", she helps clients release trauma and other obstacles through shamanic counseling and hypnosis. For more information and to schedule an appointment, please visit [InteriorAlchemy.weebly.com](http://InteriorAlchemy.weebly.com)

**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)



**Gertie Miles**  
Spiritual Counselor

(928) 771-9496  
[egertie9@gmail.com](mailto:egertie9@gmail.com)

By Appointment

**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.

**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

**Experience the Healing Journey of Horse and Human! 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. 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. She also uses her intuitive connection in her animal card readings. To schedule a reading or a session with Utah contact **Deb Vernam** at (928) 899-7746 orbuddhahorseranch.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](http://www.wevalueourteachers.org) and Join the Fun!

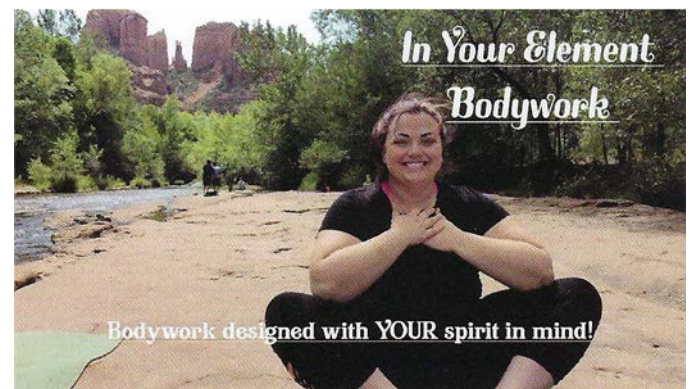
**Indigenous Teacher, Healer, Spiritual Guide. Rev. Rebecca Cutehands** offers a variety of ceremonies, teachings and

healing. Sacred offerings, weddings, last rites, house clearing /blessings, and more. Whether individual sessions or groups she holds sacred space for all to heal, learn and grow. Call (928) 499-4128 for more info.

**Intuitive Coach and Facilitator. Kirstin Johnson** is available for One on One Equine Coaching Sessions, Phone coaching available for when you are wanting support in moving forward, and group coaching sessions. She also facilitates workshops on Visioning 2018, a Women's Gestalt Group and a 4-week Coaching Series, and a new workshop on The Perfect Bite. "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 **Kirstin Johnson** at 1-928-592-3995 or [www.changing-leads.com](http://www.changing-leads.com) Facebook: [changing-leads@changingleads.net](mailto:changing-leads@changingleads.net)

**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 call/text **Maryann Hesse** at 641-919-0643 or <http://bit.ly/ActivateHeartsDesire>

**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.



**Metaphysical Teachings & Intuitive Work. Dana Cummins** is available for ceremonies, meditations, rituals and techniques, crystal grid therapy, metaphysical classes, present and past life intuitive healing sessions. **Dana** brings over 25 years' experience in various modalities, spiritual counseling and ceremony. For info please call (928) 420-2109.

**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](mailto:LeeAnn@midOhioValley.com)



**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](mailto:catelongcoaching@gmail.com)

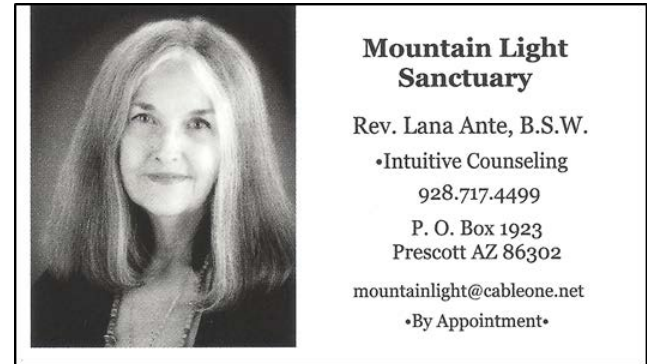
**Reiki Master, Chakra Alignment, Yoga and Jewelry Classes.** **Celeste Holly** is a 200-hour certified yoga instructor and 85 hour and prenatal yoga instructor, 20-hour trauma yoga trained and Y12SR yoga certified. She is currently teaching yoga at 450 W. Goodwin St. Suite 107, Higher Power Yoga on 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. Call to schedule a group or private class on beading or wire wrapping. Contact **Celeste** at [ccholly@gmail.com](mailto: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. Call **Simona** at (928) 499-5324 for more information or to schedule an appointment.

**Reiki Master/Healings/Auric clearing/Clairaudient/ Clairvoyant Card Readings.** **Yvonne Inman** offers her intuitive readings and Reiki healings along with energy work

by appointments. Contact **Yvonne**: (928) 460-2124 or [gypsydragonflies57@gmail.com](mailto:gypsydragonflies57@gmail.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](mailto:francesulmanphd@gmail.com) or call **Frances** at (602) 517-7208.



**Spiritual, Intuitive, & Empathic Reading.** **Rev. Lana V. Ante, BSW**, is available for readings 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.

**Yoga Teacher.** **David Clay** offers a mixed level Vinyasa Flow Yoga class groups or private sessions. Call (928) 458-5577 for more info. offers a mixed level Vinyasa Flow Yoga class Thursdays, Fridays and Saturdays. See classes/events or call (928) 458-5577 for more info.



## Rentals Available

**Spiritual Retreat House/Vacation Rental** - Prescott, Arizona Two-bedroom, one bath house. Fenced yard, pet friendly \$120 per night / 3 night minimum, plus cleaning and pet fee. One mile from our active Court House Square. Fully equipped kitchen, linens, laundry, wifi, bbq, cable, screened in back porch and more. Whether you're looking for a getaway to decompress or to delve into your personal and spiritual work, this home offers you support while you decide from the many choices you're offered. You can purchase in home therapies like massage, energy work, ceremonies, individual classes, meals, even day trips to local sacred locations. For more information or to book your stay, contact **Dana** at (928) 420-2109.

**Countryside Resort and Spa** - Williamson Valley, Arizona  
 Complete rest and get way awaits you on this 5+acre ranch. Above ground pool, Jacuzzi, sacred fire, walks up magical washes filled with the beauty of nature. This private entry to a bedroom and bathroom equipped with refrigerator, toaster oven, microwave, dishes, linens, coffee maker offers an ideal location to relax and unwind. Whether it's for a weekend or a week surely you will remember peace while you're visiting this serene location. You can purchase in room therapies like massage, energy work, ceremonies, individual classes, meals, even day trips to local sacred locations. For more information or to book your stay, contact **Dana** at (928) 420-2109.

**ADVERTISE IN THE INTUITION!**

Our Newsletter reaches thousands of households! Advertise on our Website & Facebook page! Contact us for rates & details at (928) 445-8545.

**GIFT CERTIFICATES AVAILABLE**

*Mountain Spirit Co-Op gift certificates are available!*  
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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.*  
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*The Intuition newsletter is distributed via email MountainSpiritCo-Op.com and posted on our Facebook pages Mountain Spirit Co-Op and MsHec3. Flyers for classes and events are also distributed via the website, Facebook and hard copies around town.*  
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**Stay in the Know!**

Be sure to add your name to our email list on our website (<https://mountainspiritco-op.com/>) so we can let you know where we land after our move! OR you can find us on Facebook where you can send us a PM. ([www.facebook.com/MountainSpiritCo-Op](http://www.facebook.com/MountainSpiritCo-Op))



**Events at a Glance!**

**REIKI ON THE ROCKS**

Saturday, October 6th, – 11am to 5pm  
 Community Nature Center  
 1980 Williamson Valley Road,  
 Prescott, Arizona

**ART OF FEMININE PRESENCE® - EMBODYING PEACE**

Thursday, October 18<sup>th</sup>, 5:30 – 8 p.m.  
 Saturday, October 20<sup>th</sup> from 1:30 – 4 p.m.

**“THE PERFECT BITE”**

Friday October 19th, 6pm to 9pm  
 Saturday October 20th 9am to 5pm  
 Sunday October 21st, 10am to 1pm  
 Coyote Springs, AZ

**MEDICINE BAG CEREMONY**

Friday December 21st (Solstice) 5:30pm to 8:30pm.  
 Saturday December 22nd (Full Moon) 5:30pm to 8:30pm.  
 Sunday December 23rd 12pm to 3pm.

**WOMEN’S EQUINE GESTALT GROUP**

Thursday evenings from 5 to 7  
 Santori Ranch, 955 West Road 2 North, Chino Valley

**Y12SR YOGA**

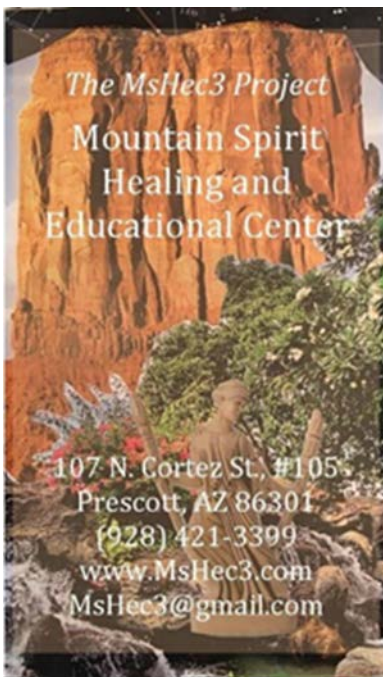
Tuesdays at 5:30pm with **Celeste Holly**  
 450 Goodwin St. Suite 107



**Facebook.com/MountainSpiritCoOp**

**Facebook.com/MsHec3**

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



## MsHec3 Fundraisers and Coming Events!

### Reiki on the Rocks

Saturday, October 6th from 11:00 am to 5:00 pm

Enjoy a playful and powerful day of healing. For \$25 per session, you can choose from a variety of practitioners offering reiki, massage, readings, spinal flush, and intuitive body work. There will also be a collection of art, gifts and goods for sale. Come and treat yourself to a few sessions and support a great cause! All proceeds go to the MsHec3 Project: Helping people reach their healing and educational goals. Please see page 2 for more details.



### **MsHec3 Board of Directors**

**Dana Cummins** (928) 420-2109  
**Rebecca Cutehands** (928) 499-4128  
**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

### 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...**

**amazon**smile  
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 Project Mission

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