

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

February/March 2019

Volume 15 Issue 2



What Does it Mean to be a Shaman?

What does it mean to be a shaman in this dominant culture? I don't fully know. My shaman teachers in Mongolia call me a shaman. The books I read tell me I can never be a shaman. My spirits tell me the word is irrelevant. The word itself comes from the Evenki culture in Siberia, Russia. It was taken, likely without permission, by western ethnologist Juha Janhunen.

The reality is we, in this culture, do not have adequate words to describe the magical beings that have always walked among us. This is not a coincidence. For this sick culture to thrive, it must deny that you and I—and others—exist. It must belittle and berate us. It must make us fear standing proudly in a crowd. And so other entities get to dissect us with their corrupted ideas, and use words like bipolar, erratic, sensitive, strange. This is evidence of the power of language to shape our view of the world. Let's all agree to this if nothing else.

The world is not what it seems. The English language, not us, is not adequate. The world needs visionaries to help others see beyond what they are shown by their eyes. Shaman. Mystic. Witch. Medium. Lightworker. Same genre of beings. Beings who are here to help others move beyond what we are shown. This culture was created upon the myth that magic isn't real. My magical siblings, let's create a new culture.--Frances Ulman

MsHec3 Rummage Sale

**Saturday & Sunday March 16th & 17th
6427 E Ashton Place, Prescott Valley**

Yep, we're at it again. So many folks are clearing out their homes and their treasures and we all get to benefit! Come join us again as you wander through all the newly donated lovelies. If you have any donations to make, please contact Oleta at (928) 458-5577 to arrange pick up or drop off.

*"What seems to us as bitter trials
are often blessings in disguise."
— Oscar Wilde*



What's Cooking in 2019?

The MsHec3 Cookbook!

Our next fundraiser will be the development of an MsHec3 cookbook with recipes, kitchen hints and tips, cures from your cupboard and quotable quotes. For example, a quote from Hippocrates such as "Let food be thy medicine and medicine be thy food."

Please send us your favorite recipes using the following categories: *appetizers, salads, meats, poultry, seafood, vegetables or vegan, casseroles, soups and stews, breads, desserts, low calorie dishes, breakfast.*

Your name will be included with the recipes submitted unless you request otherwise. If you have hints or tips for food preparation, quotations that inspire or uplift or kitchen cures using things in your cupboard that work please share these as well.

Please send your entries to us care of Oleta Clay at oletafclay@earthlink.net. Thanks!

OH! And we need a name for the cookbook! Any and all suggestions will be considered.

All Your Support

We want to Thank All of you for your generous support and kindness especially with the MsHec3 Project. All of the events that the MsHec3 Project host are to generate funds to assist those who can't afford a variety of healing services. And with All Your Support from the Open House and Silent Auction in December, and with all the events and fairs all throughout the year we have collected a blessing of donations to do just that. Together we create our world, love and support is always a beautiful place to start. Thank you again from all of us at Mountain Spirit Healing and Educational Center.

Mountain Spirit Co-Op

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

Facebook:

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

Readers and Practitioners by appointment

Please note all event locations are noted.

Available!

Exciting opportunity for those seeking New Age business in “Everyone’s Home Town”, Prescott, AZ. Due to unforeseen circumstances, this well-established jewel, with stellar reputation—built over thirteen years—is for sale. Seeking persons desiring to create their dream on well-established, honorable foundation of inventory/client assets. Email serious enquiries to: consciouschoicesaz@gmail.com. Please visit the City of Prescott’s website for more information about our wonderful town: <http://www.cityofprescott.net>.

A Message from Rebecca Cutehands

Thank you to all the sacred beings that came and celebrated during the 3 days of Solstice Medicine Bag Ceremonies. As always it is an honor to sit with all of you, as we always create a powerful ripple of energy and prayer that covers the planet and beyond. And thank you to those of you who helped finish the medicine wheel, on Solstice, in the shadow, under the moon. We're Blessed.

Workshops ☸ Classes ☸ Events
Empowerment, Transformation, Possibilities

February/March Classes & Events

“Learn to Co-Create the Life You Dream Of” Sundays 11am to 3pm. In this 7 week class we will hone in on the tools and principles that work together to co-create a life of purpose and joy. Learn to work with the valued self and understand how your thoughts, feelings attitudes and beliefs play a part in the life you are creating. Identify and Release the blockages that are keeping you from having what you say you want. \$700. Limited to 7 people, intensive one on one work. Must pre-register with **Dana** at (928) 420-2109.



Chakradance® aka “Spiritual Zumba” Enter a healing sanctuary, leave your worries at the door, and surrender into this dynamic dance journey. Chakradance® is a holistic well-being practice. A complete 90-minute workout for body, mind and spirit. In a darkened room, barefoot, with eyes closed,

surrender into spontaneous dance, guided imagery, and mandala art. Release blocked energies. Relieve stress. Restore your whole Self to calm Vitality. In select Prescott and Prescott Valley locations. More info: c/t **Maryann Hesse** (641) 919-0643 hessemaryann@gmail.com.



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

Personal Puja Workshop. Please join us in a Personal Puja workshop to create objects that enhance your spiritual practice. The workshop expands upon traditional puja practice as a means to transform divine inspiration into tangible objects. The next workshop will involve the creation of a spinning Merkaba sculpture. The Merkaba will feature crystals, stones and other materials that reflect your personal vision. Please ask any questions or join the interest list (five person limit) by emailing **Robert Wertz**: robert@robertwertzdesign.com.

Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

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

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.

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.

Sound and Crystal Private Sessions February 2, Noon to 4:30 Guided by her spirits, **Frances** will open space to allow for this energy alchemy to occur. She will be bringing her collection of healing crystals, Himalayan singing bowls, and more. Crystals have the ability to move energy in surprising ways. Combined with the powerful vibrations of sound, it is truly amazing how energy can be moved. \$40/30min, \$80/60min (25% discount for Co-op members). Schedule with **Frances** at francesulmanphd@gmail.com, 602-517-7208.

Lunar New Year Crystal and Singing Bowl Group Energy Meditation February 2, 5-6pm Come celebrate the arrival of the Year of the Earth Pig in this meditation gathering that will be unlike any other! You are invited to a space-time jamming sound and crystal meditation as we use sound and crystals to clear out the old energies pulling us down and welcome in a higher vibration to start the lunar new year radiant and bright. Let's start this new year off right! Out with the old, in with the new! Welcome, Earth Pig! Cost \$10 RSVP for address to **Frances** at francesulmanphd@gmail.com, 602-517-7208.

Treasures for Sale & Potluck. February 2, 6:30 **Frances** will be bringing her newest batch of treasures that she recently picked up from Mongolia. She will also have some surprises from Sweden, and Nepal, and crystals that are selected for their unique energy signatures. **Frances**, a shamanic practitioner and Himalayan Singing Bowl practitioner, lives part time in Tempe, Arizona. She travels widely to learn from intact wisdom traditions around the world. Potluck to follow group event. Bring what you want. Please note any allergens that are in your dish. Yum!

Global Sisterhood New Moon Gathering. Sunday, February 3rd from 6pm to 8pm. 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. Our February theme in Aquarius is: Inspired Visionary: I am awake, guided, and living my purpose Donations appreciated. Location: 450 W. Goodwin, Ste. 103a RSVP/questions c/t **Maryann Hesse** at (641) 919-0643 or email: hessmaryann@gmail.com. <https://www.facebook.com/events/607102106411847/>

Zentangle© Meditative Art Method. Introductory Classes. February 14th from 5pm to 8pm, cost \$30 per couple. February 23rd from 9am to 12 noon, cost \$25. As you learn the Zentangle Method to create beautiful images, you will enjoy

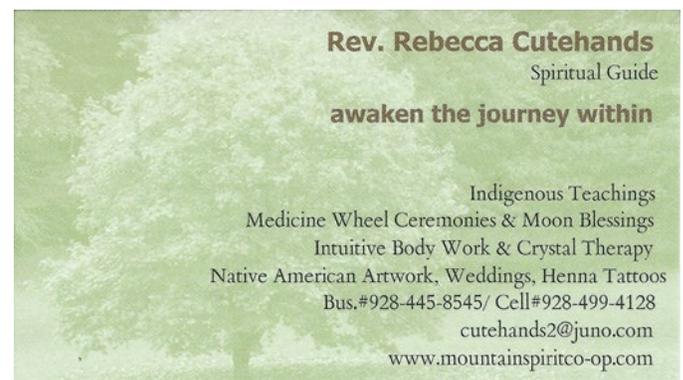
increased focus, creativity, self-confidence and an increased sense well-being. For more info call **Wendy Kircher** at (309) 335-0984. Private/Group lessons available.

Entangled Awareness Make 2019 YOUR Year!

Sunday, February 10th, first quarter. Sunday, April 14th, second quarter. This is the first workshop (in a series of 4) presented by Gestalt Coach, **Kirstin Johnson** and Certified Zentangle Teacher, **Wendy Kircher**. Participants will be coached on how to use Zentangle (Creative Meditation) to experience a state of relaxed mindfulness. This Creative Conscious state allows us to reconnect with our deepest dreams and desires. This gives us the tools to make Conscious Decisions throughout each day (and throughout this year) to choose the path that leads us closer to our DREAMS! Cost: \$50. Call for more info to **Wendy Kircher** at (309) 335-0984 or **Kirstin Johnson** at (928) 592-3995.

Grandmother Moon Teachings. Saturday, February 16th from 11am to 4pm. You will receive the teachings of the thirteen moons, the eight phases of her lunar cycle, and a teaching from Grandmother Turtle. You will also receive a gift from Sirius, the Star that rises with the Sun that starts the cosmic cycle. Spiritual Guide: Rebecca Cutehands. Cost: \$175. Location: The Playground Ranch, Dewey. Please RSVP, seating is limited. Lunch is included. Please bring a notebook/journal for taking notes. Call **Rebecca** for more info at (928) 499-4128.

Stop Settling for Less—Open to Fully Receive. Sunday, February 17th from 1:30pm pm to 4 pm. Are you stuck in fear and not moving forward with what you want to do or find yourself settling for less than you truly desire in some area of your life? Then this class is for you. Cost: \$25 OR bring a cherished girlfriend and you both attend for FREE. Location: 450 W. Goodwin St, Ste 103a. RSVP and/or questions c/t **Maryann Hesse** at (641) 919-0643 or email: hessmaryann@gmail.com. <https://www.facebook.com/events/293012441373031>.



Calling All Mesa Carriers. Saturday, March 2nd from 11am to 2pm. Our Mesa's are bringing us together to play. We will be celebrating the closing of the year cycle and the beginning of the new. We will walk the wheel of serpent, jaguar, hummingbird, condor and eagle, sit with the sacred fire, pray, share, laugh and create. Cost: Free. Spiritual Guide: Rebecca Cutehands. Seating is limited, RSVP to (928) 499-4128. Location: The Playground Ranch, Dewey.

Get Ready to Blossom -- Greet Spring with Clarity. Sunday, March 3rd from 1:30pm to 4 pm. Can you remain open to what wants to unfold in your life? Learn practical tools to stop fighting with your limited mind and truly drop into a life of curiosity, joy, and expansion. Experience more joy, deeper relationships, greater work success, and a constant sense of unshakeability. Location: 450 W. Goodwin St, Ste 103a. RSVP and/or questions c/t **Maryann Hesse** at (641) 919-0643 or email: hessemaryann@gmail.com.

International Women's Day Global Sisterhood New Moon Gathering. Friday, March 8th from 6pm to 8 pm. 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. Our March theme in Pisces is: Free the Feminine: Transforming ourselves, liberating our world. Donations appreciated. Location: 450 W. Goodwin, Ste. 103a. RSVP/questions c/t **Maryann Hesse** at (641) 919-0643 or email: hessemaryann@gmail.com.

Beyond the Basics, Zentangle Meditative Art Method. March 9th from 9am to 12 noon, cost \$25. You must take the intro class first or have basic knowledge of Zentangle. Seating is limited, call for more info to **Wendy Kircher** at (309) 335-0984 or wendykirch18@gmail.com.

MsHec3 Rummage Sale. Saturday March 16th & 17th 6427 E Ashton Place, Prescott Valley. If you have donations to make, please contact **Oleta** at (928) 458-5577 to arrange pick up or drop off.



Spring Equinox Ceremony-Earth Bundles. Full Moon, Wednesday, March 20th from 11am to 2pm, Grandfather Sun greets us again as we acknowledge our seeds of intention and prepare to plant them into the fertile consciousness of Creation. Each one of us will create a sacred traditional earth bundle that will assist and support us on our journey ahead. As the Moon hands over the mantle of light to the Sun, She will be in her fullness on this day, what a blessing. Cost: \$ 50. Spiritual Guide: **Rebecca Cutehands**. RSVP to (928) 499-4128. Location: The Playground Ranch, Dewey.

Painted Horse Ceremony. Saturday, April 6th from 11am to 2pm. Come and share a healing moment with Utah a.k.a. "the Buddha Horse ". We will gather for a gentle opening ceremony, and then everyone will enjoy personal time with Utah offering paint and prayer. Everyone will also experience

a moment with the sacred drum and the Grandmother sage. Cost: \$60. Spiritual Guides: Deb Vernam, Utah's human partner and Rebecca Cutehands, Utah's friend. Only ten spaces offered for this event. Please wear appropriate footwear, no open toed shoes. For more information call **Deb** at (928) 899-7746 or Rebecca at (928) 499-4128. Location: Chino valley, Ranch. Refreshments and snacks included.



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.

Certified Zentangle® Teacher, Wendy Kircher. Zentangle® Meditative Art Method. The Zentangle Method is an easy-to-learn, relaxing way to create beautiful images by drawing structured patterns. This method enables you to deliberately access a state of relaxed focus, wake up your imagination and express it creatively with confidence. You are more imaginative, talented and creative than you think. Private/Group lessons available. Call **Wendy Kircher** at (309) 335-0984 or wendykirch18@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.

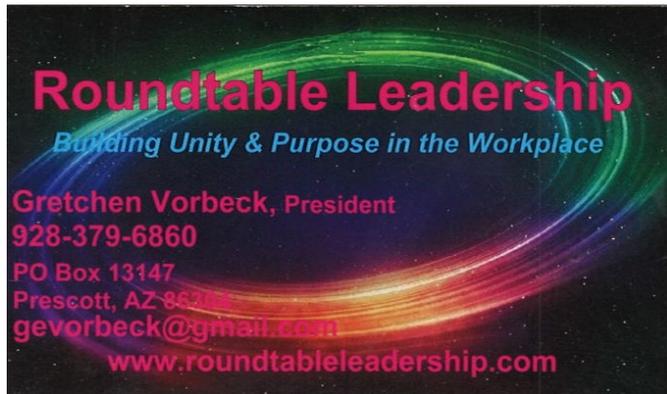
Clairvoyant/Clairaudient/Medium/Teacher/Author/ Minister. Gertie Miles teaches spiritual development, officiates weddings and offers readings by appointment in person or distant readings by phone. Call (928) 771-9496 or email: egertie@aol.com.



Psychic Medium, Certified in Energy Work, Reflexology and Certified Reiki Master/Teacher. Joseph Daniel Drew offers Aura Cleansing, Chakra Balancing, Reiki, Craniosacral Unwinding, Polarity Therapy, Reflexology, Space Clearing, Medical Intuitive and Spirit Communication. By donation, free session on your birthday, one on one, group and long distance sessions, classes and gift certificates are available. 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. 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 or buddhahorseranch.com.



Roundtable Leadership
Building Unity & Purpose in the Workplace
Gretchen Vorbeck, President
928-379-6860
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 Prescott, AZ 86303
gevorbeck@gmail.com
www.roundtableleadership.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!

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.



Maryann Hesse
 Pet and House Sitter
 c/t 641-919-0643
 hessemaryann@gmail.com
 Reliable, Trustworthy "mama" for your fur babies

Licensed Art of Feminine Presence®, Spiritual Response Therapist. Reiki Master. and Chakradance® Teacher. Maryann Hesse offers SRT sessions that release subconscious negative programming and allow the soul to move into its full expression of joy and prosperity. Her Reiki sessions include Chakra balancing and Body Systems clearing for a holistic, comprehensive experience of well-being. To schedule a session or for current schedule of Art of Feminine Presence and Chakradance® classes hessemaryann@gmail.com or c/t 641-919-0643.

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.

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.



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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.



Laura Miner
REALTOR®

928-925-4884
lauramineraz@gmail.com
www.LivingPrescott.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. She creates beautiful, healing wire wrapped and beaded pendants which can be seen by appointment. Contact **Celeste** at ccholly@gmail.com or (920) 858-2966.

* Claire M. Schapiro, E.A.
Cameo Taxation/Accounting, div. Cameo Enterprises Inc.
Jurisdiction - IRS and all 50 states
Enrolled Agent
Chino Valley, Arizona
Phone: 928-710-9074
Text message preferred with your contact information
taxprocameo@gmail.com
Fax: 928-636-9499

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.

Robert Wertz Twenty-five years ago, during the throes of a near death experience, I had a vision of a way of living rooted in service. During a concurrent two year residency at a spiritually based artist collective, I received divine inspiration that I translated into tangible artwork. Most recently, I have begun offering Light Blessings® that provide chakra stimulation by focusing sunlight and sacred symbols upon these energy points. Email: Robert@robertwertzdesign.com Cell: 619.817.5844

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.



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•

Telepathic Healer and Intuitive reader, Oleta Clay, is available to help you unlock your full potential and heal what your soul already knows. She has been doing Telepathic Healings for Lightbearers nationally and internationally since 2011, after being trained for this in a Mystery School in Canada. Call/text 434-568-0440 for an appointment.

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 Journey/Writers Retreat – House in the town of Prescott or room with private bath in the country. These quiet spaces offer a comfortable place to support you on your journey. Whether you're in town for a visit, a getaway, or would like a spiritual adventure, these places will hold space for your needs. Plan your own agenda or allow us to inspire you with trips into nature, visits with your soul and personal healing. Three night minimum, daily, weekly and monthly rates starting at \$125 night. Massage, energy work, indigenous and metaphysical teachings and practices, ceremonies and tours are extra. Meals are also available for the asking. Contact **Dana** at (928) 420-2109 or at consciouschoicesaz@gmail.com Let your journey begin.

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!

The Intuition Newsletter

is a loving collaborative effort by Rebecca Cutehands, Dana Cummins, Laura Nelson, Judson Kramer, Lee Ann Romine and Beth Markley.

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.

Stay in the Know!

Like us on Facebook:

MountainSpiritCo-Op & MsHec3

You can also sign up for this newsletter and follow our events by visiting our websites:

<https://mountainspiritco-op.com>

<https://mshec3.com>



Events at a Glance!

Global Sisterhood New Moon Gathering

Sunday, February 3rd from 6pm to 8pm

Zentangle© Meditative Art Method Introductory Classes

February 14th from 5pm to 8pm

February 23rd from 9am to 12 noon

Grandmother Moon Teachings

Saturday, February 16th from 11am to 4pm

Stop Settling for Less—Open to Fully Receive

Sunday, February 17th from 1:30pm pm to 4 pm

Calling All Mesa Carriers

Saturday, March 2nd from 11am to 2pm

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MsHec3 Rummage Sale

Saturday March 16th – from 9am-3pm

Sunday march 17th from 9am-2pm

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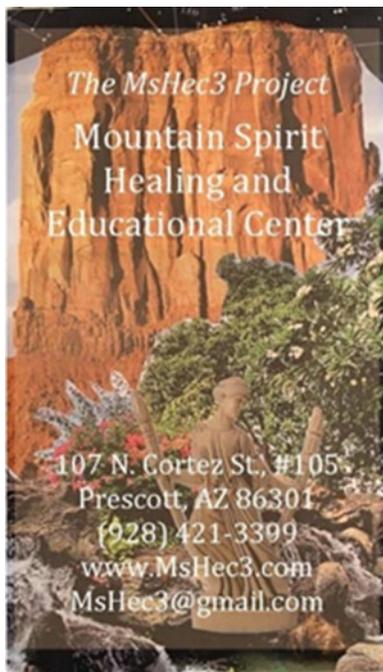
Beyond the Basics, Zentangle© Meditative Art Method

March 9th from 9am to 12 noon

Spring Equinox Ceremony – Earth Bundles

Wednesday, March 20th from 11am to 2pm





Expand Your Consciousness, Take a Class Today!

We at Mountain Spirit Healing and Educational Center (**MsHec3 Project**) have worked with thousands of people using dozens of techniques to help them heal from trauma and learn new ways of living.

Sure, how to cope is a great tool, but isn't it time to live? Isn't it time to learn to enjoy your life and start believing in yourself because you have learned the techniques to help you co-create a joyful and fulfilling life.

If you're ready, or know someone who might be, please visit our website at MsHec3, or our Facebook page, also MsHec3, or pick up the phone and call us at (928) 445-3399 and speak with someone who is ready, willing and able to help you or a loved one find their truer self.

Scholarships may be available for those seeking financial assistance. Please visit our website to see the qualifications.

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.



MsHec3 Project Mission

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



[Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp)

[Facebook.com/MsHec3](https://www.facebook.com/MsHec3)

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

Please check out MsHec3's Website: MsHec3.com



Did you know ...



... that if you order from Amazon, you can order from their page called 'Amazon Smiles' and 0.5% 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 to which you can choose to donate. So please, when you are purchasing through Amazon, go to <http://smile.amazon.com>, log in, and choose your local charity helping those in need right here in Arizona.

Thank you so much!

MsHec3 Board of Directors

Dana Cummins (928) 420-2109
Rebecca Cutehands (928) 499-4128
David Clay (928) 458-5577
Celeste Holly (920) 858-2966
Sam Howell (623) 980-9885
Beth Markley (928) 925-7828