

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

April/May 2019

Volume 15 Issue 2

*gratitude
changes everything*

A Message of Gratitude –

From Laura Nelson, With Love.

I had always believed that I was filled with gratitude. I have been fortunate to have a wonderful life. My childhood was creative, nurturing, supportive and full of love and laughter, as is my family with my husband and son. I am also grateful for the love and life experiences from my other children.

The last few years have been, at times, joyful, excruciating, awesome, fearful, beautiful, devastating and amazing. My family has gone through a transition that I never would have imagined or desired, and though we could have been broken, we have come through it mostly with grace and, as it turns out, even better than we would have imagined.

In October I was not in a positive place, though I was not outwardly aware of it. I was personally challenged with writing a daily gratitude list. At the time, I was offended that my challenger didn't recognize that I am a grateful person. I took on the challenge which was then increased by the accountability of also sharing my list with another person. Wow.

My daily 'homework' was to focus on five things that I am grateful for. In the beginning, one item was always my first cup of coffee. As I continued, I realized that gratitude subsists on many levels. The days that I found it easy to turn out my five items were days that I was not mindful of how my perceptions guided my decisions. If I found the list challenging, I really had to focus on the details of my life, and ultimately, who I was, how I was becoming, and how I was or was not participating in my own life.

My challenger, as much as I resented her for her approach and interference, was suggesting a loving pathway to understanding and healing myself. As I continue, I discover that taking a few minutes within each day positively changes my outlook. (*Gratitude Continued on page 6*)

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.

Something to feel good about!



#TrashTag Challenge gains popularity thanks to Phoenix man

Kim Powell Posted Mar 14, 2019

PHOENIX (3TV/CBS 5) - People from all over the world are posting photos online using "#TrashTag" all thanks to a local father of two.

Byron Roman, a loan officer in Phoenix, shared a photo from a man in Algeria who took a "before" photo of a messy outdoor area, and an "after" photo of him in the same spot surrounded by trash bags. For some reason, Roman's post quickly went viral.

"The numbers kept just going up and up--30 thousand, 40 thousand, 100 thousand and by Sunday I had 250 thousand shares," Roman explained.

Roman's caption stated, "Here is a new #challenge for all you bored teens. Take a photo of an area that needs some cleaning or maintenance, then take a photo after you have done something about it, and post it. Here are the people doing it #BasuraChallenge#trashtag Challenge, join the cause. #BasuraChallengeAZ."

Roman said the challenge inspired him.

"I felt that today--everyone--but mainly today's youth should be doing something similar instead of eating tide pods or whatever is the next challenge that comes up."

Roman thinks by calling out "bored teens" that's what made his post take off.

(*TrashChallenge Continued on page 6*)

We cannot live only for ourselves. A thousand fibers connect us with our fellow men.

Herman Melville

Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace . . .

April / May



Ceremonies

Sound and Crystal Private Sessions 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.

Global Sisterhood New Moon Gathering. Friday, April 5th 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 April theme in Aries is: I am Enough: I know my Boundaries and boldly claim my Worth. 2891 N. Hozoni Rd., Prescott. RSVP c/t **Maryann Hesse** at (641) 919-0643 or email: hessemaryann@gmail.com

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

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
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cutehands2@juno.com
www.mountainspiritco-op.com

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.

Guided Meditation and Sound Ceremony. Saturday, May 4th from 11am to 2pm. You will be guided on a beautiful journey where you will find yourself stepping out of time and into your imagination, giving yourself a moment to heal and create. Singing bowls, chimes and the sacred gong will flow in and out of your body, mind and spirit, utilizing the vibration of sound to promote balance and harmony. Spiritual Guide: **Rebecca Cutehands**. Cost: \$44. Location: The Playground Ranch, Dewey. Seating is limited, please RSVP at (928) 499-4128. Blankets and pillows provided. Refreshments and snacks included.

Global Sisterhood New Moon Gathering. Saturday, May 4th 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 May theme in Taurus is: Empowered Body: My body is a Temple. Lotus Bloom Yoga, 777 W. Hillside Ave, Prescott. RSVP c/t **Maryann Hesse** at (641) 919-0643 or email: hessemaryann@gmail.com



Summer Solstice Ceremony - Mala Ties. Friday, June 21st from 11am to 2pm. We will be celebrating the longest day of Grandfather Sun. This is the Sun's most powerful day of its journey with us. We will be creating Mala Ties, honoring the 108 prayers of intent, and working with the sacred waters. Spiritual Guide: **Rebecca Cutehands**. Cost: \$40. Location: The Playground Ranch, Dewey, AZ. Please RSVP to (928) 499-4128.

Water Blessing. April/May. 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**.

Happy Spring!



Classes

Munay-Ki Rites. April/May. 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.

SOMATIC PRACTICES FOR AWAKENING Tantric Somatic Meditation Teachings & Practices - SATURDAYS APRIL 6, 13, 20, 27 & May 4, 11, 18, 25 from 4 - 6 PM 107 N Cortez, 4th Floor Bring a yoga mat, blanket, pillow, water, and anything else you need to be comfortable. \$10 donation, please RSVP to **Catharine Long** at catharinelong.com or (928) 273.6857

Roundtable Leadership
Building Unity & Purpose in the Workplace
Gretchen Vorbeck, President
928-379-6860
 PO Box 13147
 Prescott, AZ 86305
gevorbeck@gmail.com
www.roundtableleadership.com

YOUR BREATHING BODY Tibetan Breathwork for Living Your Best Life – 6-week advanced class -June 11 - July 16 Tuesdays 9 - 11AM Yavapai College Bldg 31 Room 101 Osher Lifetime Learning Institute 1100 E Sheldon, Prescott AZ Facilitator **Catharine Long** at catharinelong.com or (928) 273.6857

AWAKENING THE HEART - 6-week foundation & advanced classes - Fundamental Martial Arts Studio 107 N Cortez, 4th Floor, Prescott AZ Summer 2019 Facilitator **Catharine Long** catharinelong.com or (928) 273-6857

AWAKENING THROUGH RELATIONSHIP Sacred Consort Teachings & Practices Couples Retreat Autumn 2019 - Facilitator **Catharine Long** catharinelong.com or (928) 273-6857

The Transformation Game - Saturday, June 1st from 9 a.m.– 6 p.m. Be immersed in the details and the big picture of what is keeping you from your desire. Unblock the flow. This is a safe bridge between reality, dreams and the potential to live those dreams. Start living your fullest life. 1305 Northside Dr., Prescott. BOOK NOW Only 4 seats available for this deep dive experience. RSVP c/t Host Maryann Hesse (641) 919-0643 or email: hessmaryann@gmail.com. Certified Facilitator **Nancy Jones**

Blessed Beeswax
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Fundraising

MsHec3 is still looking for a few good cooks. We need your recipes, quotes and quips. Please send all submissions to **Oleta** at oletafclay@earthlink.net

Community Garage Sale - Saturday April 27th 9am-3pm Granville Community Garage Sale Once again **David and Oleta** host the sale at their home for Mountain Spirit Healing and Educational Center aka MsHec3. All proceeds will go to help our locals heal from the traumas of life and learn new skills to embrace life fully. Your generous donations are gratefully appreciated.

Reiki On The Rocks - Saturday, May 18th from 11am to 4pm. This will be a day filled with practitioners, readers and healers offering their services for a discounted rate, so that YOU can receive and give simultaneously. Held at the Nature Center, all sessions are offered in the natural surroundings. This is a fundraiser benefiting The MsHec3 Project. There will also be a variety of vendors selling their goods. Come and share, enjoy and play. Cost: \$25 each session. Location: The Community Nature Center, 1980 Williamson Valley Rd, Prescott.

Silent Auction. Coming in June. Get ready to bid on those who will be offering their gifts and services. This is another fundraising event for the MsHec3 Project so keep in mind you are supporting a great cause. We thank you so much for your generosity for those who donate and those who bid.



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•



Meditation Groups

Universal Healing Meditation - Sunday April 7th & Sunday May 5th, 4pm-6pm Join us as we gather and blend our co-creating magic. During a guided meditation we will work to heal and transcend some of the pain in our world. Whether your focus is on a loved one or one of the many pains that is shared by so many. This powerful and loving group of people are committed to support the healing and growth of our universe. Cost \$25 Location Williamson Valley, Please RSVP to **Dana** for directions (928) 420-2109

WORKSHOPS

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.

Special thanks to the brave and amazing group of woman who just completed the last series. It was an honor and a joy to work with each of you. Many blessings to you. ~Dana~

“Learn to Co-Create the Life You Dream Of” - Wednesdays 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.

Art of Feminine Presence® Stop Settling for Less—Open to Fully Receive - Saturday, April 13th from 1:30pm 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



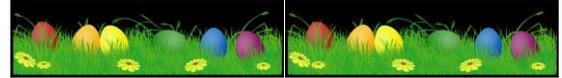
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some area of your life? Then this class is for you. \$25 OR bring a cherished girlfriend and you both attend for FREE. Lotus Bloom Yoga, 777 W. Hillside Ave. Prescott. RSVP c/t **Maryann Hesse** (641) 919-0643 or email: hessemaryann@gmail.com.

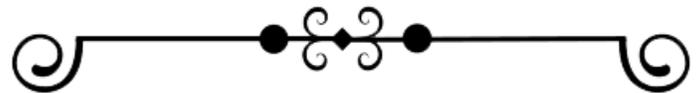
Art of Feminine Presence® Unleash Your True Heart’s Desire - Saturday, May 18th from 1:30pm to 4 pm. Still your mind chatter and uncover what you TRULY desire, not what your head says you ‘SHOULD’ want. Start mastering the use of your energy; reduce your stress, anxiety and burnout. Stop settling for Less than you Deserve. \$25 OR bring a cherished girlfriend and you both attend for FREE. Lotus Bloom Yoga, 777 W. Hillside Ave. Prescott. RSVP c/t **Maryann Hesse** (641) 919-0643 or email: hessemaryann@gmail.com.



Yoga

Yin Yoga - Every Monday, Wednesday and Friday from 10am to 11am. **Vinyasa Yoga** - Every Tuesday and Thursday also from 10am to 11am. Cost: \$7 or 6 classes for \$35. Yoga Instructor: **David Clay**. Location: Body Connection, 8516 AZ-69 Prescott 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.



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.

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.



I alone cannot change the world, but I can cast a stone across the waters to create many ripples.
Mother Teresa

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.

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.

Licensed Art of Feminine Presence® Advanced Mentor, Reiki Master and Licensed Chakradance® Teacher. Maryann Hesse teaches AFP classes where women learn how to manage their energy so they don't burnout, discover what their soul is calling them to, and have the authentic confidence to do it! Her work will change your life and the ripple effect will change the world! Class schedules:
<https://www.facebook.com/ActivateYourTrueDesire/>
Free session: <http://www.maryannhesse.com>

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.

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.

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.

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.

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.



(Gratitude - Continued from Page 1)

There are days when it seems like an insurmountable task. My partner in gratitude suggested that on those days we just exchange photos that make us smile.

As we enter Spring, I am grateful. I recognize that challenges are part of life, and how I choose to perceive them and accept them are my own reality. I choose to accept each day with gratitude.

(TrashChallenge - Continued from Page 1)

"It's a challenge to the bored teens to come out and do something rather than sit around and complain or do nothing," Roman said.

The hashtag was originally created by an outdoor company called UCO Gear in 2015 as part of a larger project.

"I think all these things came together and with the help of Reddit and Instagram, it just took off from there," Roman said, trying to understand why his post went viral.

Roman has received calls and interview requests from newspapers and radio stations from all over the world-- including Dubai and Germany.

"The purpose was not to clean the planet, the purpose was to encourage people to do something, and the end result is great," Roman said. "I'm proud. We all have that where we want to save the world, we want to be the superheroes especially with all these movies going around, so it's a good feeling that my contribution to the world is, 'let's do a little cleanup.'"

Roman said he hopes the next challenge is to keep the world clean once this fad fades away.

"I think that's what we have to do. If you're walking around and you see something, pick it up! It doesn't take that much."

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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>.



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!

Universal Healing Meditation

Sunday April 7th & Sunday May 5th, 4pm-6pm
Williamson Valley, Prescott

MsHec3 Community Garage Sale

April 27th from 9am-3pm
6427 E Ashton Place, Prescott Valley

Guided Meditation and Sound Ceremony

Saturday, May 4th from 11am to 2pm.
The Playground Ranch, Dewey

Global Sisterhood New Moon Gathering

Saturday, May 4th from 6pm to 8pm.
Lotus Bloom Yoga, 777 W. Hillside Ave, Prescott

Reiki On The Rocks

May 18th from 11am to 4pm
Community Nature Center
1980 Williamson Valley Rd., Prescott

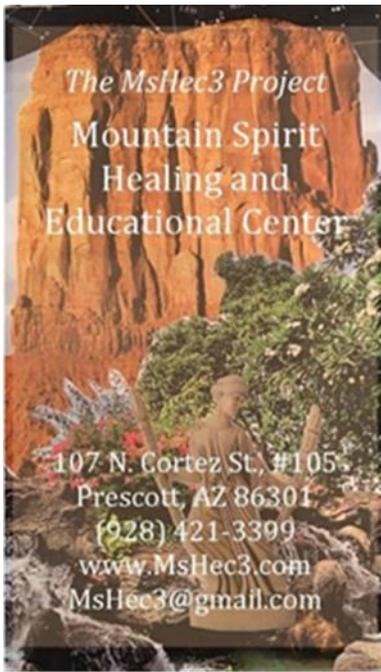
Summer Solstice Ceremony - Mala Ties.

Friday, June 21st from 11am to 2pm.
The Playground Ranch, Dewey, AZ.

Silent Auction

Coming in June!

See all **Ceremonies, Classes, Fundraisers, Meditation Groups and Yoga Classes** starting on Page 2 of this newsletter!



The MsHec3 Project
**Mountain Spirit
 Healing and
 Educational Center**

107 N. Cortez St. #105
 Prescott, AZ 86301
 (928) 421-3399
 www.MsHec3.com
 MsHec3@gmail.com

**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
Facebook.com/MsHec3

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

Please check out MsHec3's Website: MsHec3.com



... 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