

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2019

Volume 15 Issue 3

SILENT AUCTION

Silent Auction for MsHec3

More donations have been received and we are starting the bidding Now! Please check out our website at MsHec3.com or our FB pages to bid on our donated items.

Silent Auction starts now and ends June 28th. Donors listed alphabetically:

David Clay -- Yin Yoga 5 Sessions MWF from 10 - 11am or from 7 - 8pm at Body Connection in PV. Value is \$40.00 with an opening bid of \$10.00

Oleta Clay – Two 20-minute readings value \$25.00 each with opening bid of \$10.00 each (total value \$50.00)

Dana Cummins – intuitive one-on-one session \$120 with opening bid \$40

Celeste Holly -- A wire wrap pendant. Value \$45. Opening bid \$15.

Beth Markley – Candle set OR Hand beaded/knotted mala

Raj Sevak – 30-minute Vedic Astrology reading \$35. Opening bid \$10.

Rebecca Cutehands – Indigenous Teachings. Valued at \$400. Opening bid \$200.

Deb Vernon – A session with Utah the Buddha horse valued at \$90. Opening bid is \$25.

New foundation wants to help financially-strapped teachers.

We Value Our Teachers Foundation wants to buy them grocery gift cards.

On a grocery shopping trip in Cottonwood two years ago, Gretchen Vorbeck spotted a young mother weeping in the toilet paper aisle. The local teacher was holding a gallon of milk and staring at the price tag on the packaged rolls.

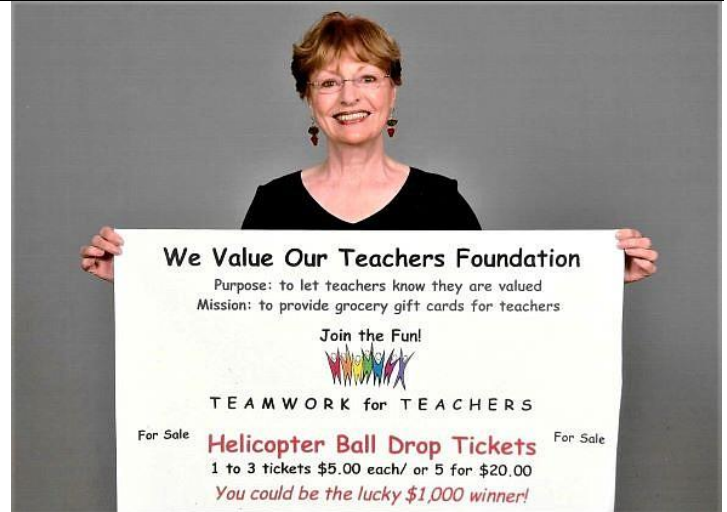
Mountain Spirit Co-Op

(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.



"I am a teacher and I can't even provide for my daughter. I am standing here trying to decide if I should buy toilet paper or milk. How do I explain that to my innocent child?"

She then grabbed her goods and left the store. "It just got me to the core." Vorbeck declared.

Six months later, Vorbeck launched her first, official non-profit organization, We Value Our Teachers Foundation. The foundation's mission: raise money for grocery gift cards to deserving teachers.

All of the events will be intended to generate enough dollars so the foundation can begin offering the grocery gift cards to a good number of teachers in amounts that will make a difference for their families.

The organization's kick-off local fundraising event, a "Helicopter Ball Drop," is scheduled for June 26th at 3pm on the Antelope Hills Golf Course in Prescott. The prize for the first hole winner is \$1,000. Vorbeck intends to have at least seven such ball drops over the course of the year. Two other drops are already scheduled for September and October. Tickets can be purchased online at www.wevalueourteachers.org.

Article written by Nanci Hutson at the Daily Courier, to read the full article please go to our website or visit the Daily Courier's website.

Gretchen is still looking for more volunteers and board members. If you are interested contact her at: 928-379-6860.

So with a boundless heart should one cherish all living beings radiating kindness over the entire world.

– The Buddha

We Value Our Teachers Foundation

Gretchen Vorbeck, President

Join the Fun!

928-379-6860

928-963-4463

PO Box 13147

Prescott, AZ 86304



TEAMWORK for TEACHERS

www.wevalueourteachers.org

g@wevalueourteachers.org

June/July



Ceremonies

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

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.

Global Sisterhood New Moon Gathering. Monday, June 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 June theme in Gemini is: Free Your Voice: I speak my Authentic Truth. 1305 Northside Dr., Prescott. RSVP c/t Maryann Hesse at (641) 919-0643 or email: hessmaryann@gmail.com

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

Global Sisterhood New Moon Gathering. Tuesday, July 2nd, 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 July theme in Cancer is: Liberation through Forgiveness: I forgive, I let go, I set myself Free. 1305 Northside Dr., Prescott. RSVP c/t Maryann Hesse at (641) 919-0643 or email: hessmaryann@gmail.com

Prayer Tie Ceremony/Teaching. Friday, July 19th from 11am to 4pm. We will be creating traditional native prayer ties. Honoring the four spiritual offerings of the sacred hoop, filling our seven ties with offerings and prayer, and connecting with the sacred reasoning of this ceremony. After we share in the Ceremony, we will break for a short lunch and then go into the teachings. Cost: \$125. Spiritual Guide: Rebecca Cutehands. All materials and lunch included. Seating is limited, please RSVP with payment by Friday, July 12th. Location: The Playground Ranch, Dewey, AZ. Call (928) 499-4128 to book your spot.



Wednesday June 12th at 6 o'clock

Come see where some of our classes and events in sessions will be held while you spend time with the
MSCO family!

Text or leave a message for Alexa to RSVP and for directions at (928) 830-5669.



Pachamama and Apus Ceremony-New Moon. Thursday, August 1st from 11am to 2pm. This month long celebration kicks off on this day in the Andes honoring Mother Earth and the sacred Mountains. We will share in the fire ceremony, the mouth of the earth and walk the Andean medicine wheel, giving offerings to Serpent, Jaguar, Hummingbird, Condor and Eagle, Mother Earth, the Mountain Spirit and the Stars. Cost: Free. Spiritual Guide: **Rebecca Cutehands**. Seating is limited, please RSVP to (928) 499-4128. Location: The Playground Ranch, Dewey. There will be a gentle feast after ceremony.



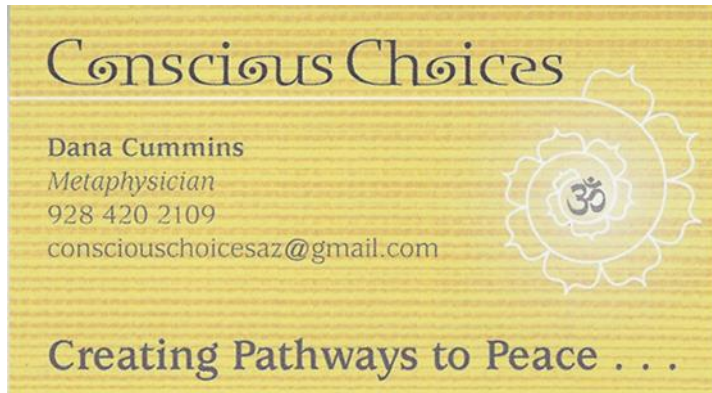


Classes

Munay-Ki Rites. 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.

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. Contact Celeste at ccholly@gmail.com or (920) 858-2966



Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

Time for Change. I believe we are more than just cogs in a machine that makes the wealthy wealthier. I believe we are spiritual beings having a human experience. I believe we all deserve to be happy, supported, healthy and educated. I believe we all deserve to have a roof over our head, food in our bellies, and a passion for what we do in life that supports us. I believe we all deserve a support team of those who care about us, love us and that can help us get the healing and education we desire to live full and happy lives. I believe that many of us have learned what struggle has to teach us. And for those who are ready, the time is now to choose a different way to grow. A path of love, dignity and understanding. A path that begins with compassion and moves into healing and self-acceptance. It's a powerful path, not everyone will choose it. But if you're ready, if you're willing and have the courage, will and determination to learn and grow in a new way life can be more than you ever imagined it being. If you'd



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

like assistance with learning new tools and techniques I would be honored to assist you on your path to a happier, healthier and more loving future. For questions or to schedule a session or class please contact Dana @ (928) 420-2109 or consciouschoicesaz@gmail.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 www.yc.edu Facilitator **Catharine Long** at catharinelong.com or (928) 273-6857

Awakening the Heart. 6 week foundation & advanced classes –www.yc.edu & 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

Zentangle® Meditative Art Method. Introductory & Advanced Classes. 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.

Fundraising

MsHec3 Rummage Sale Saturday July 13th, 9am-2pm. Spring Cleaning? Please consider donating your gently used items to MsHec3. Keep your donations local. David and Oleta are hosting 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. 6427 E Ashton Place, Prescott Valley

The first Helicopter Ball Drop

Guidance Aviation is providing the helicopter – is scheduled for June 26 at 3 p.m. at the Antelope Hills Golf Course. Tickets are \$5 each or 5 for \$20. The winner receive a \$1,000 cash prize. The other ball drop dates now scheduled are for 3 p.m. on Sept. 25 and Oct. 30 at the golf course. Tickets for those can also be purchased online.



Laura Miner
REALTOR®

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

ONE REALTYONEGROUP
MOUNTAIN DESERT
Each office is independently owned and operated

Save the Date

The Next “Reiki on the Rocks” September 14th, 11am-4pm Nature Center. If you’d like to participate or find out more, please contact Rebecca at (928) 499-4128

Meditation Groups

Universal Healing Meditation. Sunday June 23rd, 2pm-4pm 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 \$20 Location Williamson Valley, Please RSVP to **Dana** for directions (928) 420-2109

WORKSHOPS

Learn to Co-Create the Life You Dream Of. 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.



CREATE & PLAY
Gatherings With a Gift ♥ Jewelry From the Heart

Laura Nelson
(714) 350-4580
laura_a_nelson@msn.com / mountainspiritco-op.com

I am grateful for our experience!

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 7:15 pm 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: Lotus Bloom Yoga Studio, 777 Hillside, Prescott. \$5.00 per class. Contact Celeste with questions at (920) 858-2966 or ccholly@gmail.com.

JUNE



Aurora Greene (aka Stepheny)
ANGELIC LOVE VIBRATION
Stepheny1928@gmail.com
928-710-5176

“Come vibrate with the Angels for a 2hr session.”

Happy Summer!

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

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.

We Value Our Teachers Foundation is 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 among the lowest in the 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.

No matter what people tell you, words
and ideas can change the world.

Robin Williams

Reiki Master, Spiritual Response Therapist, Intuitive Counselor Maryann Hesse had a waking dream over 30 years ago where Jesus came and gave her information to help her in healing a friend. She has been communing with the Ascended Masters ever since and has a unique gift of 'seeing' into people and situations. She teaches people how to connect with their own Universal Intelligence within, as she guides you to uncover the answers to your most burning questions, discover your soul's true desires, and learn how to access the authentic courage and confidence to carry it out. To schedule a session email: hessemaryann@gmail.com or c/t **Maryann** at 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.

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.

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.

Kay's Corner Healthy Tips and Recipes

Health & Beauty

Refreshing Face Mask

This simple recipe of three ingredients will help your skin rejuvenate and feel and look amazing.

Juice from 1/2 of an organic lemon

1 tbsp organic honey

1/4 cup plain Greek yogurt

If you have dry skin you can add 1 tbsp of avocado, coconut or rose hip seed oil

Leave on 15-20 minutes and then rinse.

For sensitive skin use 1/4 lemon

Avoid eye area to prevent eye irritation

Lemons are filled with alpha-hydroxy which helps with the removal of dead skin cells and dark spots, honey is a natural antibiotic and has lots of antioxidants to help skin tone and blemishes, yogurt has lactic acid which helps tighten pores and removes wrinkles and acne. Enjoy! Any questions please call Rebecca Cuthands at (928) 499-4128.



Tips and Tidbits

Lengthen the life of olive oil by adding one cube of sugar to the bottle.

To get more juice from lemons store them in a tightly sealed jar of water in the refrigerator.

One more lemon trick. Place a lemon in hot water for 15 minutes and it will almost double the amount of juice.

Yummy

Banana Bread

This recipe was handed down to me by my mother-in-law. Her dear friend Ev Petit shared it with her.

Ingredients:

1 ½ cup Sugar

¾ cup Crisco

3 Eggs

3 Big ripe mashed bananas

Sift

3 cups Flour

1 ½ tsp. Salt

1 ¼ tsp. Baking soda

Directions:

Cream together first four ingredients. Sift dry ingredients and add to wet mixture. Divide batter into two bread pans (9x4) or four small bread pans. Bake 1 hour at 325 degrees.



Old Fashioned Molasses Cookies

This recipe came from my neighbor Joanne in Wisconsin in 1986. She used this recipe for her children and generously shared it with me for mine. This was my son T.J.'s favorite cookie

Ingredients:

¾ cup Shortening

1 cup Sugar

1 Egg (beaten)

¼ cup Molasses

2 cups Flour

2 ½ tsp. Baking soda

1 tsp. Ginger

1 tsp. Cinnamon

Directions:

Cream shortening and sugar. Add egg and molasses. Sift flour, soda, ginger and cinnamon. Add to creamed mixture. Roll into balls (the size of a walnut) and dip into granulated sugar. Bake at 350 degrees for 7-10 minutes. Makes approximately 3-4 dozen cookies.



Sugar Cut-Out Cookies

This was a Christmas cookie staple at our house. My children's favorite Christmas cut-out ever!

Ingredients:

1 ½ cup Powdered sugar

1 cup Butter

1 Egg

1 tsp. Vanilla

½ tsp. Almond extract

2 ½ cup Flour

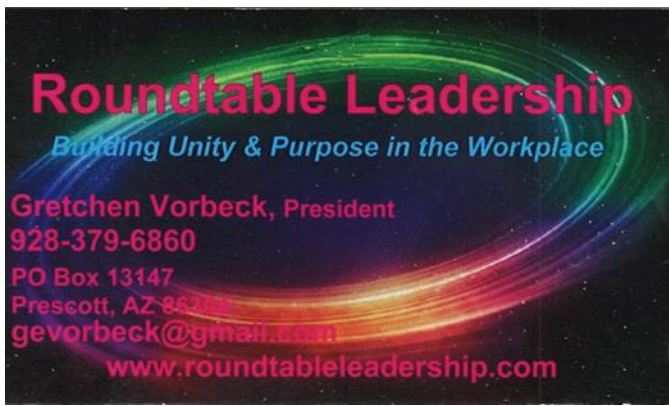
1 tsp. Cream of tartar

1 tsp. Baking soda

Directions:

Cream powdered sugar and butter. Mix in egg and flavoring. Blend in dry ingredients. Refrigerate dough 2-3 hours. Roll out the dough and cut-out cookies. Bake at 375 degrees 5-7 minutes. Makes 3 dozen.





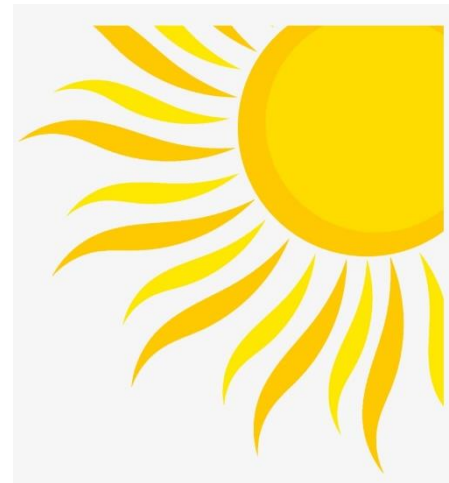
Thank You!

Thank you to all the participants and folks that came out to see us at Reiki on the Rocks. What a beautiful day we shared and more funds were raised to help people in our community needing assistance with their healing and education. Thank you all for you caring to make this world a healthier place.

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>

Big thanks to our volunteer staff!

Oleta Clay, David Clay, Rebecca Cutehands, Sam Howell, Beth Markley, Celeste Holly, Dana Cummins, Joseph Drew, Deb Vernon, Tracy Brock, Stepheny Kurtsch



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.

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.



MsHec3 Rummage Sale

Saturday July 13th, 9am-2pm
6427 E Ashton Place, Prescott Valley



Events at a Glance!

MSCO Potluck

Wednesday, June 12th, 6pm
(928) 830-5669

MsHec3 Rummage Sale

Saturday July 13th, 9am-2pm
6427 E Ashton Place, Prescott Valley

Silent Auction for MsHec3

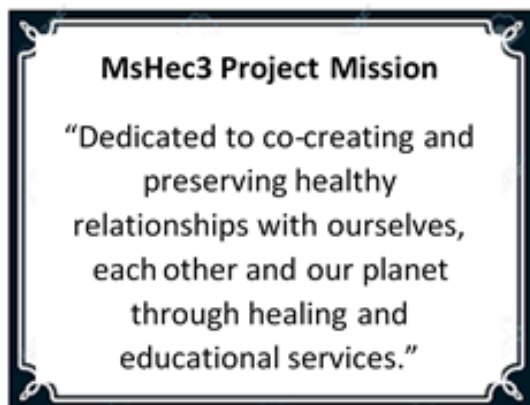
Now through June 28th
See our website for details: MsHec3.com

Save the Date

"Reiki on the Rocks"

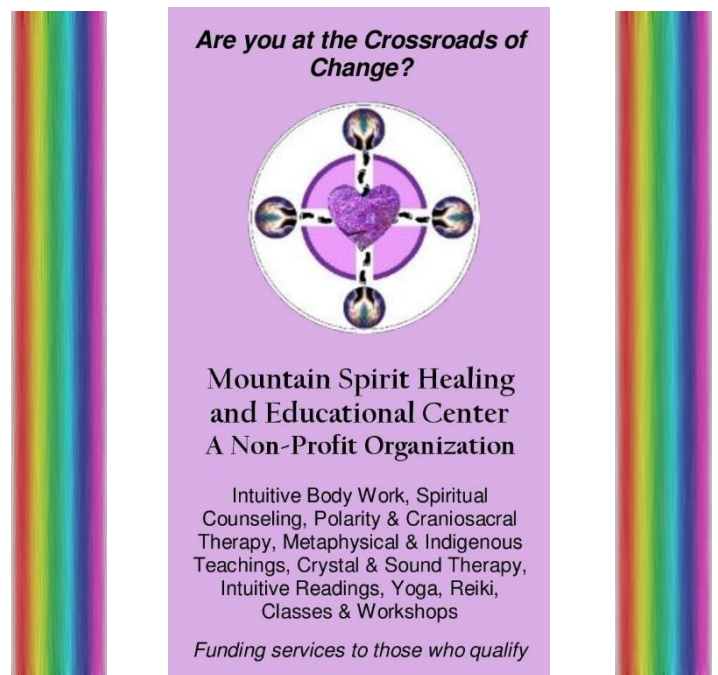
September 14th, 11am-4pm
Nature Center

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



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
James Knochel (928) 925-0279



MsHec3 Project Launches It's Partnership Program

Mountain Spirit Healing & Educational Center is engaging in a global expansion and looking to partner with any and all groups and organizations who hold integrity within its source of service to humanity.

Whether your group or organization is at it's beginning stage or has it's roots firmly planted into it's endeavour. We call you to be a part of a supportive opportunity that allows us all to come together and answer the call from the masses who are searching for healthier and happier lives.

Our project is based on the foundation of Dignity and Integrity and we are looking to create synergy with those who reflect the same values.

Conscious cooperation is needed to create a loving environment. It is by coming together with these values that we can create safe havens for those wishing to heal from trauma and learn new ways of being.

Pivotal moments in our life allow us to engage in growth. Let us honor one another for the best outcome and the highest and most potent potential that we all carry to act now.

Many avenues of partnership are available. Please contact our Board Members to schedule a time to discuss which opportunities will serve your group or organization to it's fullest.

Please visit our website MsHec3.com for more information.



Facebook.com/MountainSpiritCoOp

Facebook.com/MsHec3

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

Please check out MsHec3's Website: MsHec3.com