

INTUITION

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

August/September 2019

Volume 15 Issue 4

Life is a Smorgasbord

At certain times in my life I have found it easy to be stuck in patterns, causing me to forget that there are many other choices I could be making. Judgment was taught and learned so well that fear of moving out of those patterns had kept me stagnant for years, even when they were painful. Moving was just too scary, the fear of new failure was too strong. Though I classified where I was as failure, it was a known failure, and no matter how unrewarding, unfulfilling, unloving it proved to be, I knew its pains and had become comfortably numb to it.

The need to feel I was moving in the right direction, making the right choices, and doing the right thing was so foreboding that it kept me clinging to what I knew. The unknown was just too scary to venture into, too filled with the possibility of embarrassment, guilt, shame and new failure. Surely there would be someone there to judge me, though mostly it was just myself. The knowledge of what I don't know caused me to judge myself harshly for doing it wrong before even having done it. These were just a few things that I found that had kept me stuck in situations that did not support or feed me in a positive light.

I would have dreams that took me far and away from my life but creating new habits to take me there would sometimes be excruciating. Going up against the trepidation or the downright resistance, often was more than I could do. Or so I thought it was. The truth is that we are all capable of pushing past our fears, our excuses, our hesitation and resistance. We just must begin to move in that direction. I found it much easier to move forward when I gave myself the permission to fail. What??? Yes, it's okay if I don't know how or where to move, JUST MOVE in the direction of more love! If I fall may I learn to roll so that I don't hurt myself.

(Article is continued on page 6.)

Rummage Sale for MsHec3

Two Weekend Fundraiser. Sunday and Monday, September 1st and 2nd and Saturday and Sunday, September 7th and 8th from 9am to 2pm. Mountain Spirit Healing and Educational Center aka MsHec3 is hosting two rummage sales, stretching

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.

from the holiday weekend to the next. We have a variety of home goods, including beds, dressers, tables, chairs, home decor and a collection of miscellaneous items. Hope to see you there buying some goodies and supporting a great cause. All proceeds go to the MsHec3 Project, dedicated to helping those receive healing sessions, therapies and classes for a healthier and happier life. Go to MsHec3.com for more info.

Reiki on the Rocks

Saturday, September 14th from 11am to 4pm. This will be a day full of practitioners, healers, readers and artists offering their services and merchandise to support Mountain Spirit Healing and Educational Center. This Non-Profit Foundation helps fund those who qualify for a variety of healing services. Come and enjoy an amazing event with wonderful people, in a natural environment, all while supporting a local hometown project. Cost per session: \$25 Donation. Location: The Community Nature Center, 1980 Williamson Valley Rd, Prescott. **All proceeds go the MsHec3 Project.** Go to MsHec3.com for more info.



Friday, August 9th 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.

Ceremonies

Fall Equinox Ceremony. The Giveaway. Monday, September 23rd from 5:30pm to 8:30pm. We will be honoring Grandfather Sun as he sets into the horizon and Celebrating the rise of Grandmother Moon as she begins her voyage within the shadows. The "Giveaway" is a traditional ceremony that allows us to serve our spirit as we release and receive with the sacred fire. Cost: \$50. Spiritual Guide: **Rebecca Cutehands.** Location: The Playground Ranch, Dewey, AZ. To RSVP call Rebecca at (928) 499-4128. Food and refreshments offered after ceremony.

We do not need magic to transform our world, we carry all the power we need inside ourselves already. We have the power to imagine better.

JK Rowling

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

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

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

Overview of Andean Teachings and the nine Munay-Ki Rites.

Friday, September 6th from 11am to 5pm. We will be reviewing the teachings of the Andean Medicine Wheel, the Mesa, and the nine Munay-Ki Rites. This is a day of empowerment and assimilation to those who wish to start offering the teachings they hold. You will be giving and receiving the rites, understanding the teachings of the Andean Wheel and Mesa, going over traditional ceremonies and herbs, and more. Cost: \$99. Spiritual Guide: **Rebecca Cutehands.** Seating is limited for this event. RSVP to Rebecca at (928) 499-4128. Location: The Playground Ranch, Dewey, AZ. Food and refreshments included.

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



Time for Change? Are you 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 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

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

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. Sunday September 1st & Monday September 2nd, and again Saturday September 7th & Sunday September 8th 9am-2pm. Spring Cleaning? Please consider donating your gently used items to MsHec3. Keep your donations local. David and Oleta are hosting the sale 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. 937 Dameron Dr, Prescott.

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

Conscious Choices
 Dana Cummins
 Metaphysician
 928 420 2109
 consciouschoicesaz@gmail.com
 Creating Pathways to Peace . . .

Meditation Groups

Universal Healing Meditation. Friday, August 9th, 5 pm. 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

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

Laura Miner
 REALTOR®
 928-925-4884
 lauramineraz@gmail.com
 www.LivingPrescott.com
 ONE REALTYONEGROUP
 MOUNTAIN DESERT
 Each office is independently owned and operated.

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.

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.

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

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



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!



All photos from the Painted Horse Ceremony

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.

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.

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



Kay's Corner Healthy Tips and Recipes

Frozen Yogurt Bark

3 cups Greek plain or vanilla yogurt (for vegan use unsweetened coconut-based yogurt)

1/4 cup of honey

1 tsp vanilla

Pinch of salt (leave out salt if you are adding salted nuts)

These four ingredients are your base. Once you have these mixed together in a bowl the possibilities are endless.

You can add fresh blueberries, chopped strawberries, chopped almonds, pecans, pistachios, chocolate chips, shredded coconut, granola, whatever you wish. For a kid snack maybe add their favorite cereal.

Mix all together, line cookie sheet with parchment paper, spread out mixture and place in the freezer, usually 3 to 4 hours. Once bark is frozen, break it up and put it in freezer bags for easy snacking. Keep in freezer. A really yummy alternative snack. Enjoy!

Smorgasbord ... continued from page 1.

I like to look at life now as a Smorgasbord. How do I know if I will like it or not if I haven't tried it? So, if it looks, and feels appealing why not give it a go? If I don't like it, I can stop eating it, doing it or allowing it in my life. I can bring my focus onto something else. By trying new things, I may just end up finding something that feeds and fills me with more joy, more love and more success than I have ever known. But if I don't move, it won't allow for a new experience, and I may never find it and may never know all the love that the universe has for me.

Now I make new habits, try new things, allow myself to make new choices on what I like and don't like, then choose not to have things in my life that don't make me happy. I treat myself as lovingly as I would a two-year-old who is learning to walk. I would encourage, not discourage them when they first stood up and fell. I would cheer them on, tell them how brave, courageous and strong they were for standing in the first place. And how excited I am for them taking their first step, EVEN when they fall. I choose to be there for myself as I would for them. It's new to me too. Just because I've grown up doesn't mean I don't deserve the same love and encouragement. I do deserve it, and I'm not waiting for someone else to give it to me, I give it to myself. I am worthy, even if sometimes I don't remember it.

My friend Lazaris says it in a much more poignant way.

"Give yourself permission to fail. When you give yourself permission to fail, you allow yourself permission to succeed. The more often you permit yourself to be wrong, the more often you will be right. The key to decision-making is not what you decide, but that you decide." Lazaris

In Love, Light & Laughter, Dana



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.

Events at a Glance!

MSCO Potluck

Friday, August 9th, 6pm
(928) 830-5669

MsHec3 Rummage Sale

2 Weekend Fundraiser!

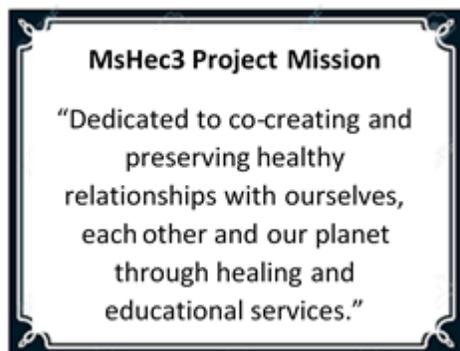
Sunday and Monday, September 1st and 2nd
Saturday and Sunday, September 7th and 8th
9 am to 2 pm

937 Dameron Dr., Prescott 86301

“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!



Facebook.com/MountainSpiritCoOp

Facebook.com/MsHec3

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

Please check out MsHec3's Website: MsHec3.com

Are you at the Crossroads of Change?

Mountain Spirit Healing and Educational Center
A Non-Profit Organization

Intuitive Body Work, Spiritual Counseling, Polarity & Craniosacral Therapy, Metaphysical & Indigenous Teachings, Crystal & Sound Therapy, Intuitive Readings, Yoga, Reiki, Classes & Workshops

Funding services to those who qualify

MsHec3 Project'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 its beginning stage or has its roots firmly planted into its 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 its fullest.

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