

INTUITION

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

October/November 2019

Volume 15 Issue 6

This Year's Life Experience

Laura Nelson

Desire:

A family holiday, enthusiastically embracing the joys of meeting new family, understanding the legacies and stories, and witnessing the historical magic of England!

Empowerment:

Excruciating, disabling and unexplained pain. Finally, discovery of a rare syndrome, amazing supportive family and friends, and knowledge and understanding that it is recoverable and preventable. Success!

Grief:

My beautiful mother-in-law. Acknowledging the inevitable. Thankful that my husband could fulfill her final wishes. Overwhelmed by support, thoughtfulness, efficiency and loving caring of family, friends, staff, nurses and caregivers. Grateful to experience her loving, beautiful, gentle and peaceful passing.

Grateful:

To acknowledge the blessings of experience, enlightenment and all aspects of living an amazing life!



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.

Many Blessings

Another year will be coming to an end soon, maybe it is time to reflect and look back at this year and appreciate all that it has given to you, even in the moments of challenge. Time truly does go by so fast. I remember when my grandparents spoke of this and at the time, I couldn't really grasp the meaning or truth within their words they were sharing with me, but I do now. Let us find ourselves enjoying our relationship with life and appreciating growing into the wrinkles of time, for if we are able to see the wrinkles then we have been blessed with many days, let us be grateful and celebrate each one. Many Blessings friends.



After conversing with a dear friend today on the many exciting events happening in our lives, this idea of creating a challenge popped into my mind. And the name followed as quickly.

I will select a winner at some point still to be determined, to anyone who would like play and will offer them a session for \$50 (Vs my normal \$120-hour rate).

Imperfection and perfection go so hand in hand, and our dark and our light are so intertwined, that by trying to push the darkness or negative aspects of our life to the side...we are preventing ourselves from the fullness of life. – Jeff Bridges

Happy Thanksgiving



Here is the first challenge.

Are you able to look at someone who challenges you emotionally, physically, mentally or spiritually and think of them as your elder that came here to help you learn to communication in a loving manner?

Perhaps you are feeling that you are being tested right now. Who knows, maybe you are, maybe we all are. Maybe by the way we treat others is being borne witness upon by our Higher Selves, Soul, Spirit, Guides, Angels, Jesus, Mohammad, Allah, Great Spirit, God, Goddess, all the many names they go by, All That Is.

Maybe we are being sorted in groups. Maybe Heaven is Being Created on Earth as we speak. Maybe those that don't wish to live in the Paradise Paradigm don't have to. Maybe they will go to where they choose to create.

- What will be in your paradise? What will your paradigm entail?
- How are you communicating with those who challenge you?

Please respond aloud so we can all bear true witness and learn from you in all your greatness.

Thank you so much to all who participate in the many ways to do so, including reading this!!! I am Grateful to You. - Dana

Thank You for your support for our September Rummage Sales.

Initially this event was going to extend into two weekends, but we had so much support and donations for goods we capped it into only one. Reminding you again that every time you give to the MsHec3 Project you are supporting those in our community who are wanting to be healthier and happier which then allows our community and our world to shine even brighter, so Thank You. Our next fundraiser is a community garage sale in Prescott Valley, go to the "Fundraising" section for more info.



CEREMONIES

Medicine Pouch Ceremony. December, Friday 20th, Saturday 21st (Solstice) and Sunday 22nd. Friday and Saturday from 5:30pm to 8:30pm and Sunday 11am to 2pm. This year the medicine "bags" are shapeshifting into medicine "pouches."

These pouches are bigger and created and worked with differently than the bags. We will be filling these pouches with 23 offerings honoring our DNA. How exciting!!! Thank you Spirit!!!! As we invite in the longest day of shadow, we will celebrate the stars and give thanks to Grandmother Moon as she will be continuing her journey to eventually greet the Sun come spring. Cost: \$70. Spiritual Guide: **Rebecca Cutehands**. Location: The Playground Ranch, Dewey. Seating is limited for each day so please rsvp. Call Rebecca at (928) 499-4128. Food and refreshments offered after ceremony.

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



Classes

Cosmic Smashbooking. Saturday, October 12th 11am to 5pm. Join artist and Cosmic Smashbooking teacher **Marie Howell** to create a personal sacred art journal. Open the door to inner wisdom, shift awareness, and bring heart and mind together for healing and growth. Solutions, clarity, next steps, and release of the past are possible through this connecting to guidance from within. No artistic experience is necessary. Just bring a willingness to explore, have fun and be supported by Marie. Cost: \$350 each or \$300 each if you bring a friend. Register soon, there's only a few spots left. Includes all supplies and snacks. Location: Williamson Valley, Prescott. Directions given at time of registration. For more information about Cosmic Smashbooking, visit Marie's website: Truenorthwisdom.com and click on the Smashbooking tab. Contact Marie@truenorthwisdom.com or call/text (623) 244-2268 to register or with questions.

Walking Stick Workshop. Sunday, November 17th from 11am to 5pm. Each participant will create their own walking stick that they will adorn with their artistic and spiritual expression. The materials provided will give you the opportunity to create your medicine staff and personalize it. If there is something you wish to place on your staff, please bring it. A variety of materials such as leather, paints, beads, charms, feathers, furs, etc., plus a selection of walking sticks from a variety of tree friends found and purchased from all around the country. Cost: \$111, \$88 if you bring your own staff. Spiritual Guide: **Rebecca Cutehands**. Location: The Playground Ranch, Dewey. Seating is limited, please rsvp with payment by November 8th. Lunch is included. Call Rebecca at (928) 499-4128.

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.

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.

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**. Contact **Catherine** at catharinelong.com or (928) 273-6857

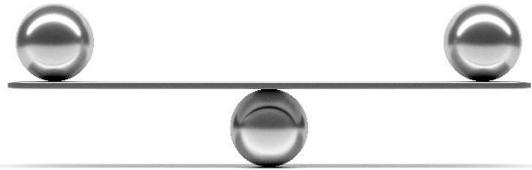
Awakening through Relationship. Sacred Consort Teachings & Practices Couples Retreat Autumn 2019. Facilitator: **Catharine Long**. Contact **Catherine** at catharinelong.com or (928) 273-6857

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.

HAPPY
Halloween

— FUNDRAISING —

Granville Community Garage Sale. Saturday, October 5th from 9am to 2pm. The MsHec3 Project will be hosting a sale at 6427 East Ashton Place, Prescott Valley. Come out to support a good cause and a great community event. Reminding you that all proceeds from this event will go to the Mountain Spirit Healing and Educational Center, MsHec3 Project. Where we offer funding to those who qualify for healing and educational services.



MEDITATION GROUPS

Universal Healing Meditation. Friday, October 11th & November 15th, 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

David Clay Slow Flow Yoga Instructor
Mountain Spirit Co-Op
107 N. Cortez, Room 405
(928) 458-5577
www.seraphicyogi.com
Classes Thurs & Fri 6:30-7:30pm
Sat 10-11am
\$10 per class or 6 for \$50

Retreat Centers

Spiritual Journey/Writers Retreat. Williamson Valley, room with private entrance & bath in the country. This quiet space offers 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, this place 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. Two night minimum, daily, weekly and monthly rates starting at \$75 night. Massage, energy work, indigenous and metaphysical teachings and practices, ceremonies, tours and meals are extra. Contact **Dana** at (928) 420-2109 or consciouschoicesaz@gmail.com Let your journey begin.

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.

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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.

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. As you use the Zentangle® Method to create beautiful images, you will enjoy increased focus, creativity, self-confidence and an increased sense of well-being. You are more imaginative, talented and creative than you think. You will be amazed at what you can create. I invite you to find out. Private/Group lessons available. **Wendy Kircher** 309-335-0984 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 technology to harmonize the body's energy systems are custom-manufactured in Prescott Valley. Free 20-minute interview (602) 842-2688 or knochj@gmail.com.



Experience the Healing Journey of Horse and Human! Equine Healing Facilitator, Animal Card Reader. **Deb Vernam** has always had an intuitive connection to animals and nature. Combining this connection with traditional training and an intuitive bond with her horse Utah, **Deb** offers personal and group sessions with this remarkable horse to unblock and move energy to heal on emotional, physical and spiritual levels. Engaging with and through my horse, Utah, has enabled us to bring the wisdom of healing that horses carry in their hearts to others. If you would like to make the connection between Soul and Heart a reality for your personal journey, we would love to work with you. She also uses her intuitive connection in her animal card readings. To schedule a reading or a session with Utah contact **Deb Vernam** at (928) 899-7746 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.

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.



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

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, Prescott.



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Higher Power Yoga on Tuesday's at 5:30 pm. Celeste Holly is a certified Usui Reiki Master, as well as a crystal and vibrational healer, and has over 10 years of experience in teaching jewelry making. Call to schedule a group or private class on beading or wire wrapping. Contact Celeste at ccholly@gmail.com or (920) 858-2966.

Reiki Master/Intuitive Energy Healing/Chakra Clearing and Balancing/Psychic Reading. With a background as a psychologist and a connection to the higher realms, Frances Ulman offers healing in many modalities. Frances Ulman 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 (602) 517-7208.

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

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.

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!

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.



HOUSE FOR RENT. House for rent by the hour for classes, meetings, workshops, yoga, meditation, one on one sessions, etc. Home is located in the Prescott Country Club in Dewey. Please call Rebecca Cutehands for more information at (928) 499-4128.

Kay's Corner Healthy Tips and Recipes

Tips



Plastic - Hey Friends. Just a post to remind you that plastic that leaches into your food is not good for you... the plastic pods for coffee are a huge example of this. Hope you already know this and are choosing different options. I love you.



Rodents - Please find alternatives to poisoning the mice! It detrimentally affects a whole food chain: mice, owl, wolf/coyote/other carnivores, earth, plants, and ultimately, humans.

Recipes

Honey Ice Cubes

We are heading into fall and winter and it's always a great time for your favorite cup of warm tea. To help flavor, sweeten and cool it down a bit, I make honey ice cubes. Depending on what you like, you can add extra goodies to them such as mint leaves, rose petals, ginger, etc. Enjoy!

1/2 cup	Your favorite honey
2 Tbsp	Lemon juice
2 cups	Warm water

Mix ingredients well, pour into ice cube trays, freeze and enjoy!

Crockpot Meatballs

Ingredients:

1 bag	Frozen Cooked Meatballs
½ jar	Apricot or Apricot Pineapple Jam
1 small can	Crushed Pineapple
1 bottle	BBQ sauce of your choice (we like Bullseye)

Preparation:

Place all ingredients in Crockpot (start with ½ of the bottle of BBQ sauce and add at end if needed). Cook on low for 4 to 6 hrs., stirring occasionally, until fully heated through and bubbly. Enjoy!




Laura Miner
REALTOR®

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Be sure to add your name to our email list on our website so we can let you know where we land after our move! OR you can **find us on Facebook** where you can send us a PM.

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

Please check out MsHec3's Website: MsHec3.com



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

"Come vibrate with the Angels for a 2hr session."

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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? 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!**

STAY IN THE KNOW!



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!

Granville Community Garage Sale

Saturday, October 5th, 9am to 2pm
6427 East Ashton Place, Prescott Valley

Universal Healing Meditation

Friday, October 11th & November 15th, 5 pm
Williamson Valley

Cosmic Smashbooking

October 12th, 11am to 5pm
Williamson Valley, Prescott

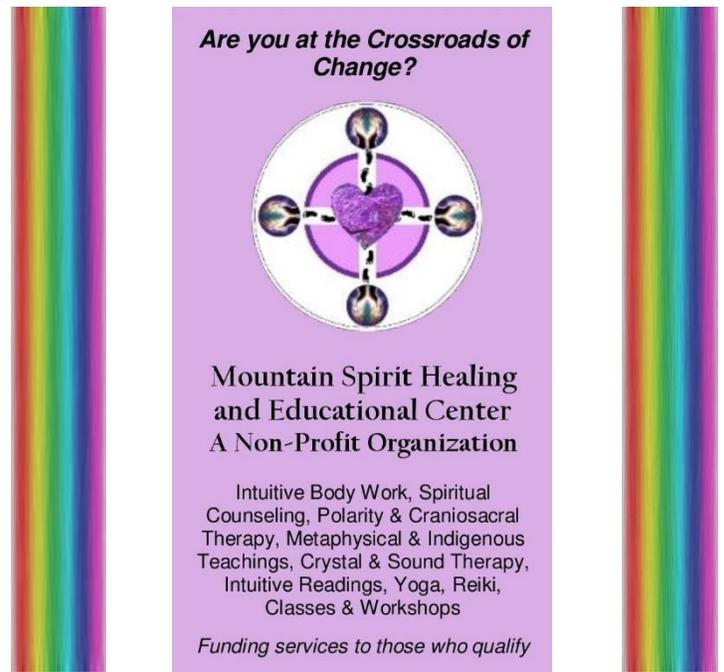
Walking Stick Workshop

November 17th, 11am to 5pm
The Playground Ranch, Dewey

Medicine Pouch Ceremony

December 20th, 21st, 22nd, 5:30 to 8:30 and 11am to 2pm
The Playground Ranch, Dewey

Ceremonies, Classes, Fundraisers, Meditation Groups and Yoga Classes start on Page 2!



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.

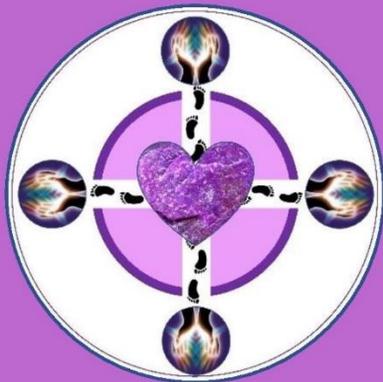
Many avenues of partnership are available. Please contact our Board Members to schedule a time to discuss which opportunities will serve your group or organization to it's fullest.





Mountain Spirit Healing & Educational Center AKA MsHec3 Project

A Non-Profit Organization



Are you at the Crossroads of Change?

Services Offered

Body Work

Classes & Workshops

Polarity & Craniosacral Therapy

Metaphysical & Indigenous Teachings

Crystal & Sound Therapy

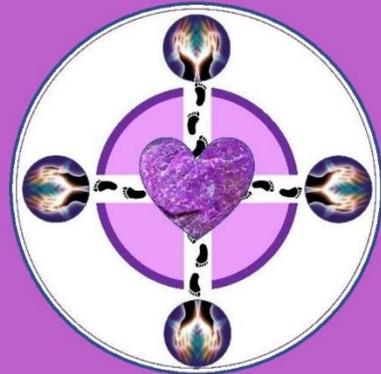
Spiritual Counseling

Intuitive Readings

Equine Therapy



Funding offered to those who qualify



“In order to have sustainable community, you have to make sure the people are sustainable. This means healing trauma.”

Jarmbi Githabul

Are you an ambassador of love, healing and peace for your family, your community and your world?

Then **please donate** today to MsHec3 where change, healing and awareness IS happening and affecting all of us Universally.

Donations are tax deductible



With Dignity, Respect, Integrity and Compassion we reach out to people of ALL races, religions, genders, and belief systems.

MsHec3

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