

INTUITION

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

December 2019/January 2020

Volume 16 Issue 1

Happy Holidays
To You
Grace

Laura Nelson

Let's take a deep breath. Nearing the end of the year brings us such a roller coaster of activities, feelings, and emotions.

We have events to attend, events to hold, families of all kinds to gather and spend time together. Sometimes it's the only time we can gather throughout the year.

Expectations rise. Often tensions rise right along. Time seems to race by and only the exceptionally organized might escape the harried question ... can it all be done and accomplished without losing my mind?

Breathe, and breathe again.

The reality is that it will be done, accomplished, and eventually we will regain our minds, however much we may least expect it.

Grace. If we accept that all is well, we accept that the love we'll be sharing overcomes any unrealistic expectations. In the end, gathering, being together and sharing our blessings brings us peace. And Grace. Let it continue throughout the New Year.



Being reminded to listen to my physical, emotional & spiritual needs this season. And though I admire my abilities to block physical pain and suffering I really need to listen and allow override of my mental desires and expectations to at least include the desires of my physical, emotional & spiritual selves. Are you listening to all aspects too? Are there areas where you want to expand? Do you know how? Journal about what it might look like and how you might get there. Put your plan into action. Peace

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.

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.

Perhaps the secret of living well is not in having all the answers, but in pursuing unanswerable questions in good company

Rachel Naomi Remen

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

Water Blessing. December/January. 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

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.

Healing & Strengthening Your Personal Matrix of Knowing
This 7 part workshop will begin in January, space is limited to 7 people, there are 3 spots left. If you are ready to live your life coming from a more fully healed and conscious space that honors you and your journey, please contact Dana at (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.



Events

February 14th- Live Radio Show. Rebecca Cutehands will be discussing, How the Indigenous communicate with Spirit. She will share some personal experiences and offer guidance for those who may be searching for a way to connect to those in Spirit. Friday, February 14th from 12pm to 1pm. Go to www.Blogtalkradio.com and search Until death do us part or access it at www.uddupart.com. Co-hosted by Liz Johnson and Summer Bacon, www.untildeathdouspartllc.com gives everyone from all walks of life an opportunity to share their stories and experiences of out of body, near death, past life memories, last moments with loved ones and more.

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.

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.

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

JUDSON KRAMER
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Santa Monica, CA 90405
424.832.0985 | jud@judsonkramer.com
<http://judsonkramer.com>

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.

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

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

Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace . . .

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.

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**

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Elizabeth Markley
Owner
beth@blessedbeeswax.com

Made in Prescott, Arizona
928.925.7828

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.

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!

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

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

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.



Celeste Holly
designs

Celeste Holly, Jewelry Artist
920.858.2966 • ccholly@gmail.com

Kay's Corner Healthy Tips and Recipes

An AMAZING immune booster that fights colds and flu.



3 1/2 cups of water
2/3 cup dried black elderberries
2 TBSP grated ginger
1 tsp cinnamon
1/2 tsp ground cloves
1 cup raw honey

Bring water, elderberries, ginger, cinnamon and cloves to a boil and then cover and reduce to a simmer for about 45 minutes to an hour. Liquid will be reduced by half.

Remove from heat and let

cool. Mash the berries with a spoon and then pour through strainer into a mason jar, add the honey and stir well. Cap it and place it in the fridge. Standard dose is 1/2 to 1 tsp for kids and 1/2 to 1 tbsp for adults daily. If the flu strikes take the standard dose every 3 to 5 hrs.

Elderberry syrup will last 2-3 weeks in the fridge. Enjoy!

You can also enjoy a nice warm cup of elderberry tea on those chilly winter days.

Ingredients

3-4 cups of water
2-3 tbsp dried black elderberries
1/2 tsp turmeric
1 tsp honey



Bring water, elderberries and turmeric to a boil, simmer for 15 minutes, strain and then add honey. Yummy!

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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!**



Events at a Glance!

Medicine Pouch Ceremony.

December, Friday 20th, Saturday 21st – 5:30 pm to 8:30 pm
Sunday 22nd – 11 am to 2 pm.

Location: The Playground Ranch, Dewey.

Call Rebecca Cutehands at (928) 499-4128 to RSVP.

Water Blessing. December/January.

For info call **Rebecca Cutehands** at (928) 499-4128.

Live Radio Show

Friday, February 14th – 12 pm to 1 pm

How the Indigenous communicate with Spirit

With Rebecca Cutehands. Go to www.Blogtalkradio.com
www.uddupart.com. www.untildeathdouspartllc.com

Munay-Ki Rites.

Call **Rebecca Cutehands** at (928) 499-4128 for info.

Healing & Strengthening Your Personal Matrix of Knowing

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Zentangle© Meditative Art Method.

Introductory & Advanced Classes. Private/Group lessons
Contact **Wendy Kircher** at (309) 335-0984

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



Like us on Facebook!

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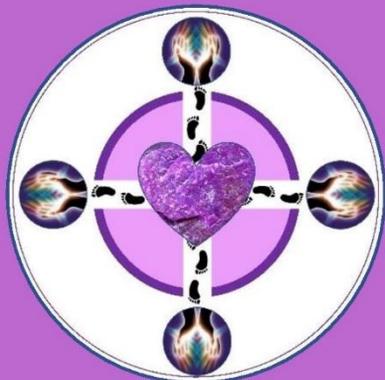
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*And for Events, Information, FB,
Donations (PayPal, Amazon Smile)*

Please check out MsHec3's Website: MsHec3.com

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

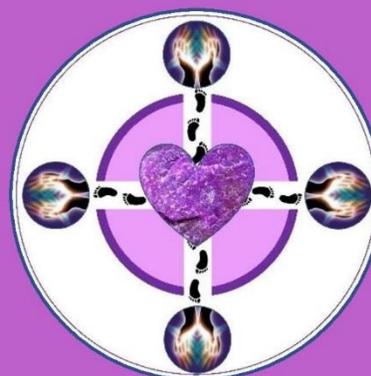
Crystal & Sound Therapy

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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MsHec3.com

 MsHec3

MsHec3 Project Mission

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

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

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