

INTUITION

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

February/March 2020

Volume 16 Issue 2

Welcome to Mountain Spirit Co-Op!

Mountain Spirit Co-Op is growing and expanding its extended membership. We believe it is a powerful time in the world, a time where goodness and truth are demanding voice. A time where healing has center stage. It is our goal to create a hub station, where those with conscious and kind products and services from around the world can gather, advertise and be known at a level higher than most of us can reach on our own. It is our goal to create a synergy of millions working for the same goal. Peace, Healing and Respect for All. If you have a product or a service that you would like to offer to the world, if you are in your integrity around this product or service, we welcome you. Becoming a part of MSCO provides you with an organization that will give you an avenue to reach clients and/or customers in a much larger way, by joining and getting the benefits of our promotions and advertising campaigns, we can as a group, help each other in our own dreams, aspirations and goals. Annual memberships are now only \$300 and joining is easy. Click here <https://secureservercdn.net/198.71.233.197/k5l.674.myftpup.com/wp-content/uploads/2016/07/Extended-Membership-Application2016.pdf> for the applications and call or email if you have any questions.

MSCO Welcomes New Member Ginny Jablonski

Ginny's primary focus is to assist people, as well as animals, in the energetic release of cellular memories and emotions attached to past traumas. She seeks to support the owner/caretaker and the animal in the formation of a closer bond through the development of a deeper understanding. A session with Ginny will not only provide you with an opportunity to better understand your animal, it will also open a space for you to grow, heal and form new mindsets as well. Ginny Jablonski www.heartofthehorse.us and **Mention this ad for a 30% discount on your first session.**

Mountain Spirit Co-Op

(928) 445-8545 / www.mountainspiritco-op.com

Facebook:

<https://www.facebook.com/MountainSpiritCoOp/>

Readers and Practitioners by appointment
Please note that all event locations are noted.

Health Clinics Coming to Prescott

Mountain Spirit Healing and Educational Center (MsHec3) is planning on offering a minimum of 3 Health Clinics in this year. We are hoping to offer these clinics in local places of worship as well as event centers and the Veterans Hospital. Please keep watch for dates and times to follow. If you would like us to visit your place of education or worship, please call Dana at (928) 420-2109 to schedule.

Ceremonies

Spring Equinox. Turtle Ceremony. Thursday, March 19th from 12pm to 3pm. We will be honoring Grandmother Moon and giving thanks for her guiding light and nurturing love during the time of shadow and will be celebrating Grandfather Sun and his return back to the East. As we invite in the first day of Spring and prepare for a new cycle of life, we will be sharing in the Turtle Ceremony. Spiritual Guide: Rebecca Cutehands. Cost:\$50. Location: The Playground Ranch, Dewey, AZ. For more information or to RSVP call Rebecca at (928) 499-4128. Refreshments and food offered after ceremony.

Water Blessing. February/March. 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

Indigenous Teachings. Saturday, April 11th from 10am to 5pm. This will be a full day of teachings of the Medicine Wheel and hands on healing techniques and ceremonies. Please bring a journal to take notes and any sacred tools you wish to accompany you on this day. Lunch is included. Spiritual Guide: Rebecca Cutehands. Cost: \$175. Location: The Playground Ranch, Dewey, AZ. Seating is limited, please RSVP with payment by Friday, March 27th. For more information call Rebecca at (928) 499-4128.

A lifetime may not be long enough to attune ourselves fully to the harmony of the universe. But just to become aware that we can resonate with it -- that alone can be like waking up from a dream.

BR. DAVID STEINDL-RAST

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

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.

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

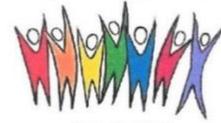


February 14th – Live Radio Show. Rebecca Cutehands will be discussing, How the Indigenous communicate with Spirit. She will share some personal experiences and offer guidance for those who may be searching for a way to connect to those in Spirit. Friday, February 14th from 12pm to 1pm. Go to www.Blogtalkradio.com 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.

We Value Our Teachers Foundation
Purpose: To let teachers know they are valued
Mission: To provide grocery gift cards for teachers



Join the Fun!
TEAMWORK for TEACHERS

Help us help teachers!

Helicopter Ball Drop Fundraiser

See flyer below for details

The following is a true story and the inspiration for our Foundation's decision to provide grocery gift cards for teachers:

I was walking down the paper aisle at a local super market. While making my way down the aisle, I noticed a woman gazing at the toilet paper - tears streamed down the woman's face. The woman had a half gallon of milk tucked in one arm.

Witnessing the woman's anguish, I carefully approached asking, "Are you all right? Is there anything I can do to help?" The woman replied, "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 can I tell my child that she can't have milk? How do I explain that to my innocent little child?"

The woman shoved the milk into my hand and rushed out of the store. There I was, standing in the aisle holding the half gallon of milk, gazing at the toilet paper, choking back tears. I realized the woman had answered my question; "Is there anything I can do to help you?" In that moment, I knew our foundation would provide grocery gift cards for teachers.

Gretchen Vorbeck

We Value Our Teachers Foundation

Purpose: To let teachers know they are VALUED
Mission: To provide grocery gift cards for teachers

Helicopter Ball Drop Fundraiser

Thursday, March 19, 2020

4:30 PM

Antelope Hills Golf Course

1 Perkins Drive. Prescott, AZ 86301

Inclement weather: Date subject to change within the same week

Winner need not be present to win

You could be the lucky \$1,000 Winner!

Afterparty follows with Snacks & Drink Specials

What is a Helicopter Ball Drop?

Watch HBD video & Buy Helicopter Ball Drop Tickets online

www.WeValueOurTeachers.org



"Thank you, Guidance Aviation Team!"
Your support helps WVOTF fulfill our mission.



Thank you!



TEAMWORK for TEACHERS

We Value Our Teachers Foundation is qualifying 501c3
PO Box 1314, Prescott, AZ 86304
928-379-6860

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

Animal Communication. Ginny's primary focus is to assist people, as well as animals, in the energetic release of cellular memories and emotions attached to past traumas. She seeks to support the owner/caretaker and the animal in the formation of a closer bond through the development of a deeper understanding. A session with Ginny will not only provide you with an opportunity to better understand your animal, it will also open a space for you to grow, heal and form new mindsets as well. Contact Ginny Jablonski and www.heartofthehorse.us and **mention this ad for a 30% discount on your first session.**

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.

Gretchen Vorbeck founder of **We Value Our Teachers Foundation** a 501c3 charitable organization. Purpose: To let teachers know they are valued. Mission: To provide Grocery Gift Cards for teachers until teachers receive the significant pay raise they deserve. Fact: Arizona teacher pay is the lowest in the entire nation! The foundation raises funds through "Teamwork for Teachers." Visit:

www.wevalueourteachers.org and Join the Fun!

Indigenous Teacher, Healer, Spiritual Guide. Rev. Rebecca Cutehands offers a variety of ceremonies, teachings and healing. Sacred offerings, weddings, last rites, house clearing/blessings, and more. Whether individual sessions or groups she holds sacred space for all to heal, learn and grow. Call (928) 499-4128 for more info.

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.

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.

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



Events at a Glance!

(for Ceremonies, Events, Classes and Fundraiser dates, times and contact info, see page 2)

- February 14th – Live Radio Show – How the Indigenous communicate with Spirit
- Spring Equinox. Turtle Ceremony
- Helicopter Drop Fundraiser
- Water Blessing
- Indigenous Teachings
- Munay-Ki Rites
- Awakening the Heart
- Awakening through Relationship
- Zentangle© Meditative Art Method

GIFT CERTIFICATES AVAILABLE



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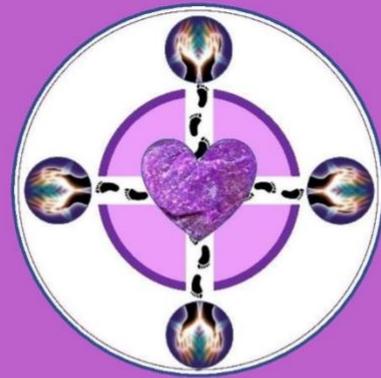
Facebook.com/MountainSpiritCoOp and Facebook.com/MsHec3

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
- James Knochel** (928) 925-0279



“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.

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