

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2020

Volume 16 Issue 4



Conscious Choices Challenge

Special Needs for Special Times

For so many of us there is so much that is new. Both exciting and scary at once sometimes.

Here are a few suggestions that can help take the edge off and help get you back to balance.

My favorite, feeling grateful. Gratitude journals are awesome and choosing to Feel grateful is an amazing game changer. Sometimes in my life when things have been most difficult all I could only allowed myself to find to be grateful for were the simple things like my pillow, my bed, a hot bath with lavender oil and salt. Choosing to Feel grateful changed my life. Now my list of things I am grateful for is never ending, always expanding.

I find myself needing extra rest and down time to integrate when so much is going on around me. Silent meditations, listening to music, dancing, orange oil, palo santo, fire ceremony, walks in nature are a few things that help me come back to center.

Deep Breaths into my abdomen are extremely useful also. When I start to feel overwhelmed, I will breathe in compassion and peace and exhale happiness and joy. Sometimes I start with breathing in determination and exhaling stress and anxiety until I feel a shift. From there I will wander about until I end on inhaling compassion and peace and exhaling happiness and joy, inhaling strength, courage, wisdom, and exhaling peace. Deep breaths and mantras have been real life savers for me.

Expressing myself and my feelings in art, music, dance, or martial arts is also enormously powerful for me.

Sometimes I sought comfort in food or drink as well. Though finding it in prayer and meditation leave me with a prolonged and lasting sense of peace.

Remember, you are not alone. There are so many people struggling right now. Some have it easier, many have it worse. But feelings are feelings, we all have them, and we can all be overwhelmed with them at times. Learning how to be gentle with yourself and to find peace and comfort for yourself can be a real light right now. Going within and finding your connection with all that is and holding space for it all to shift to the light, with compassion, grace and dignity may be a stretch at first. But it may also set you free, free to dream of a healthier world. Filled with compassion and kindness. Filled with dignity and grace, goodness, truth, and beauty.

We at MSCO and MsHec3 are praying for the safety of you and yours. Sending out to the world healing, love, and light, while holding space for peace.



What a Great Turnout!

Thank you so much for all the generous donations and to those of you who bid on the items/healings/readings and teachings. The success of every event that we host to raise funds for the MsHec3 Project is because of "You" and your generosity. We have had to cancel a few events due to Covid-19 so we really appreciate how so many of you participated in making this a success. This allows us to offer more scholarships to those who want to heal and educate themselves for a healthier way of life, which benefits all of us. Being able to provide funding for services helps those in moments of challenge to truly engage in the healing process without the worry of financial burden.

It is an honor to be able to be a part of something that inspires those to reach out especially in moments of

We are candles burning, sometimes sputtering,
sometimes steady, with the same task as the stars in
their majesty making light.

Elias Amidon

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.

Conscious Choices

Dana Cummins

Metaphysician

928 420 2109

consciouschoicesaz@gmail.com



Creating Pathways to Peace . . .

vulnerability. From all of us here at the Mountain Spirit Healing and Educational Center, thank you again for all the donations and thank you to those who reach out for support and guidance.

If you know someone in need and who may be looking for alternative methods of healing please direct them to our website at MsHec3.com.

If you are looking to donate to a local non-profit, please consider MsHec3. We have a secure PayPal link on our website, or you can mail your donation to our P.O. Box 11553, Prescott, AZ 86302.

MsHec3 would like to offer a blessing of appreciation and gratitude to its board members because without the participation of all of them this project would not be so amazing. To Sam Howell and all the work he does every month on our website, Celeste Holly for all the great posts on Facebook she does for all of us and keeping up on the bidding through the silent auction, Oleta Clay for her help with event planning and sending out notes of gratitude, David Clay for taking the notes and minutes for the meetings, James Knochel for his help with technology, Laura Nelson for creating the MSCO newsletter, Jud Kramer for getting all our info up on the MSCO website, Beth Markley for her mad editing skills, Rebecca Cutehands and Dana Cummins for collaborating on administrative duties, writings and promotional advertising. For all the volunteer hours that all of you offer for each event and for those who offer their services to the scholarship program.

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

Thank you for making the world a kinder and healthier place.

And the winners are...

- ❖ Frances won an intuitive session with Dana
- ❖ Paulani won a clearing and balancing session with Rosemary
- ❖ Frances won an intuitive healing session with Ginny
- ❖ Paulani won an animal communication with Ginny
- ❖ Dana won yoga with David
- ❖ Ginny won a reading with Jodi
- ❖ Paulani won Beth's homemade beeswax candles
- ❖ Ginny won a session with Deb and her horse Utah
- ❖ 2 different Danas each won one of Marie's Spiral Art
- ❖ Dana won a reading with Oleta
- ❖ Paulani won a reading with Oleta
- ❖ Amber won a session with Rebecca
- ❖ Dana won a session with Celeste
- ❖ Kristen won the Rose Quartz Pendant of Celeste's making
- ❖ Dana won yoga with Simona
- ❖ Ginny won a reading with Amber
- ❖ Frances won all 3 of Jennifer's Chakra healing sessions
- ❖ Oleta won a beautiful pendant and matching earrings from Lana
- ❖ Frances won a massage with Simona

Thank you for your support.

All donations go to help the MsHec3 project help those in need of healing and education.

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

— CEREMONIES —

All events and happenings are Subject to Change depending on the current pandemic situation.

Solstice Ceremony. Sound and Silence. Saturday, June 20th from 11am to 3pm. We will be celebrating the longest day of light with sound and silence. We will gather together in prayer and engage in a healing bath of different sounds, singing bowls, chimes, bells, and the sacred gong. We will receive a blessing from the spirit of the water and walk the land to find a gentle space for each one of us to sit quietly

for a brief moment of personal reflection. Spiritual Guide: **Rebecca Cutehands** Cost: Love Donation. Location: The Playground Ranch, Dewey, AZ. Please RSVP by 6/15/20. For more info call Rebecca at (928) 499-4128. Lunch is included.

Pachamama Celebration. Saturday, August 1st from 12pm to 3pm. This day starts the month-long Andean celebration of Mother Earth. We will share in a **Despacho Ceremony** and create the traditional “mouth of the earth.” We will gift to her many sacred offerings, give to the fire the Despacho that we will create together and offer to the Mountains prayers from our heart. This is a beautiful day to gather all Mesas together, so if you are a Mesa carrier please bring it if you wish. Spiritual Guide: **Rebecca Cutehands**. Cost: Love Donation. Location: The Playground Ranch, Dewey, AZ. RSVP by July 18th to Rebecca at (928) 499-4128. A gentle feast will be offered after ceremony.

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](tel:9284994128). 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](tel:9284994128) for info.

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 wellbeing. For more info call **Wendy Kircher** at [\(309\) 335-0984](tel:3093350984). Private/Group lessons available.

ANIMAL COMMUNICATION

Ginny Jablonski
www.heartofthehorse.us
Mention this ad for a 30% discount on your first session

— EVENTS —

Documentaries. Rebecca Cutehands was asked to be a part of a documentary series Directed by Craig McMahon and Produced by Craig and Lacy McMahon. In this documentary Craig discusses the controversial idea of our pre-birth plan with Spiritual experts. Is it possible that we intentionally choose to experience hardship and pain for the sole purpose of learning? Check it out on Amazon Prime. Titled: *Life to Afterlife; Tragedy by Design*. Another documentary will be released on Amazon Prime in the next couple months but is available now on Vimeo titled *Life to Afterlife: The Healers*. This documentary offers you powerful information on different types of energy healing and teachings from a panel of healers from around the world. Support these documentaries by giving them a good review. Thank you.

— FUNDRAISERS —

MULTI-FAMILY & MSHEC3 YARD SALE

June 5th & 6th, 8am-2pm

29 Woodside Dr., (Off of Iron Springs)

A multi-family yard sale with lots of teachers supplies, art & craft supplies, patio furniture, double hammock, gas grill, garden and household tools, albums, mountain bikes.

If you have any items you would like to donate, please contact Dana: (928) 420-2109

Celeste Holly
designs

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



JUDSON KRAMER
GRAPHIC & WEB DESIGN | PHOTOGRAPHY

1825 Pearl Street
Santa Monica, CA 90405

424.832.0985 | jud@judsonkramer.com
http://judsonkramer.com

— RETREAT CENTERS —

All events and happenings are Subject to Change depending on the current pandemic situation.

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 are 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](tel:9284202109) or consciouschoicesaz@gmail.com. Let your journey begin.



— YOGA —

Most events are now happening on zoom!
All events and happenings are Subject to Change depending on the current pandemic situation.

Move the Body, Quiet the Mind. Beginning July 1st (every other Wednesday until September 23rd) David will be teaching a series of classes called "Move the Body, Quiet the Mind" at Dewey Humboldt Library. These will consist of



Laura Miner
REALTOR®

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



of one hour of Chair Yoga followed by 15 minutes of meditation (mindfulness practice). The classes will be online (virtual) until further notice due to COVID19. For more information they can contact David or DHL at 928-632-5049.

Y12SR Yoga. Sundays at 10:00 am on Zoom with **Celeste Holly**, 200-hour certified yoga instructor. Yoga for those recovering from addiction or if you have a relationship with others in addiction. Zoom ID: 753 0951 2316. \$5.00 per class. 50% of the proceeds go to non-profits such as MsHec3. 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](tel:9284990024).

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](tel:309-335-0984) wendykirch18@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](tel:602-842-2688) or knochj@gmail.com.



Like us on Facebook!

[Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp)

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](tel: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

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Start shopping

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!**

Grocery Gift Cards for teachers until teachers receive the significant pay raise that 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](tel: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](tel:928-420-2109).

Psychic Readings. Jodi Maas has been reading tarot cards for about 35 years. The insight that she sees offers helpful ways to look at choices and gain suggestions for taking action. Her readings are very thorough looking into past, current, foundational, environmental (physical and astral), and future influences. You will receive direction on





navigating your path successfully. Readings range from \$20 – \$100. She also offers phone readings and events. [\(480\) 227-7287](tel:480227-7287).

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](tel:304482-1222) or LeeAnn@midOhioValley.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 (12 Step Recovery Yoga for addicts and those affected by addiction). She is currently teaching some yoga classes on Zoom. Celeste is a certified Usui Reiki Master with over 10 years of experience. Reiki works on the physical, mental, emotional, and spiritual aspects of everything in life. Reiki offers healing health benefits for stress reduction, relaxation, and aids in better sleep. It allows a natural trigger for the body's natural healing abilities and improves and maintains health. She is currently offering long distance Reiki healing. Celeste also, has over 10 years of experience in teaching jewelry making. She creates beautiful, healing wire wrapped and beaded pendants which can be seen and purchased in the gallery. Contact **Celeste** at ccholly@gmail.com or (920) 858-2966

Higher Power Yoga, Y12SR Yoga. Sundays at 10:00 am on Zoom with **Celeste Holly**, 200-hour certified yoga instructor. Yoga for those recovering from addiction or if you have a relationship with others in addiction. Zoom ID: 753 0951 2316. \$5.00 per class. 50% of the proceeds go to non-profits such as MsHec3. Contact **Celeste** with questions at (920) 858-2966 or ccholly@gmail.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](tel:434-568-0440) for an appointment.

Yoga Teacher. David Clay Beginning July 1st (every other Wednesday until September 23rd) I will be teaching a series of classes called "Move the Body, Quiet the Mind" at Dewey Humboldt Library. These will consist of 1 hour of Chair Yoga followed by 15 minutes of meditation (mindfulness practice). The classes will be online (virtual) until further notice due to COVID19. For more information they can contact me or DHL at 928-632-5049.

David Clay also offers a mixed level Vinyasa Flow Yoga class groups or private sessions. See Classes/Events or call [\(928\) 458-5577](tel:928458-5577) for more info.

Kay's Corner Healthy Tips and Recipes



Yummy Black Bean Burgers

2 cans black beans
1/2 cup chopped yellow onion
4 cloves of garlic
1/2 tsp garlic powder
1/4 tsp smoked paprika
1/2 cup bread crumbs
2 large eggs
1 tbsp Worcestershire sauce
2 tbsp ketchup, mayo or BBQ sauce(your choice)



A pinch of salt and pepper
Rinse and drain black beans and spread them out on a plate or tray to dry while you sauté your chopped garlic and chopped onions in 1tbsp coconut oil. Place in a large bowl black beans, sautéed garlic, and onions, and all the rest of the ingredients you wish to add and mash with a fork. You can also place in a food processor but don't mix too long because it makes the burgers too mushy. I use a fork to mash because I like seeing some whole black beans. Form into patties, not too big and fry them in coconut oil. You can also bake them at 375 degrees for 10 minutes on each side or grill them. Then serve with your favorite toppings. I like pepper jack or cheddar cheese, red onion and a little avocado and mayo. Yummy!

Watermelon, Blueberry, & Feta Salad

Sweet and juicy watermelon pairs beautifully with salty feta cheese! Blueberries add an extra bite of sweetness and a pop of color. Drizzle the whole thing with honey lime



vinaigrette and enjoy your refreshing Watermelon, Blueberry and Feta Salad!

Serves: 6-8

6 c. cubed watermelon

2 c. fresh blueberries

1 c. feta cheese, crumbled

2 T. fresh mint, or basil, chiffonade

2 T. fresh lime juice

1 T. fresh lemon juice

3 T. olive oil

1 T. honey Salt and pepper, to taste

1. Add cubed watermelon, blueberries, feta, and mint (or basil) to a large bowl. In a separate small bowl, add lime juice, lemon juice, olive oil, honey, salt, and pepper. Whisk until blended. Add more salt and pepper to taste.

2. Just before serving toss fruit and cheese together.

Drizzle with dressing and toss again to coat fruit with dressing. Serve immediately.

Recipe by Little Dairy On the Prairie at

<https://www.littledairyontheprairie.com/watermelon-blueberry-feta-salad/>.

Burning Sage to Clean the Air and Surfaces

One way to do this is with loose leaf sage, that way you do not have to light a big smudge stick unless that is all you have. If you are using loose leaf, you can light a few pieces in a shell or bowl and walk them through your home and let them go out naturally. If you are lighting a smudge stick you will do the same but will have to turn and break the sage stick into some dirt or a bowl, just be careful when breaking into a bowl because some of the leaves could fly out and still be burning. Scientists have observed that sage can clear up to 94% of airborne bacteria, viruses, and fungi because of its anti-microbial properties. It also releases negative ions which promotes positive moods and relaxation. Enjoy.

Home Made Hand Sanitizer

Fill a small jar with coconut oil, add tea tree or Thieves Oil.

Home Made Sanitizer Wipes

Use halved paper towels, coffee filters or wash clothes, spray with Thieves Oil diluted in water or alcohol.

Make your own Thieves Oil

Remember, this makes the "mother oil." Dilute it in water for cleaning or to spray on a mask. Dilute with jojoba oil for skin use or to use in diffuser.

Thieves Oil Blend

1 tbs. Clove Essential Oil

1 tbs. Lemon Essential Oil

2 ½ tsp. Cinnamon Bark Essential Oil

2 tsp. Eucalyptus Essential Oil

2 tsp. Rosemary Essential Oil

Advertise Here

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](tel:9284458545).

EVENTS AT A GLANCE!

All events and happenings are Subject to Change depending on the current pandemic situation.

Multifamily & MsHec3 Community Yard Sale

June 5th & 6th

8am-2pm

29 Woodside Dr

(Off of Iron Springs)

Solstice Ceremony

Sound and Silence

Saturday, June 20th

11am-3pm

Pachamama Celebration.

Saturday, August 1st

12pm to 3pm

New Videos and Clips

Go to [MsHec3.com](https://www.MsHec3.com) or

Visit us on Face book **MsHec3**

Documentary

Amazon Prime. Titled: *Life to Afterlife; Tragedy by Design*
Amazon Prime. Another documentary will be released on Amazon Prime in the next couple months but is available now on Vimeo titled *Life to Afterlife: The Healers*.

STAY IN THE KNOW!

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.

The Intuition newsletter is distributed via email:

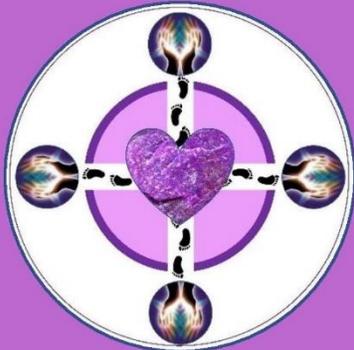
[MountainSpiritCo-Op.com](https://www.MountainSpiritCo-Op.com) and posted on our Facebook pages Mountain Spirit Co-Op and MsHec3. Flyers for classes and events are also distributed via the website, Facebook, and hard copies around town.

The Intuition Newsletter is a loving collaborative effort by Rebecca Cutehands, Dana Cummins, Laura Nelson, Judson Kramer, and Beth Markley.



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

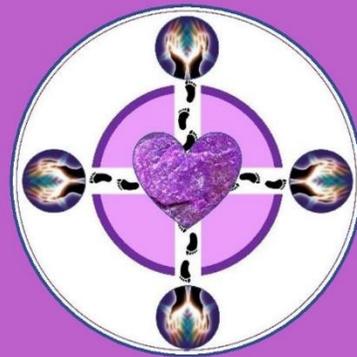
Spiritual Counseling

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

P.O. Box 11553

Prescott, AZ 86304

(928) 421-3399

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 MsHec3

MsHec3 Board of Directors

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David Clay (928) 458-5577

Celeste Holly (920) 858-2966

Sam Howell (623) 980-9885

James Knochel (928) 925-0279



MsHec3 Project Mission

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

For Events, Information, FB, Donations (*PayPal, Amazon Smile*)

Please check out MsHec3's Website: MsHec3.com; or email

MsHec3@gmail.com.