

INTUITION

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

August/September 2020

Volume 16 Issue 5



United States of America

Hmmmm. As I repeat that today I find myself stuck on the first word of this

most powerful place ... "United." As I find myself resting within that word I wonder for a moment, where did it go? I felt that at one time I was proud of that at one time I was that at one time, and now I feel a brokenness in my heart and in my spirit. In these days that embrace us it feels like so many are fighting to prove their way is the "right" way, instead of supporting each other for all the ways that run through us like the sacred waters of this planet. Do we even understand that in the moments of change, we must become the change, not to struggle and push it because then we become the very thing we are trying to change in the first place? So many of us have worked so hard for ourselves and our families and this planet, you would think that with all our wisdom we would choose an easier path, which is loving one another. It seems so much easier and gentle, versus trying to continue to uphold generational hate and fear of one another. Are we afraid to be gentle, to be loving? Do we think it is a way of weakness? Have we forgotten what it feels like to love and to be gentle? We have the choice to be who we want to be. We are the Sovereign Ones, the Supreme rulers of ourselves so let us wear this knowing with great responsibility to ourselves and each other, because this Kingdom we have worked so hard for is crumbling and it is up to us to sustain it, create it, respect it, and see it thriving. Let us shine by example again and remember those sacred words United We Stand and Divided We Fall. Let that be your mantra, affirmation, or prayer each day, especially in moments of judgement or blame. Each day so much in life unfolds to test our faith however, I choose to never lose it, to never let it go. I have faith in all of us, this is something I will continue to hold forever. Blessings, Rebecca Cutehands

We're Growing and Expanding!

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, and is 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. For the applications, call (928) 445-8545 if you have any questions or go to: <https://secureservercdn.net/198.71.233.197/k5l.674.myftpupload.com/wp-content/uploads/2016/07/Extended-Membership-Application2016.pdf>.



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

Isolation - My State of Mind

I have witnessed such a mix of energies and emotions, and tragedies and blessings in 2020. The COVID 19 Virus has affected my family, and, thankfully, we have remained healthy and strong. I have been separated from my family,

(Continued on Page 2)

The greatness of a community is most accurately measured by the compassionate actions of its members, a heart of grace, and a soul generated by love.

Coretta Scott King

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.

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
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and yet there is Zoom to allow us to see and be together. I am blessed to have two homes to keep me safe. Loving family and friends surround me. I appreciate my life. I am grateful for the time of introspection through this isolation. Although I cannot isolate myself from witnessing all the terribleness we have been experiencing, I will continue to count and focus on the many incidences of friendship, peace and hope also surrounding me. I will always strive to learn from this experience and will believe in the goodness surrounding me. With much love, Laura Nelson.

August/September

— CEREMONIES —

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

— 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.

Conscious Choices

Dana Cummins
Metaphysician
928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

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. Private/Group lessons available.

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

— 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.

— 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 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 or consciouschoicesaz@gmail.com. Let your journey begin.

— YOGA —

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 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 Clay** or DHL at 928-632-5049.

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.



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,

ANIMAL COMMUNICATION

Ginny Jablonski
www.heartofthehorse.us

Mention this ad for a 30% discount on your first session

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.

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

JUDSON KRAMER
 GRAPHIC & WEB DESIGN | PHOTOGRAPHY

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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. 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 in 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.

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. Call to schedule a group or private class on beading or wire wrapping. Contact **Celeste** at ccholly@gmail.com or (920) 858-2966.

Telepathic Healer and Intuitive reader, Oleta Clay, is available to help you unlock your full potential and heal what your soul already knows. She has been doing Telepathic Healings for Lightbearers nationally and internationally since 2011, after being trained for this in a Mystery School in Canada. Call/text 434-568-0440 for an appointment.

Yoga Teacher. David Clay 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. Call (928) 458-5577 for more info. See Classes/Events or call (928) 458-5577 for more info.

Kay's Corner Healthy Tips and Recipes

Mermaid Salad

This salad comes from Kelly Keough's cookbook, *"The 100 Best Gluten-Free Recipes for Your Vegan Kitchen"*.



Ingredients:

- 1/4 c dried arame (I used dulse because it was what I had)
- 1/4 c dried wakame
- 1 1/4 c filtered water for soaking the sea vegetables
- 1 c quinoa, washed
- 2 c water or vegetable stock/broth for cooking the quinoa
- 3 TBSP roasted sesame oil
- 1 TBSP Bragg's Liquid Aminos (or Tamari sauce)
- 1 tsp dried turmeric
- pinch of cayenne pepper
- 1/4 tsp sea salt
- freshly ground black pepper (to taste)
- 1/2 bunch scallions, washed and chopped fine
- 1 large ripe avocado
- 1 TBSP freshly squeezed lemon juice
- Gomasio (a seasoning made from sesame seeds and seaweed)

Instructions:

1. Soak the sea vegetables in filtered water for 20 minutes. Drain through a strainer and pat dry. Set aside.
2. Cook the quinoa in the water or stock until it is done — bring stock to a boil, then add washed quinoa, turn down the heat, cover and simmer until all of the liquid has been absorbed, 15 minutes or so.
3. In a small bowl, make the dressing — combine the sesame oil, Bragg's, turmeric, cayenne, and salt. Mix well.
4. In a large bowl, combine the warm quinoa with the dressing and your prepared sea vegetables. If you will be serving the dish right away, go ahead and add your finely chopped scallions. Season to taste with freshly ground black pepper.
5. Cut the avocado into thin wedges and toss in the lemon juice, allowing the acid to break down the oils in the

fruit. Place the avocados on top of the salad and drizzle with the remaining lemon juice.

Best if eaten right away but can also be served cold.

Zucchini Chips

How thinly you slice your zucchini will affect how long it will take in the oven. We recommend checking on the chips after about an hour, though it will almost definitely take longer than that. If you have a mandolin, USE IT.

YIELDS: 4 SERVINGS

PREP TIME: 10 MINS

TOTAL TIME: 1 HOUR 40 MINS

INGREDIENTS:

2 zucchini, sliced very thinly into coins

1 tbsp. extra-virgin olive oil

1 tbsp. ranch seasoning

1 tsp. dried oregano

Kosher salt

Freshly ground black pepper



DIRECTIONS

1. Preheat oven to 225°. Grease a large baking sheet with cooking spray. Slice zucchini into very thin rounds, using a mandolin if you have one! Pat zucchini with paper towels to draw out excess moisture.
2. In a large bowl, toss zucchini with oil then toss in ranch seasoning, oregano, salt, and pepper. Place in a single layer on baking sheets. Bake until crispy, about 1 hour 20 minutes, checking after about an hour. Let cool to room temperature

Homemade Ranch Seasoning Mix #1

1/2 cup Dry Buttermilk Powder (See Note)

1 Tablespoon Dried Parsley

2 teaspoons Dried Dill Weed

1 teaspoon Freeze Dried Chives

1 Tablespoon Garlic Powder

1 Tablespoon Onion Powder

1 teaspoon Sea Salt

1/2 teaspoon Ground Black Pepper

Instructions:

Combine 1 tablespoon ranch seasoning mix (including buttermilk powder) + 1/3 cup mayo + 1/3 cup milk, and whisk to combine

Buttermilk powder: If you would like to make ranch seasoning that is identical to the stuff sold in the packet, you can add buttermilk powder to this recipe. Otherwise, you can just add fresh buttermilk if you are turning this seasoning into ranch dressing.

Homemade Ranch Seasoning Mix #2 (Dairy-Free + Paleo)

5 mins · Yield: 1 cup

Ingredients:

6 tablespoons dried parsley flakes

2 tablespoons dried dill weed

2 tablespoons garlic powder

1 tablespoon onion powder

1 tablespoon dried minced onion

Instructions:

1. Toss all the ingredients together in a medium bowl.
2. Use your fingers to gently massage the spices together until mix well.
3. Store in a sealed mason jar until ready to use.

Recipe Notes:

To make Dairy-Free, Paleo Ranch Dressing mix together - 1/3 cup mayonnaise

1/4 cup canned coconut milk (regular not lite)

1/2 tablespoon-1 tablespoon dried ranch seasoning mix

Mix all the ingredients together until combined. Start with using 1/2 tablespoon dried seasoning mix. Add more if desired. I use just about 1 tablespoon dry mix.

Vegan Chocolate

1 cup chopped cocoa butter (I use Organic Creamed Coconut Unsweetened)

2 heaping TBS of peanut butter (I use Earth Balance Peanut Butter Coconut Blend)

3 Tbsp maple syrup or agave nectar

1/2 cup raw cacao powder

1 tsp vanilla extract

pinch sea salt

1/4 cup chopped dried unsweetened cherries

1/4 chopped toasted almonds, chopped



Instructions

- Prepare 8 x8 baking dish with Pam Butter Spray or coconut oil to make removing the chocolate easier
- Melt the coconut butter over low heat.
- Add the peanut butter and whisk til melted.
- Add the raw cacao, vanilla and salt and whisk til smooth.
- Add in nuts and cherries and mix well.
- Pour into baking dish and place in freezer for about an hour.

Break into pieces and store in the refrigerator as the coconut butter will go soft.

EVENTS AT A GLANCE!

New Videos and Clips

Go to [MsHec3.com](https://www.MsHec3.com) or Visit us on Face book MsHec3

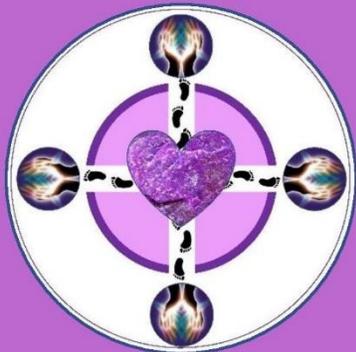
Documentary

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.*

Mountain Spirit Healing & Educational Center AKA MsHec3 Project

A Non-Profit Organization



Are you at the Crossroads of Change?

Services Offered

Body Work

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Metaphysical & Indigenous Teachings

Crystal & Sound Therapy

Spiritual Counseling

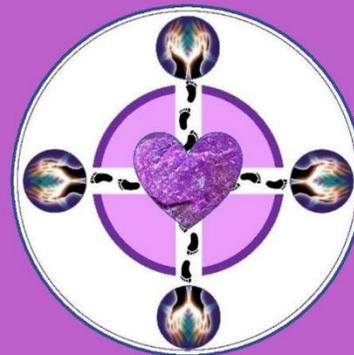
Intuitive Readings

Equine Therapy



Funding offered to those who qualify

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

Jarubi Githabul

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MsHec3 Project Mission

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For Events, Information, FB, Donations (PayPal, Amazon Smile) Please check out MsHec3's Website: MsHec3.com; or email MsHec3@gmail.com.

