

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

October/November 2020

Volume 16 Issue 6



## 15 Years and Growing!!!

**Holy cow, 15 years?!** What all we have witnessed and have been a part of has been a priceless gift that continues to give through all the friendships we have made. What began as a safe space of belonging continues to grow and expand in new ways. I am forever grateful for all the love and joy I have gotten to share with so many and for everyone who walked through our doors for your support and the many opportunities you brought with you. Wishing each of you the best always. Dana

**Hello Friends,** I would like to say thank you to everyone who entered through those doors of MSCO throughout the thirteen years of our healing center and gallery being open and these last two years that some of you have stayed in contact through sessions, ceremonies, classes, events, etc. So many of you have become friends and part of my sacred tribe and I feel very blessed and overwhelmed sometimes with all the connections that MSCO has brought into my life. I have shared so much with so many, whether tears or laughter, challenge or celebration, whether at a gathering or a one on one session, whether you've been here for the last fifteen years or you just briefly dropped in to share a moment in time with me, I say again Thank You and I look forward to even more. Be well and Be light. Rebecca Cutehands.

**I am so grateful** for the amazing and nurturing community, fellowship and family that has created and evolved over these past 15 years. Starting from a loving concept of healing and education, and the desire to share gifts and

### Mountain Spirit Co-Op

(928) 445-8545 / [www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

Facebook:

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

Readers and Practitioners by appointment

Please note that all event locations are noted.

treasures of love, inner and complete whole health, and not only to inspire our local community but expand to reach out globally to all needing our contact. I feel truly blessed to be a part of the inspiration, and to be involved in the continued growth and success of MSCO and MsHEC3. I thank everyone involved in the success and support of our wonderful communities! With gratefulness and love, Laura.



A 15<sup>th</sup> Anniversary  
Thank You!

The following members are offering a 15% discount on their services or art items!

#### Dana Cummins

15% off Intuitive Sessions and all Metaphysical Classes.  
Phone (928) 420-2109

#### Rebecca Cutehands

15% off Indigenous and Spiritual Art and offerings, Prayer Fans, Dream Weaves, Spirit Masks, Deerskin Purses and Pouches, Crystals wands, Crystal Pendants, Ceremonial Herb Blends, etc.

Original Price varies per item.  
Special Orders available  
Phone (928) 499-4128



Real change, enduring change, happens one step at a time.  
Ruth Bader Ginsberg

Celeste Holly is a talented jewelry artist who has been teaching jewelry making and creating her beautiful pieces for 20 years. She is offering a couple of her beautiful pieces at 15% off in celebration of MSCO's 15-year anniversary. Original price \$45.00. 15% discount price \$38.25. Contact Celeste at [ccholly@gmail.com](mailto:ccholly@gmail.com) or 920-858-2966.

Moonstone pendant is beautifully wrapped in gold-filled and sterling silver wire. Moonstone is a stone of "new beginnings" inner growth and strength. The pendant is 2 inches long and about 3/4 inches wide. It hangs on a silver-plated snake chain.



Onyx pendant is wrapped artistically wrapped in gold-filled and sterling silver wire. Onyx protects the wearer from negative energy and attracts harmonious relationships. The pendant is 2 inches long and about 3/4 inches wide. It hangs on a silver-plated snake chain. Original price \$45.00. 15% discount

price \$38.25. Contact Celeste at [ccholly@gmail.com](mailto:ccholly@gmail.com) or 920-858-2966.

### Dar Jersey Twisted Art

25 wrapped pendants

Discounted Price as listed. Prices are marked with 15% already applied.

Phone (928) 499-4128



**Marie Howell**  
**Marie Howell Art**  
5233 W Red Bird Rd  
Phoenix AZ 85083  
(623)980-9886  
<http://www.truenorthwisdom.com>



Offering a 20% discount on all available original paintings and assemblage sculptures on my website. Local delivery is included but NOT shipping. Contact me (623-244-2268) for pricing.

### Tarot Reading

#### Jodi Maas

#### Tarot Readings by Jodi Maas

15% off 30-minute reading

Original price \$50.00

Discount price \$42.50



#### Scott McMaster

#### LIFE BALANCE UNIVERSITY

#### DUAL INTENSIVE

#### Emotional Mastery & Maturity Intensive

combined with

#### Living Free of SHAME Intensive

This 5-6 week dual Intensive includes 9 (remote) appointments plus daily E-mail engagement. Includes support for Toxic Shame, extensive email coaching, consistent support throughout the Intensive with exercises, class work, and contact. Also includes Identity Re-creation instruction and support. Free Initial Consultation to see if this Intensive Course is for you.

Original Price \$1,090

Discounted Price \$595

### Tarot Reading

#### Amber Riley

#### Soul Rediscovered

#### Intuitive Tarot Readings

Original Price-\$120

Discounted Price-15% off \$102

Phone #805-422-4551

### INTO THE WEST

We have stepped into the time of the West. We entered into it at the fall equinox and we will be with the West until the winter solstice. As we sit in this sacred direction, we are gifted with so much medicine that rests here. The West allows us to release Grandfather Sun to the Southern Hemisphere and embrace Grandmother Moon. It is the moon that will carry the influence now until the first day of Spring. So, let us find time to thank her and honor her with



prayers and blessings. It is also a time of strength as we enter into the time of the shadow and prepare to go inward and reflect as things around us slow down and the days get shorter. The sacred trees that once bloomed beautiful flowers and may have borne fruit are releasing their leaves and will be holding their bare limbs up to the stars so make sure you go to them and offer them a prayer of thanks too. This is a great time for trying new recipes, making yummy soups and herbal teas. This is also a time that we mend our sacred tools or create new ones and learn the stories of our ancestors. I wish you all gentleness and grace as we walk with the days of the West. Blessings.

## **October/November**

### **— CEREMONIES —**

**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.**

**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  
cutehands@juno.com  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

### **— 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.

### **— 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



**ANIMAL COMMUNICATION**



Ginny Jablonski  
[www.heartofthehorse.us](http://www.heartofthehorse.us)

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

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.

### ***MsHec3, Mountain Spirit Healing and Educational Center is holding a Rummage Sale!***

**Saturday, October 17** from 8:00 am to 1:00 pm! Location: 6427 E. Ashton Pl, Prescott Valley. All proceeds will benefit this charitable organization for the purpose of offering sliding scale scholarships for Healing and Education to qualified low-income participants in the quad-city area.

### **— 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](mailto:consciouschoicesaz@gmail.com). Let your journey begin.



*Celeste Holly*  
designs

*Celeste Holly, Jewelry Artist*  
920.858.2966 • [ccholly@gmail.com](mailto:ccholly@gmail.com)

# Happy Halloween!

## 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](mailto: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](http://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.

JUDSON KRAMER  
GRAPHIC & WEB DESIGN | PHOTOGRAPHY  
1825 Pearl Street  
Santa Monica, CA 90405  
424.832.0985 | [jud@judsonkramer.com](mailto:jud@judsonkramer.com)  
<http://judsonkramer.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](mailto: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](http://buddhahorseranch.com).

Laura Miner  
REALTOR®  
928-925-4884  
[lauramineraz@gmail.com](mailto:lauramineraz@gmail.com)  
[www.LivingPrescott.com](http://www.LivingPrescott.com)

ONE REALTY ONE GROUP  
MOUNTAIN DESERT

Each office is independently owned and operated. © 2023

**G Vorbeck Designs.** During the 1980's, I painted with oil on canvas. Now, during this time of "pause", I started doodling with colored pencils and markers. The bright colors and free flowing designs bring a sense of hope, beauty and peace into my life. As you view my artwork, I hope it will bring a renewed sense of hope, beauty, peace and JOY into your life as well. Clothing, Art Work, Totes, Greeting Cards, Mugs, Masks

<https://www.redbubble.com/people/GVorbeckDesigns/shop>

**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](http://JudsonKramer.com) or contact [Jud@JudsonKramer.com](mailto:Jud@JudsonKramer.com).

**Indigenous Teacher, Healer, Spiritual Guide. Rev. Rebecca Cutchands** 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.

## Conscious Choices

Dana Cummins  
Metaphysician  
928 420 2109  
[consciouschoicesaz@gmail.com](mailto:consciouschoicesaz@gmail.com)



## Creating Pathways to Peace . . .

**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](mailto: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

## David Clay



Slow Flow Yoga Instructor  
Mountain Spirit Co-Op  
107 N. Cortez, Room 405  
(928) 458-5577  
[www.seraphicyogi.com](http://www.seraphicyogi.com)

Classes Thurs & Fri 6:30-7:30pm  
Sat 10-11am  
\$10 per class or 6 for \$50

(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.



## Mountain Spirit Co-Op's 15<sup>th</sup> Anniversary Notes of Appreciation from our Friends

- ❖ This place changed my life! Being around beautiful loving people that were excepting of all people helped me heal! Unconditional love is a true thing!!! It has been the most amazing gift in my life, the day I walked in to MSCO! I am so blessed to have found you! Thank you **Dana Cummins** for opening your heart to so many people including me for helping us ground and being so amazing in every way! My life would have been so different without you in it! Simona
- ❖ Mountain Spirit Co-Op has meant that I had a safe place to land and spread my wings. I was starting my business and desired a place with privacy and affordability. I found a home. A place I was enabled to be shoeless and full of hope. The gallery was my safe space and I was able to integrate with so many amazing beings. My best relationships were formed here. I got to bring forward my truth and innocence. My power and my freedom to teach, to learn, to connect and to inspire hope. Jennifer

“There is always, always something to be thankful for.”



- ❖ I was very blessed to be a part of MSCO for a few years. The first time I walked into the gallery I instantly felt home and so very welcomed. Soon afterward I decided to offer some of my art for sale in the gallery. It was a perfect fit! I always loved making the trip up there from Phoenix to experience the beautiful sacred energy and to spend time with fellow artists, healers, and readers. I made lasting friendships there that I deeply cherish.  
  
Even though the physical space of the co-op is gone, the memories of that special time will always be with me and I am proud and grateful to have been a part of such a magical place and to know such remarkable, caring, and creative people. I am honored to wish MSCO a most joyous 15th anniversary! Marie
- ❖ My wife Marie and I were involved with the Mountain Spirit Co-op for over four years. She, as an artist, and me as an extended member. Being at the gallery and attending many of the functions there was always such a pleasure. I became very attached to many of the artists and practitioners there and always felt a deep connection of love and spirit whenever I was there. I cherish the memories of all the good times with so many wonderful people. Sam
- ❖ "Founders Dana and Rebecca are two of the most special people on the planet. Through their hard work and vision, they've brought together the most amazing community of light workers, healers and artists of all modalities. MSCO is a real treasure." Jodi
- ❖ I have great gratitude for MSCO. I moved here 9 years ago and feel really blessed to have found you all soon after moving here. My closest and dearest friends here



I met in the Co-op. The retail space may be gone, but the relationships created within it, and the Gifts I received through the Co-op (and continue to receive) have felt very Divinely orchestrated, and will last this lifetime and far beyond. Very grateful, much love to you all! Scott



*And now a word from MsHec3...*

Our last Silent Auction was a HUGE success! Thank you to all of you who supported in donating your services and art. And another thanks for all of you who bid on the terrific items that were donated. Your generosity collected over \$1000 in donations! We are so blessed, as are the Many folks who are signing up weekly for scholarships on the much-needed services we offer.

## We are doing it again!

## SILENT AUCTION



Please go to our Facebook page MsHec3 or our website MsHec3.com to see all the amazing items up for auction. The Auction will start **November 1st and run through December 10th** so that the winning items can be delivered by the Holidays.

### Rosemary Bartolomeo Healing from Within

Energy session to release fear, anger, and anything that no longer serves you then she fills the voids with inner peace, calm and a sense of balance.

3 Sessions have been donated  
Value \$60 each  
Starting Bid \$20

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Starting Bid \$20



# SILENT AUCTION



Continued ...

## Dana Childs

### Dana Child's Intuitive

Empowered Empath online course

Item value-\$197

Starting minimum bid -\$40

## Dana Childs

### Dana Child's Intuitive

2nd offering- The Basics: 8 Metaphysical classes

Item value- \$280

Starting bid-\$50

## Oleta Clay

### Reading

Value \$25

Starting Bid \$10

## Oleta Clay

### Telepathic Healing

Value \$30

Starting bid \$15

## Dana Cummins

### Conscious Choices

Individual Session

Valued at \$120

Starting bid \$40

## Rebecca Cutehands

Indigenous Teachings 4hr Session

Item value-\$250

Starting minimum bid -\$40

## Celeste Holly

### Higher Power Yoga

Wire Wrap

Item Value: \$45.00

Starting Minimum Bid: \$15.00

## Marie Howell

### Marie Howell Art

Set of 3 Divine

Mother Prints

(3) 8x10 artist-signed prints in  
11x14 mats (in  
cellophane  
protective sleeves)

Value \$120.

Starting bid \$30.

<http://www.truenorthwisdom.com>



## Celeste Holly

### Higher Power Yoga

Wire Wrap

Item Value: \$45.00

Starting Minimum Bid: \$15.00

## Toria Hungerford

### Body Balance by Toria

1-hour session of Spiritual Healing

Value \$60

\$30 starting bid, increments of \$5 thereafter

## Dar Jerse

### Twisted Art

Nuummite stone with Tree of Life

Item value-\$40



## Dar Jerse

### Twisted Art

#2nd item-Bloodstone  
with tree of life

Item value-\$60

Starting bid-\$20



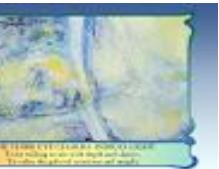
## Dar Jerse

### Twisted Art

3rd item-Copper spiral with trade beads

Item value-\$30

Starting bid-\$5



## Dar Jerse

### Twisted Art

4th item-Silver heart with black beads

Item value-\$25

Starting bid-\$5

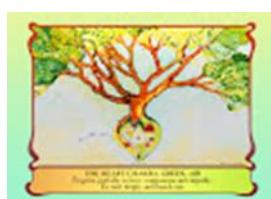
## Robin Lieske

### Moonlogic Press

Chakra Altar Cards, 5"x7", on  
Aluminum. Hang and Place on  
Your Refrigerator or Altar!

Value \$15

Each or  
\$105 Set  
Minimum  
Bid \$25



## SILENT AUCTION



Continued ...

Jodi Maas

Tarot Readings by Jodi Maas

free standard reading via phone (approx 20 min)

Item value \$35.00

Starting bid \$5

### Tarot Reading

Amber Riley

Soul Rediscovered

Intuitive Tarot Reading

Item value-\$120

Starting minimum bid-\$25

### Tarot Reading



Tajali Theresa Tolan

Be Brilliant

Watercolor (Flower basket)

Value: \$75.00

Minimum bid: \$20



Tajali Theresa Tolan

Be Brilliant

Watercolor (Ink Blot)

Value: \$25.00

Minimum bid: \$10

"Chaos precedes and follows change. Lord knows we are ready for positive change, so ground yourself and place your focus on what positive changes you can make while dreaming of compassionate changes for our world. May we allow the grace of goodness to be bestowed upon us as we offer up our gratitude for All That Is."

Dana

**VETERANS DAY**  
HONORING ALL WHO SERVED

## EVENTS AT A GLANCE!

**MSCO 15th Anniversary Online Sale!**

15% Off Certain Members Items

**MsHEC3**

**Mountain Spirit Healing and Educational Center**

**Online Silent Auction!**

November 1st through December 10th

**Rummage Sale**

Saturday, October 17 from 8:00 am to 1:00 pm

6427 E. Ashton Pl, Prescott Valley

**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](#).

**New Videos and Clips**

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

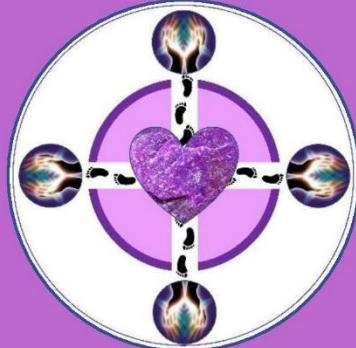


How wonderful it is  
that nobody need  
wait a single  
moment before  
starting to improve  
the world.

Anne Frank

# 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*

### MsHec3 Project Mission

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

### 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.

Mountain Spirit Co-Op  
Gift Certificates Available!

### MsHec3 Board of Directors

**Dana Cummins** (928) 420-2109

**Rebecca Cutehands** (928) 499-4128

**David Clay** (928) 458-5577

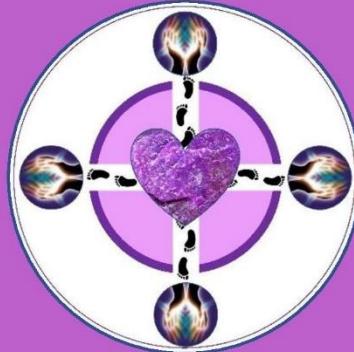
**Celeste Holly** (920) 858-2966

**Sam Howell** (623) 980-9885

**James Knochel** (928) 925-0279

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

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"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

[MsHec3.com](http://MsHec3.com)

MsHec3

