

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

December 2020/January 2021

Volume 17 Issue 1



For Holiday Gift-Giving!

The time is now to bid on your favorite pieces; please visit our Facebook page @MsHec3 to bid on the following items. Many great gift ideas for the holidays!!

Our artists are still creating many magical creations for your holiday giving!

Rebecca Cutehands and her Native American Art (928) 499-4128.



Celeste Holly and her one-of-a-kind wire wrapped pieces (920) 858-2966.

Laura Nelson and her divinely intertwined wired wrapped jewelry (714) 350-4580.

Thank You

Thank you for your Donations

Your Tax Deductible Donations Provide Support and Purpose

Hello friends, family, supporters, helpers, givers, you know who you are. YOU are the ones who have been offering MsHec3 blessings of gratitude and prosperity. With all that you continue to give to this project we want to remind you that within each donation resides healings, teachings, practices, counseling, therapeutic modalities, etc., that enable the ones who need it most to move forward with their lives. People who want a healthier way of being in everyday life, whether

physically, mentally, emotionally or spiritually are deserving recipients of these donations. The services are empowered through your donations. Your donations give the feeling of SUPPORT and PURPOSE. The MsHec3 Project was confounded on the principles of empowering each other and giving in the light of hope. Compassion, empathy, understanding and support are instilled within each one of us, so many of our clients we see say to us, "When I get better I want to be able to help others." This is the intent that creates and continues to enhance our world. This is the intent that you lay the foundation for with each donation that you offer. We would like to thank all of you, the practitioners who offer their services, those who donate and provide funding and those who step up and reach out for help. We are in this together; let us continue to co-create a world of beauty. To donate directly to the MsHec3 Project go to MsHec3.com. Thank You!

Welcome

MSCO welcomes Toria and the many blessings she brings to our group. Toria is a Shamanic

Practitioner and Certified Reiki Master Teacher offering healing services and classes for those seeking to deepen their spiritual journey. She offers a customized subtle body map for clients, identifying areas needing a little TLC. "Seek the healer within." Call 602-460-0566 www.BodyBalancebyToria.com Be sure to check out the many new classes and woman's group she is offering under Classes and Events.



Mountain Spirit Co-Op

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

Facebook:

www.facebook.com/MountainSpiritCoOp/

Readers and Practitioners by appointment

Please note that all event locations are noted.

For us to transform as a society, we have to allow ourselves to be transformed as individuals. And for us to be transformed...we have to allow for the incompleteness of any of our truths and a real forgiveness for the complexity of human beings.

ANGEL KYODO WILLIAMS

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

Celebrating Winter Solstice on ZOOM. Sunday, December 20th 5:30pm to 7pm and Monday 21st (Solstice) 7pm to 8:30pm. We are going to come together and celebrate the winter solstice in ceremony on ZOOM. I know this is a little different from the way we usually celebrate it, but I feel blessed to have another option to connect with all of you. As we honor the time of the Shadow Spirit we will move around the sacred wheel in prayer giving thanks and honoring the messages brought forth. We will begin with everyone smudging themselves before ceremony begins so make sure you have whatever you wish to use ready and also any sacred tools or items that may want to accompany us. Spiritual Guide:

Rebecca Cutehands. Cost: Love Donations will be paid through PayPal or check. For more info and to sign up please contact Rebecca at (928) 499-4128. Blessings.



Classes

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



Sacred Teachings. Spiritual Guide: Rebecca Cutehands. January 12th and 28th.

New Moon, Tuesday, January 12th from 10am to 1pm. On this day you will embrace the teachings of the eight phases of Grandmother Moon. You will understand how these phases support and guide us and how they rest within the medicine wheel.

Full Moon, **Thursday, January 28th** from 11am to 2pm. On this day you will be introduced to the Medicine Wheel. You will be offered traditional teachings and universal teachings that will connect you to the medicine wheel of Creation.

Limited participants. **All teachings offered on Zoom until in person classes can resume.** Different teachings



will be offered each month in a class setting however individual sessions are also offered if the dates listed conflict with your schedule. Cost: \$150. Please RSVP to **Rebecca** at (928) 499-4128. Blessings.

Circle of Ida. Join a sacred circle of women as we journey inward to understand the seven female archetypes, discover the moon cycles that coincide with our subtle bodies, and celebrate the powerful energy that connects us. This is an ongoing study group that takes a closer look at the heroines that paved the way for us. No cost to join, love offerings always welcome. To join us, contact **Toria** 602-460-0566 or email moonsview333@gmail.com.

Creative Connection. For hundreds of years, art has been used to clear blockages and create a deep connection with our Creator. Open the creative center within yourself, deepen your connection with Source, and discover a divine spiritual awakening through creativity. In this class, various artwork will be explored, using sacred materials, beadwork, words (creative writing, poetry, storytelling), photography and musical expression. \$5-\$15 per class depending on the materials needed. Call **Toria** at 602-460-0566 or email moonsview333@gmail.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 5 or 9 week course. Cost: \$950-\$1150. Spiritual Guide: **Rebecca Cutehands.** Register directly: 928-499-4128.

Seek the Healer Within. Toria is a trained Shamanic Practitioner and Certified Usui Shiki Ryoho Reiki Master Teacher offering spiritual classes for those seeking a deeper understanding along their spiritual journey. She believes there is a powerful healer within all of us, capable of healing ourselves as well as the world. She offers classes in Healing Yourself w/Yoga, Chakra Balancing, Sound, Pranayama, Reiki, and Shamanic Journeying. "The world needs more healers." Call 602-460-0566. www.BodyBalancebyToria.com.

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*, and another 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. Please support these documentaries by giving them a good review. Thank you.

RETREAT CENTER

Spiritual Journey/Writers Retreat. Williamson Valley. Room with private entrance & bath in the country. This quiet space offers a comfortable place to support you on your journey. Whether you're in town for a visit, a getaway, or would like a spiritual adventure, this place will hold space for your needs. Plan your own agenda or allow us to inspire you with trips into nature, visits with your soul and personal healing.

Massage, energy work, indigenous and metaphysical teachings and practices, ceremonies, tours and meals are available and pricing is available upon request. Cost: \$75/night with a 2 night min. Daily, Weekly, Monthly Rates available. Book your Retreat with Dana at consciouschoicesaz@gmail.com and/or (928) 420-2109. Let your journey begin.

Kwanzaa
A Celebration of Family,
Community and Culture

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

YOGA

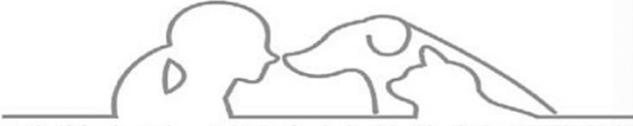
Move the Body, Quiet the Mind. David will be teaching a series of classes called "Move the Body, Quiet the Mind" at Dewey Humboldt Library. These classes will consist of one hour of Chair Yoga followed by 15 minutes of meditation (mindfulness practice). The classes will be held virtually until further notice due to COVID19 mindfulness. 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





ANIMAL COMMUNICATION



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

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.

Channel, Jach Pursel ~ Lazaris. Since 1974, Lazaris has channeled through Jach Pursel, his only channel, offering his friendship and love and generating a remarkable body of tools, techniques, processes, and pathways for our Spiritual Journey to God/Goddess/All That Is. From Lazaris, *"We are here to remind you that pain and fear are not the only methods of growth; that you can more elegantly grow through joy and love. . . that you create your own reality. . . that there is a God/Goddess/All That Is who loves you, who knows your name. . . and that you love good enough."* — Lazaris.
 Website: www.Lazaris.com. Phone: (800) 678-2356.

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



Conscious Choices

Dana Cummins
 Metaphysician
 928 420 2109
consciouschoicesaz@gmail.com

Creating Pathways to Peace . . .

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.



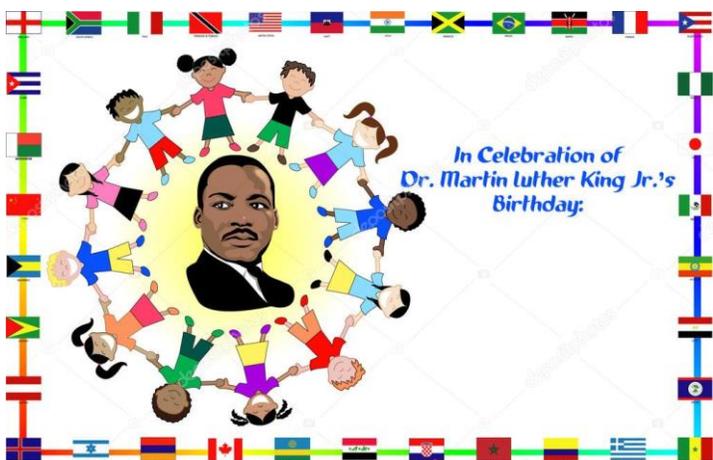
G Vorbeck Designs. During the 1980's, I painted with oil on canvas. Now, during this time of "pause", I started doodling with colored pencils and markers. The bright colors and free flowing designs bring a sense of hope, beauty and peace into my life. As you view my artwork, I hope it will bring a renewed 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 and Photography. Judson Kramer is a Graphic Designer and Photographer from Santa Monica, California with over 20 years of experience in design and art direction. He is MSCO's current webmaster and has been involved in the spiritual community for over 30 years. If you are looking for a graphics professional for your next project, logo design, design for print or web, check out **Jud's** website: JudsonKramer.com or contact Jud@JudsonKramer.com.

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

Metaphysical Teachings & Intuitive Work. Dana Cummins is available for ceremonies, meditations, rituals and techniques, crystal grid therapy, metaphysical classes, present and past life intuitive healing sessions. Dana brings over 25 years' experience in various modalities, spiritual counseling and ceremony. For info please call (928) 420-2109.

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

Shamanic Healing/Subtle Body Mapping. Toria is a trained Shamanic Practitioner and Certified Usui Shiki Ryoho Reiki Master Teacher, Certified Yoga Instructor, and Holistic Healer offering powerful healing services including sound therapy and tuning forks. She offers a customized subtle body map for clients, identifying areas needing clearing, balancing, support and healing. She offers classes for those who seek a deeper understanding of their spiritual journey. "Seek the healer within." Call 602-460-0566 www.BodyBalancebyToria.com.



JUDSON KRAMER
GRAPHIC & WEB DESIGN | PHOTOGRAPHY

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424.832.0985 | jud@judsonkramer.com
http://judsonkramer.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 for an appointment.

And now a word from Msttec3...
Please remember us with your generous
TAX-DEDUCTIBLE DONATIONS!
We gratefully Thank You in advance for
your active participation in
healing our world!

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 for more info.

Laura Miner
REALTOR®

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

ONE REALTYONEGROUP
MOUNTAIN DESERT
Each office is independently owned and operated

Happy Holidays

EVENTS AT A GLANCE!

- ∞ Mountain Spirit Healing and Educational Center (MsHEC3) Online Silent Auction, November 1st through December 10th
- ∞ Celebrating Winter Solstice on Zoom
- ∞ Circle of IDA

Documentaries on Amazon Prime

- ∞ *Life to Afterlife: Tragedy by Design*
- ∞ *Life to Afterlife: The Healers*



Mountain Spirit Co-Op and MsHEC3

Gift Certificates Available!



Advertise in the Intuition!

Our Newsletter reaches thousands of households!

- ∞ Advertise on our Website and Facebook pages!
- ∞ Contact us for rates and details at (928) 445-8545.

amazon smile 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? Guess what! **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.

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.

Like us on Facebook!
[Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp) and [Facebook.com/MsHec3](https://www.facebook.com/MsHec3)

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

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.

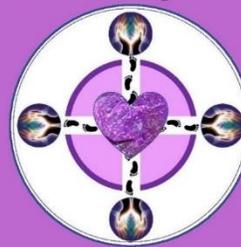
MsHec3 Board of Directors

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

MsHec3 Project Mission

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

Mountain Spirit Healing & Educational Center AKA MsHec3 Project
 A Non-Profit Organization



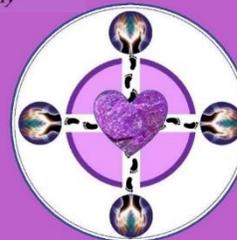
Are you at the Crossroads of Change?

- 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 →

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**HAPPY HOLIDAYS
 MAZEL TOV
 MERRY CHRISTMAS
 HAPPY NEW YEAR
 HAPPY HANUKKAH
 SEASON'S GREETINGS
 HAPPY KWANZAA
 PEACE ON EARTH
 AND GOODWILL TOWARDS ALL**



“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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