

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

April/May 2021

Volume 17 Issue 3

## Into the East

We entered into the East when we greeted the first day of Spring. This is a time of new beginnings, birth and a new year life cycle. Now is the time to sit with your seeds of intent as you prepare to weave them into the tapestry of Creation. What they become is up to you, only you will know them and their purpose. So, make sure you tend to them, care for them, love them and know how deserving you are of them. As you offer them to Creation, we all get to share in these blessings as they grow and come into fruition. As new life is being born especially within the animal and plant kingdoms, we will be witnessing it, hearing it and seeing it. We will see little ones scurrying about under their parents' footsteps or wings as they learn to fly. We will be listening to the wind as it blows the old seeds over the land to grow new life, and the birds will be singing as they rejoice and give birth under a new Sun. We will see the beautiful shades of blossoms on the trees blooming and the sacred bees will be buzzing around tending to them. With the Sun on its new course the skies will fill with colors that will make you take in a deep breath and sigh. New life and new beginnings are happening now. How will you greet this new life cycle? What new fresh happening will you bring into the world? You have all of Creation within you and supporting you. With access to all that is, make it magical, blissful and let it shine.

## Welcome MSCO Welcomes New Members!



### Barbara Swicewood Fisher of Clearview

Barbara is the creator of Brain Healing and Heart Healing Resources. With a Bachelors degree in Psychology and Political Science and a Masters degree in counseling Psychology. She is the co-author of two books "Moving through Change with Grace" and "Stuck in the

Yuck". Both books focus on healing from depression, anxiety, and pain. Barbara is also a metaphysician, an astrologer, a healer and a cosmic and spiritual advisor. She has studied all over the world to learn about resonance, abundance, health, manifestation, divine healing and transformative awareness of "creating our own reality" by blending science and spirituality. For more information or to book an appointment, please call Barbara Fisher at (404) 271-5350 or Email: [clearviewresources@att.net](mailto:clearviewresources@att.net)

MSCO Members • Free Guided Meditation!  
**Into the Silence of Your Soul**

Michael's Welcome Gift  
For All MSCO Members

Discount Code:  
MSCO21  
Expires: 05/01/21  
Value: \$18.95

[www.Soul-utions.com](http://www.Soul-utions.com)  
Michael Patrick Bovenes

### Michael Patrick Bovenes of Soul-utions

Michael Patrick Bovenes, AM is a gifted spiritual healer, hypnotherapist, and metaphysician. Since 1994, he's helped spiritual people transform their stress into strength and their struggle with greater freedom and confidence. Michael is the founder and inspirational leader at Soul-utions for Moving Beyond Struggle (Facebook Group) and the author of many metaphysical articles and a popular series of guided meditations. Michael teaches people how to activate their inner power to create the changes they desire.

<https://www.facebook.com/groups/214596929401688>

Below is the link for the Michael's free class.

[How to Activate the Magic of Metamorphosis to Transform Your Life!](https://www.facebook.com/groups/214596929401688) <https://soul-utions-courses.onepager.app/?i=288559670904226316>

## Mountain Spirit Co-Op

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

Facebook:

[www.facebook.com/MountainSpiritCoOp/](http://www.facebook.com/MountainSpiritCoOp/)  
Readers and Practitioners by appointment

Please note that all event locations are noted.

We need impact for transformation. Don't mistake the cracks for a flaw in the design. The flaw is in the perception that wholeness is lost.

Alexa Altman

# Conscious Choices

Dana Cummins

Peace Ambassador  
Metaphysician

(928) 420-2109

ConsciousChoicesAZ@gmail.com

ConsciousChoicesAZ.com



Creating Pathways to Peace...

## April/May Classes and Events

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

## Ceremonies

**Water Blessing.** April/May 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.**

## CLASSES

**How to Activate the Magic of Metamorphosis to Transform Your Life!** Discover the 7 steps to build a solid foundation of personal healing and permanent change. Learn new ways to move past your resistance and align with your empowered destiny and future self.

**Circle of Friends: Metaphysical Discussion, Prayer, Ceremony & Meditation.** Sundays April 4th & 18th, May 9th & 23rd from 10:30-11:30 (MST). We will be working with different metaphysical material and creating new ways to weave the wisdom into our daily lives. Discussion, Questions and Answers, Springboards of Ideas and Meditation. **Spiritual Guide: Dana Cummins** Cost: \$25 suggested donation. For questions or to sign up please contact Dana at (928) 420-2109 or at consciouschoicesaz@gmail.com

**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

**Medicine Wheel Teachings.** Sunday, April 11th and Tuesday, May 11th from 10am to 12:30pm. We continue the new life cycle by honoring the 2nd and 3rd moons of the East. We will embrace the teachings, stories and influences of these times. As we continue to awaken and receive the medicine that each direction offers, we will start to assimilate and celebrate the guidance and connection to all of Creation. **Spiritual Guide: Rebecca Cutehands.** Cost: \$150 each class. Location: Classes offered on Zoom until we can gather in an outside setting. For more information or sign up call Rebecca (928) 499-4128.



**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. **A transformational series of workshops** that build upon each other. **Facilitator: Barbara Fisher.** All workshops will have enlightened information, meditations, rituals, elevated techniques, fun, and creativity. Spiritual consults via phone, Facetime. Two special retreat-oriented intensives for a small group. Psychotherapy (if desired). **The Workshop Series: The Luminous Path to Conscious Creation:** Reduce pain; Create/allow magical and abundant success; Achieve love, happiness, joy, and peace; Reduce world pain; Activate and revitalize dreams for self; Activate dreams for the world; Be who you came to be. **Cost:** \$125.00 per class. **(It is going to be important to register for these classes as a series) You may pay for the entire series and receive a \$200 discount, or you may pay for each class separately (A Non-Refundable Deposit \$50).** **Workshop Time:** 10:00-5:30 Class will be limited to 15 participants. **Workshop Location: 1151 Sheridan Road, Atlanta, GA. 30324.** For more information or to book an appointment, please call **Barbara Fisher** at (404) 271-5350 or Email: [clearviewresources@att.net](mailto:clearviewresources@att.net)

# EVENTS



**Documentaries.**  
**Rebecca Cuthands** 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.



### Mountain Spirit Co-Op

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

### MsHec3

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

### Conscious Choices AZ

<https://www.facebook.com/Conscious-Choices-AZ-110668960463727>

### Friends of Lazaris

<https://www.facebook.com/groups/588861724615208>

### Soul-utions for Moving Beyond Struggle Facebook Group

Join a fun, engaging, and an insightful Facebook group that focuses on metaphysical, spiritual empowerment teachings to resolve personal negativity and fulfill your Soul's empowered destiny. Join this group and IM **Michaïel** that you are a part of Mountain Spirit Co-Op to receive a complimentary guided meditation download.

<https://www.facebook.com/groups/214596929401688>

### "Move the Body, Quiet the Mind Mini Yoga Sessions"

series with **David Clay** on Facebook at [www.facebook.com/YCFLD/Videos/](http://www.facebook.com/YCFLD/Videos/)



★ PLEASE SUPPORT OUR ★  
**FUNDRAISER**

### Community Yard Sale

Saturday, April 24th 8am-2pm at David and Oleta's  
6427 E Ashton Place, Prescott Valley

If you have any gently used items, please contact Oleta at (928) 458-5577 to arrange pick up or delivery.

All donations go to help the **MsHec3** project help those in need of healing and education. Thank you for your support.



**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 (928) 420-2109 or [consciouschoicesaz@gmail.com](mailto:consciouschoicesaz@gmail.com). Let your journey begin.

**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

— YOGA —



**Move the Body, Quiet the Mind.** David is presenting Yoga classes online via Yavapai County Free Library District in the "Move the Body, Quiet the Mind Mini Yoga Sessions" series on Facebook at [facebook.com/YCFLD/Videos/](http://facebook.com/YCFLD/Videos/) Check out **David's** YouTube page at **David Clay Yoga**.

# 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.

**Clearview, Barbara Fisher.** Brain Healing and Heart Healing Resources. **Barbara** is also a metaphysician, an astrologer, a healer and a cosmic and spiritual advisor. She has studied all over the world to learn about resonance, abundance, health, manifestation, divine healing and transformative awareness of "creating our own reality" by blending science and spirituality. For more information or to schedule a session call **Barbara** at (404) 271-5350 or email to [clearviewresources@att.net](mailto:clearviewresources@att.net) and visit her on the web at [ClearViewTherapeutic.com](http://ClearViewTherapeutic.com)



**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](http://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 energy systems are custom-manufactured in Prescott Valley. Free 20-minute interview (602) 842-2688 or [knochj@gmail.com](mailto:knochj@gmail.com).



**Reiki Master, Chakra Alignment, Prenatal Yoga and Jewelry Classes.** **Celeste Holly** is a certified Usui Shiki Ryoho Reiki Master Teacher, as well as a crystal and vibrational healer, certified yoga and prenatal yoga instructor and has over 10 years of experience in teaching jewelry making. **Celeste** offers Reiki energy work, vibrational crystal chakra alignment and jewelry classes. Contact **Celeste** at [ccholly@gmail.com](mailto:ccholly@gmail.com) or 920-858-2966.

**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).



**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





Get Unstuck: Free Yourself for Positive Change

I'll be the first to admit it, I was a sensitive boy, and looking back on my childhood, I now know that what I thought was a 'defect' was actually a gift.

In my teenage years, I learned to meditate, and it helped me get in touch with my feelings rather than avoiding them. But meditation is only what made me aware of the repressed anger, hurt, and shame I had hidden inside of my heart; it didn't resolve them. After many years of personal exploration and coaching folks on inner peace, I discovered the keys to building emotional intelligence that anyone can apply.

The majority of people are held prisoner by their emotions and are unaware that they are the root cause of our stress, personal suffering, and frustrations. Emotional repression is the source of most people's depression and anxiety.

Michaïel Patrick Bovenes

Link for article

<https://soul-utions.com/blogs/news/the-journey-toward-emotional-intelligence>



**Advertise with us!**

**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.

**GIFT CERTIFICATES AVAILABLE!**

Mountain Spirit Co-Op gift certificates are available.



# EVENTS AT A GLANCE!

## CLASSES

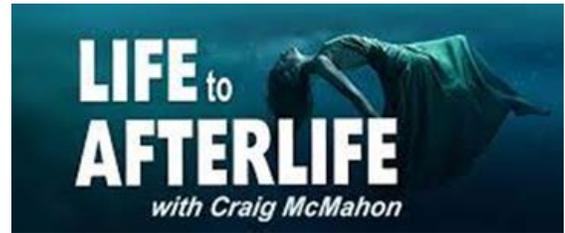
**Circle of Friends: Metaphysical Discussion, Prayer, Ceremony & Meditation.** Sundays April 4th & 18th, May 9th & 23rd from 10-11:30 (MST). For more information or to sign up call Dana at (928) 420-2109.

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**How to Activate the Magic of Metamorphosis to Transform Your Life!**

<https://soul-utions-courses.onepager.app/?i=288559670904226316>

## DOCUMENTARIES



Amazon Prime.

Titled: *Life to Afterlife; Tragedy by Design.*

Titled: *Life to Afterlife; The Healers.*

Also available on Vimeo.

## YOGA CLASSES

**Move the Body, Quiet the Mind.** Contact David Clay at 928-458-5577 or **DHL at 928-632-5049.**

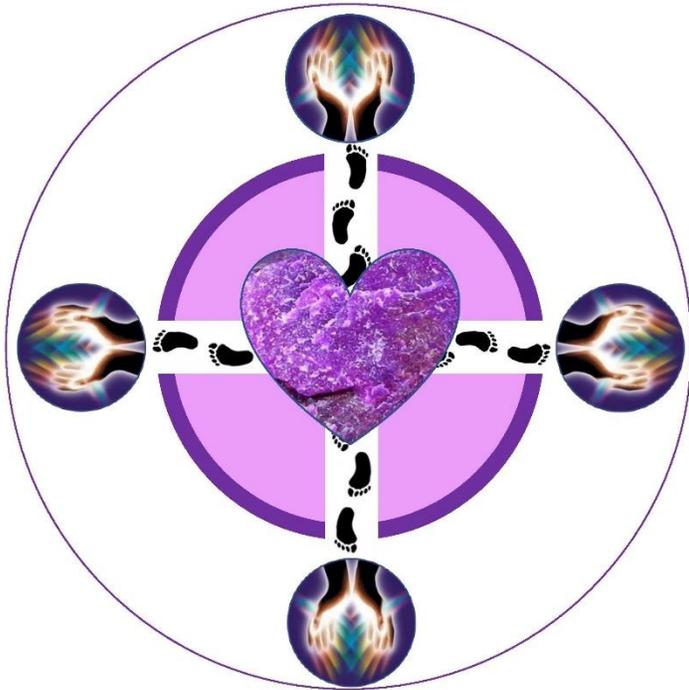
**Higher Power Yoga, Y12SR Yoga.** Sundays at 10:00 am (MST) on Zoom with Celeste Holly, Zoom ID: 753 0951 2316. Contact Celeste at (920) 858-2966 or [ccholly@gmail.com](mailto:ccholly@gmail.com).

## MsHec3 Fundraiser

**Community Yard Sale Saturday, April 24th, 8am-2pm**  
6427 E Ashton Place, Prescott Valley

## NEW VIDEOS AND CLIPS

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



### MsHec3 PROJECT MISSION

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

### MsHec3 BOARD OF DIRECTORS

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

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

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

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

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

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

### MsHec3 Contact Information:

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

[MsHec3@gmail.com](mailto:MsHec3@gmail.com)

(928) 421-3399

### For Events, Information, FB, Donations

*(PayPal, Amazon Smile)*

Please check out MsHec3's Website: [MsHec3.com](http://MsHec3.com)

Did you know ...

**amazon**smile

You shop. Amazon gives.

Start shopping

... 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? 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://Facebook.com/MountainSpiritCoOp)

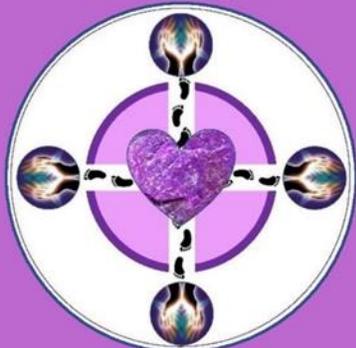
**The Intuition Newsletter is a loving collaborative effort** by Rebecca Cutehands, Dana Cummins, Laura Nelson, Judson Kramer and Beth Markley.

**The Intuition newsletter is distributed via email:** [MountainSpiritCo-Op.com](http://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.



# 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

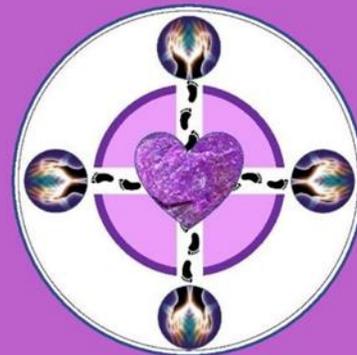
Spiritual Counseling

Intuitive Readings

Equine Therapy

← Funding offered to those who qualify →

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“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

 MsHec3

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**MsHec3 Project Mission**

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

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