

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2021

Volume 17 Issue 4



We are now entering into the time of the South. During this time, we are walking with the four leggeds of our Earth Mother who

are teaching us to trust the seeds we have sown into the sacred weave of the new life cycle during the East. We are following the strong path of the Sun and will continue to greet this beautiful bright life-giving star every morning with a smile of appreciation. The Standing People of the South teach us to appreciate the strong roots of our past, knowing that without these roots the sacred tree of life cannot grow. As each day is given more light from the Sun, we are given more time to shine bright and live our dreams. The time of the South is where we connect with our Earth Mother and share with her how much we love her for all that she provides for us. And for all the moments that naturally unfold with her and all of Creation that sometimes take our breath away or leaves the most poetic person speechless. Many blessings.

**fundraiser**

For  
MSHec3

**Rummage Sale**

Saturday, July 17 from 8:00 am to 1:00 pm  
6427 E. Ashton Pl., Prescott Valley

Time to clean out for summer! Please contact Oleta at (928) 448-5577 to arrange pick up or delivery of your gently used items. This is a big sale with tons to go through. Remember: One person's gently used trash can be your treasure! 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.

Summer

**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.



**Barbara S. Fisher** of  
Clearview  
Therapeutic

Resources in Atlanta,  
Georgia, completes a  
brain scan procedure called



a Quantitative EEG. The brain scan identifies brain wave dysfunctions, leading to debilitating physical (movement, muscle relaxation, right and left side ambulatory functioning, migraines, epilepsy, etc.) It also identifies emotional problems, such as depression, anxiety, bipolar, word retrieval and declaration, memory issues, etc. This brain scan report identifies issues within the individual's brain that are remedied by using noninvasive neurofeedback. Neurofeedback is based on operant conditioning and retrains (rewires) the brain for normalcy.

Barbara completes the Quantitative EEG in person at your residence. Then she sends the report digitally to the world-class organization-Brain Science International, to be read and thoroughly analyzed. She receives an analysis report that contains highly scientific and precise findings for the individual's brain. As part of this thorough report, Neurofeedback protocols are designed to correct these problems. A small Brain Master machine is placed in the home to complete and monitor this neurofeedback. It is attached to your PC.

Barbara has done this same process for well over 20 years using these scientific, sophisticated brain scans (Quantitative EEGs) to provide accurate in-home neurofeedback for clients of all ages, locations, and types of impairments. (It works great, is noninvasive, and corrects the problems permanently at the source-the brain.) She only makes one in-person visit, as everything else is done in a mobile fashion. She can be reached via phone at 404-271-5350 and email at [clearviewsources@att.net](mailto:clearviewsources@att.net). The brain scan is an extremely organic, futuristic, and easy way to heal.



May we each discover our own form of  
spiritual electricity — and light up our world.  
- Eileen Rivers -

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

# June/July

## Classes & Events

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

### Ceremonies

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



**Pachamama Ceremony.** Sunday, August 1st from 11am to 2pm. This is an Andean celebration that honors Mother Earth and The Sacred Mountains. We will be honoring the Andean medicine wheel, creating the "mouth of the earth", and sharing in sacred ritual offerings of gratitude. If you are a

Mesa carrier, please bring it with you. Spiritual Guide: **Rebecca Cutehands**. Cost: Love Donation. Location: Entire event will be held outside at The Playground Ranch. This ceremony is limited to twelve participants. To sign up call **Rebecca** at (928) 499-4128. Food and refreshments will be offered at this gathering.

## Conscious Choices

Dana Cummins  
Peace Ambassador  
Metaphysician

(928) 420-2109  
ConsciousChoicesAZ@gmail.com  
ConsciousChoicesAZ.com



Creating Pathways to Peace...

## CLASSES

**How to Create Positive & Permanent Change: Activating the Magic of Metamorphosis!** Do you resist change? Discover the steps to move past your resistance to create permanent transformation in your life. Discover the five secrets of personal transformation and how to move from the past into your empowered destiny. Spiritual Guide: Michael Patrick Bovenes. Experience Michael's free class:

[How to Create Positive & Permanent Change: Activating the Magic of Metamorphosis!](#)



**Medicine Wheel Teachings** continue each month to be held on the New Moon. Those who have acquired the introduction class and the beginning cycle moons can join into the monthly class at any time. If you wish to start your teachings in person or on zoom, please call **Rebecca Cutehands** at (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 fifteen 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).



**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.

## 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/](https://www.facebook.com/YCFLD/Videos/). Check out **David’s** YouTube page at **David Clay Yoga**.

**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



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

“**Move the Body, Quiet the Mind Mini Yoga Sessions**” series with **David Clay** on Facebook at <https://www.facebook.com/YCFLD/>



**Spiritual Journey/Writers Retreat Center.** 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. 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.



## 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 [clearviewresources@att.net](http://clearviewresources@att.net).

*If you find yourself wanting a healing session or education on a certain modality or practice but without the finances to do so, then reach out to us at [MsHec3.com](http://MsHec3.com) and fill out a quick application for a scholarship.*

**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).

**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 bring a renewed sense of hope, beauty, peace, and JOY into your life as well. Clothing, Artwork, 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 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.

A logo for Judson Kramer featuring a stylized 'JK' in a circle. Below the logo is the text "JUDSON KRAMER" and "GRAPHIC & WEB DESIGN | PHOTOGRAPHY". Contact information includes "1825 Pearl Street Santa Monica, CA 90405", "424.832.0985 | jud@judsonkramer.com", and "http://judsonkramer.com".

**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>



**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](mailto:ccholly@gmail.com) or (920) 858-2966.

**Michaiel Patrick Bovenes of Soul-utions \*for Moving Beyond Struggle.** Michaiel is a gifted spiritual healer, hypnotherapist, and **\*personal empowerment coach**. Since 1994, he is helped spiritual people transform their stress into strength and struggle with greater freedom and confidence. Michaiel 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. Michaiel teaches and offers private sessions to help people how to activate their inner power to create the changes they desire. Contact Michaiel by email [michaiel@soul-utions.com](mailto:michaiel@soul-utions.com) or visit his Website [www.Soul-utions.com](http://www.Soul-utions.com)

**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](http://www.BodyBalancebyToria.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.

**Yoga Teacher.** 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/](https://facebook.com/YCFLD/Videos/) . Check out his YouTube page at **David Clay Yoga**. Also, he is collaborating with his brother Dwayne in a podcast series called ARC to Wellness. ARC to

Wellness is a dynamic philosophy and empowerment practice of connecting our physical, mental, and emotional selves through Awareness, Reflection and Choice. None of us is broken. Join us as we explore ways to access our ability to take charge of our own health and wellness. ARC to Wellness

can be heard on Spotify, Apple Podcasts, and Google Podcasts as well as: <https://arctowellness.buzzsprout.com>.



## Article

### Crossing Over: 5 Keys to Unlock Painless Transitions in Your Life

During this year so many of us have faced a crossroad regarding our future. It happens usually during mid-life which can turn into a crisis or a celebration depending on how you make new choices and align with the future. It is during these times that we have an opportunity to change. Some people choose to remain unconscious and pass right through a crossroad of life without knowing of such opportunity that can come if they were to change the direction in which they are going.

#### What exactly is a crossroad in life?

It is an intersection of opportunity to change and to create more success, love, and joy in our lives. They represent an opportunity to explore unfamiliar territory in any area of our lives. It also represents a challenge to go into the unknown and to try something different. A different approach to the way we live our lives. A crossroads always brings transition. A letting go of what was to embrace and reach for what will be. One thing is for certain if you choose to change directions in

your life, a crossroad of choice, challenge, and the transition will be just around the bend.

Times of transition are like crossing a bridge that is too high to see what lies on the other side. You know you are moving forward but have not traveled long enough to reach the peak of the bridge to glimpse the unfamiliar territory you are about to enter.

*Transitioning from the past to the future, involves letting go of the familiar to embrace the unfamiliar.*

It means stepping with trust in yourself and others, your spirituality, and the world to be there to guide and direct you. Transition is a time of great challenge to stretch you to become more of who we are.

**First key is knowing that chaos is always a part of transition.**

To make any transition easier is to realize what to expect during these challenging times. Learn how to relate to chaos and understanding that it is the creator of change and inevitable will help lessen your fears. When we feel chaos, we often think we are doing something wrong. When you realize chaos is going to be there, you can anticipate rather than procrastinate.

*Chaos interrupts our peace of mind and often our stability for a while, but it is a necessary key to unlock positive transitions in your life.*

To successfully move through a transition, you must enter chaos and remain grounded. We usually try to push chaos over the bridge, rather than taking its hand and walking together, side-by-side, until the chaos of change releases its fear and transforms into enthusiasm and excitement. Joy emerges when we challenge ourselves to become more, joy is a chaotic feeling.

**Second key is practicing patience.** Transitions always involve time to get from one side of the bridge to the other, and patience becomes a beautiful ally. We cannot force transition any more than we can force a pan of water just placed on a stove to instantly boil; it takes time. Be patient! Breathe, meditate, journal, and learn to relax during these times will augment the patience you will need to move forward into the unknown with confidence and trust.

**Third key is that of choice.** Positive transition emerges out of conscious choice; negative changes are absent of choice and involve crisis instead. What can you choose during a time of transition when you face an unknown about your future? You can decide how you are going to BE in the future and start practicing it NOW!

***Who are you going to be, Powerful & successful or Disempowered & struggling?***

These choices of being are essential to define during transition. If you look beneath the surface, every transition



involves changing your state of being to become more. Who you are becoming is always a choice. Even if you do not know where you are going, decide now that you will be confident, loving, and empowered, right now! Create a To-Be list as well as your To-Do list.

**Fourth key is challenge.** The crossroads of transition challenges you to your destiny and fate. It challenges you to face your fears and move beyond them into greater love. Transition is about taking a new step toward more love, passion, and responsibility in your life. Accept the challenge of becoming more and manifesting your destiny.

**Fifth key is a Willingness to be Vulnerable.**

We respect and honor others who open their hearts and are vulnerable and authentic. Yet we dread doing it ourselves. It always causes our ego to squirm. It takes courage to be and express yourself openly and honestly. It is necessary to summon the courage of vulnerability to create positive and permanent change in your life. It takes courage to admit who you are and what you would like to do in the world.

Vulnerability is the final key toward making positive transitions in your life. The unknown is about moving outside of your comfort zones and exploring new potentials and opportunities. Know that you can do it, as you take one step at a time into the future you desire to create for yourself.

These five keys offer you the secrets for a positive transition. Which future you will land upon is based upon how you consciously participate during your time of transition. You do not have to wait until you get to the top of the bridge to see what is on the other side before you choose to be powerful and responsible.

During times of chaos and when facing the unknown, you can choose to be patient rather than panicked, and trusting versus insecure. You can learn to embrace your challenge of becoming a more powerful person. The choices you make now will ultimately determine what is on the other side of the bridge!

Contact Michael Patrick Bovenes by email [michael@soul-utions.com](mailto:michael@soul-utions.com) or visit his Website [www.Soul-utions.com](http://www.Soul-utions.com).



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

**Pachamama Ceremony**

Sunday, August 1st from 11am to 2pm

**Medicine Wheel Teachings**

How to Activate the Magic of Metamorphosis to Transform Your Life! <https://soul-utions-courses.onepager.app/?i=288559670904226316>

**Fundraiser for MsHec3**

Rummage Sale

Saturday, July 17 from 8:00 am to 1:00 pm  
6427 E. Ashton Pl., Prescott Valley

**DOCUMENTARIES**

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

**Amazon Prime.** Titled *Life to Afterlife; The Healers.*

Available on Amazon Prime and 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).

**NEW VIDEOS AND CLIPS**

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

**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.



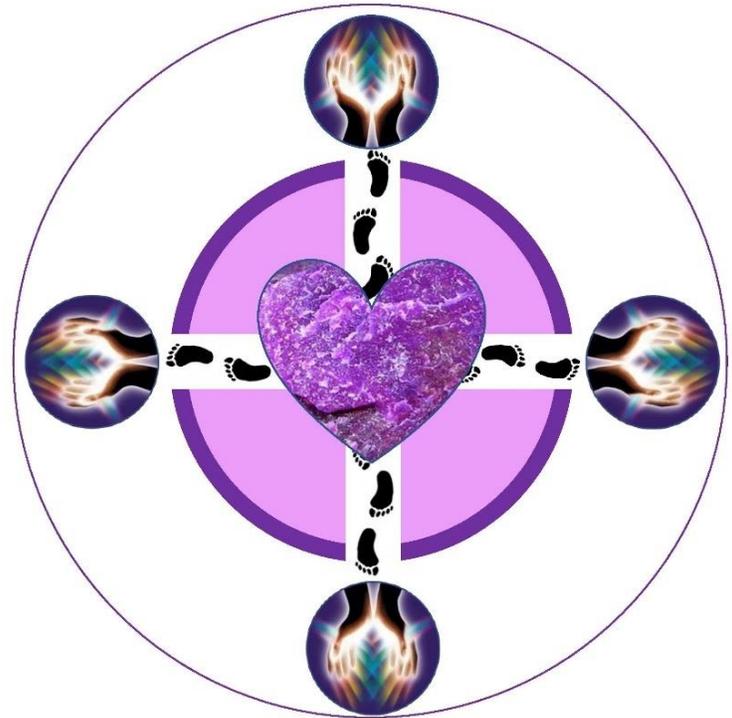
*Like us on Facebook!*

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



Start shopping

If you choose to order from 'Amazon Smiles' and 0.5% of your purchase will be donated to a charity of your choice and Mountain Spirit Healing and Educational Center is listed in their organizations to which you can choose to donate. So please, go to <http://smile.amazon.com>, log in, and choose your local charity helping those in need here in Arizona.



**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
- 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)*

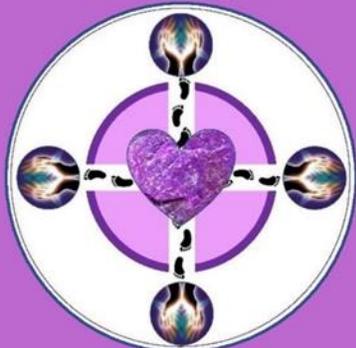
Please check out MsHec3's Website: [MsHec3.com](http://MsHec3.com)

*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

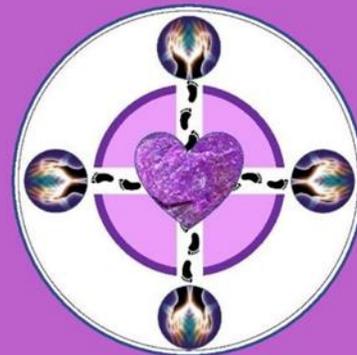
Spiritual Counseling

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.

**MsHec3 Board of Directors**

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

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

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

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

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

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).