

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

August/September 2021

Volume 17 Issue 5



We are moving into the West, the time when Grandfather Sun settles back from the earth and Grandmother Moon steps forward to carry her strong and nurturing light during the longer days of shadow. This is a time of

great harvest and to celebrate all that has brought us so much bounty. As we gather our blessings we share with friends and neighbors and take moments to gather together in celebration. In honor of Selu, the Corn Maiden, we dance and sing and give thanks to her for all that she has brought forth. The time of the bear is coming to face the moment of its deepest sleep upon the earth. The bear reminds us it is time to go inward and quiet the mind and let your heart and spirit heal and play. So, as we slowly start to let go of the long warm days of summer let us ease into the autumn equinox where the nights become the keepers of our creative moments.



Thank you to Everyone who participated in the MsHec3 July Fundraising Rummage Sale! So many new folks donated, and the sale raised over \$400 for those seeking scholarships! Remember, if you or a loved one need assistance in paying for healing work, please go to <https://mshec3.com/patient-client-application/> and complete the short application to receive a scholarship for 20-80% of the cost of a session. If you'd like to give a tax-deductible donation to help those in need, please send your gift through PayPal to MsHec3@gmail.com or mail your donation to **MsHec3 at PO Box 11553, Prescott AZ 86304**. Thank you for your generosity!



Here is a sample of what our clients are saying about MsHec3's incredible and positive influence through their scholarships and amazing practitioners:

MsHec3

I am so grateful for the scholarship discount, and this is truly amazing help that helps me be able to heal my body and it's problems I am trying to address for many years now.

Celeste

I received calming and pain reduction from working with Celeste after shoulder surgery.

Oleta

Angels and Guides were called in and Archangel Michael showed up. The reading gave me clarity and Divine guidance.

Dana

1) This one session accelerated my healing processes by several weeks or months of what I would have been able to achieve on my own/with the other help I have been receiving. (2) It cleared residuals of responses to very old trauma that had been held in bodily muscular bracing patterns for decades. I now have a more natural lumbar curve and hip sway, that had been suppressed for several decades. (3) I feel much "larger" and like I take up more space--and that I am allowed to own the space that is mine to occupy. (4) I continue to feel subtle energy, muscular, postural, and movement shifts as the newer ways of being integrate more deeply.

Rebecca

Whenever I have worked with Rebecca, which has been a total of three times now, the last being this week... I have always felt so looked after. She is such a professional, patient and gifted lady whom I would recommend to anyone on a healing path. I always feel seen, supported and as if I am talking to a close friend. She helps heal the body by scanning what needs fixed and then helps rebalance that along with powerful visions which always resonate with where I am on my path. I am confident her work with me is aiding me on deep levels and the whole experience I always look forward to as it's such wholesome experience working with her.

(Testimonials continued ...)

The future is not some place we are going, but one we are creating. The paths are not to be found, but made. And the activity of making them changes both the maker and their destination.

John Schaar

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.

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

Dana

Dana was very sensitive to my feelings at this time of my life. Very understanding and encouraging. We started with grounding exercises and being aware of your gratefulness.

Dana is working with me to believe more in myself.

Dana has given me encouragement on how to live my daily life.

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Dana has given me encouragement on how to live my daily life.

I feel very comfortable with Dana to be able to express my fears, anger, worries, regrets, and guilt. Learning new daily practices and habits. Ways to start my day with more grace and ease.

It was awesome. I released a lot of anger. Learning about my ego and to understand it.

It was comfortable and caring that I could share my feelings. She helped to raise my vibrations, I feel so low about myself.

Any residual doubts I had about distance healing work being effective were effectively resolved as a result of this healing session with Dana. Our connection was established right away. Among the many beneficial shifts I experienced, there are three that stand out the most for me. First is that the physical and energetic "shield" that was blocking the back of my heart chakra area is now gone. In its place is the naturally open channel that allows universal love energy to be received and move through the conduit of my heart chakra. Second is that I now (energetically) have "backs" to my legs. This was the continuation of a healing process that's been unfolding for several weeks. Third, during the final integration phase of the

Conscious Choices

Dana Cummins

Peace Ambassador
Metaphysician

(928) 420-2109

ConsciousChoicesAZ@gmail.com

ConsciousChoicesAZ.com



Creating Pathways to Peace...

session, some old part(s) of me that has previously been lost came swooping up through my root chakra/genital area. It came to inhabit my abdominal area, which has been feeling hollow for some time. This previously-lost soul part expressed a delighted, "I am home!" It knew when the conditions had become right/ripe for its presence to be welcomed and sustained. Any one of these three shifts would have been a satisfactory outcome of the session. To receive all three was fantabulous!! I experienced Dana as a highly skilled healer with remarkable skills. I highly recommend her services for anyone needing this type of support.

I felt great and like I could actually be useful.

I felt emotionally stable, centered, and supported in my life/being.

Positive helpful session that helped me to foster hope.

A rekindling of a more positive attitude and energy to help carry on.

I am always open to receive and feel blessed to have Dana Cummins

Thank you again for your generosity of spirit, time, and amazing connection and gifts.

My appointment was very helpful. Some of it hard to hear, but I'm very grateful for the guidance, the energy relief, and the many validations.

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

Rebecca

This was super wonderful, she helped me in areas that I had no idea were out of alignment. Realigned my hips and jaw and reset meridians.

Rebecca is an angel, I pray for someone to help me and she is a blessing to me.

More peace, less stressful day, my neck is improving movement and I'm not so depressed and lay in bed, I get up and start doing more things.

Every time Rebecca works with my son his anger and outbursts seem to become less and less, Rebecca has been so kind, patient and generous with her time and I feel very blessed to have her in our lives. She has helped my son and also me to release a lot of fear and anxiety and I am very grateful we found each other.

Beautiful, Informative, Insightful. Feeling emotionally better already.

Freeing, can't wait to share.

My son took a bullet through his head in 2015, I've been his caregiver. We've needed healing on so many levels. Rebecca has provided it and continues to provide with us both making great progress...grateful.

I feel supported.

Real connection made and amazed at our new friendship.

A feeling of hope that I am on the road to true healing.

Rebecca is a calming ray of sunshine to work with, she made me feel safe, comfortable, and informed about what was taking place. She did a physical body reset and then relayed specific points in the body that needed reset again. She then shared visions of the spiritual kind and how they related to me and my identity. She gave me clarity confirmation and hope and I look forward to working again.

I felt seen and trust that internal healing has been carried out to help with my healing of body symptoms and root cause

I'm truly not the same person as when I started. Lots of emotional, physical, and mental healing going on.

Each session has the outcome of moving forward in my evolving on many levels!

August/September Classes & Events

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

— CEREMONIES —

Water Blessing. August/September.

This ceremony offers the individual an opportunity to cleanse and wash away giving the body, mind and spirit a fresh, regenerated, and purified feeling. This offering will lighten the heart and ready the breath. Cost: \$225 (two 3-hour sessions) also offered as a teaching. For info call [\(928\) 499-4128](tel:9284994128). 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](tel:9284994128). Food and refreshments will be offered at this gathering.



— CLASSES —

Manifesting Part 1 and 2: Learn the tools and materials used to create your reality consciously. Join us as we explore deeper understandings of why our life is what it is. Choose to heal the pains of the past and allow more of who you truly are to draw to you what you say you want. Part one learns the basics and gets all the info. Part 2 I work with you directly as you learn to use all the information in creating what you desire. This is an ongoing class I offer repeatedly. For one-on-one lessons, each part is \$150. For courses of four participants or more, each class is \$75. Facilitator: **Dana Cummins**. To sign up for a class or be put on a waiting list, call **Dana** at (928) 420-2109. Lessons based on the Lazaris material and 30+ years of using them.

Understanding Past Lives and How they Influence our Lives Today: Explores how hardships we have overcome in this life or are working to overcome are woven from the past. Each participant is taken on a journey to repair the lifetime that created the lingering suffering. Old habits, phobias, impairments, and beliefs can shift and change like magic. It's time to heal the present as well as the past. Individual classes are \$150. Facilitator: **Dana Cummins**. Call **Dana** for an appointment at (928) 420-2109.

Learning to Meditate: Learn to delve into your subconscious and unconscious minds to heal, reprogram and find peace and purpose in your life. Connect to your Guides, Higher Self, Soul, Spirit, God, Goddess, All That Is. All guided meditations are recorded for your personal use. \$120 session. Facilitator: **Dana Cummins**. Call **Dana** for an appointment at (928) 420-2109.



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](tel:9284994128).





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](tel:9284994128).

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](tel:4042715350) or Email: clearviewresources@att.net.

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.



Mountain Spirit Co-Op

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Conscious Choices AZ

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Friends of Lazaris

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

“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. 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](tel:9284202109) or consciouschoicesaz@gmail.com. Let your journey begin.



— 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**.

MEMBERS ONGOING OFFERINGS

Animal Communication. Ginny's primary focus is to assist people, as well as animals, in the energetic release of cellular memories and emotions attached to past traumas. She seeks to support the owner/caretaker and the animal in the formation of a closer bond through the development of a deeper understanding. A session with Ginny will not only

provide you with an opportunity to better understand your animal, it will also open a space for you to grow, heal and form new mindsets as well. Contact **Ginny Jablonski** and www.heartofthehorse.us and mention this ad for a 30% discount on your first session.

Awakening from Within with Rosemary Bartolomeo.

Interested in having less stress...more inner peace? These sessions enable you to release stored stress and tension from your mind and body. Emergence Care Certified, 25 years Meditating, Hands on Healing Certified, Reiki 1, Certified, B.A. Degree. Questions or appointments call **Rosemary** at [\(928\) 499-0024](tel:9284990024).

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](tel:4042715350) or email to clearviewresources@att.net and visit her on the web at clearviewresources@att.net.

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](tel:8006782356).

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](tel:6028422688) or knochj@gmail.com.

Every time trauma is healed, we restore a part of our past and make possible a brighter future for ourselves and succeeding generations. We transform separation, othering, and scarcity into relation, interdependence, and abundance.
Thomas Hubl



JUDSON KRAMER
GRAPHIC & WEB DESIGN | PHOTOGRAPHY

1825 Pearl Street
Santa Monica, CA 90405

424.832.0985 | jud@judsonkramer.com
<http://judsonkramer.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](tel:9288997746) 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, 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,



Celeste Holly
designs

Celeste Holly, Jewelry Artist
920.858.2966 • ccholly@gmail.com



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](tel:9284994128) 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](tel:9284202109).

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](tel:4802277287).

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](tel:9208582966).



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](tel:6024600566) 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](tel:4345680440) 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/. 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>.



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](tel:9284458545).

GIFT CERTIFICATES AVAILABLE!

Mountain Spirit Co-Op gift certificates are available.

*Dear MSCO and MsHEC3 Friends and Family,
Although I've been 'off the radar' for a while, I keep my spirit close through my work with this newsletter. I am honored and amazed by the continued growth of my heart-connected community and the humble, human and spirit healing that these amazing practitioners provide that locally and globally have such a profound effect. I feel blessed to be a part of this!
With all my heart and love, Laura Nelson*



EVENTS AT A GLANCE!

Pachamama Ceremony

Sunday, August 1st from 11am to 2pm

Medicine Wheel Teachings

Each month during the full moon

DOCUMENTARIES

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

Amazon Prime. 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](tel:928-458-5577) or DHL at [928-632-5049](tel:928-632-5049).

Higher Power Yoga, Y12SR Yoga. Sundays at 10:00 am (MST) on Zoom with Celeste Holly, Zoom ID: [753 0951 2316](https://zoom.us/j/75309512316). Contact Celeste at [920\) 858-2966](tel:920-858-2966) or ccholly@gmail.com.

NEW VIDEOS AND CLIPS

Go to MsHec3.com or visit us on Facebook 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.



The Intuition newsletter is distributed via email:

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.

Patriot Day 9/11



Like us on Facebook!

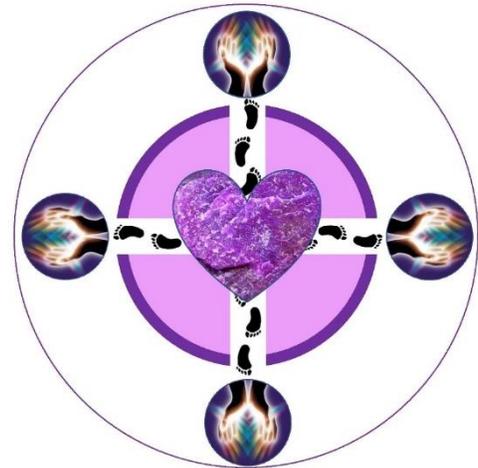
[Facebook.com/MountainSpiritCoOp](https://www.facebook.com/MountainSpiritCoOp)



You shop. Amazon gives.



If you choose to order from 'Amazon Smile' 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

MsHec3@gmail.com

(928) 421-3399

For Events, Information, FB, Donations

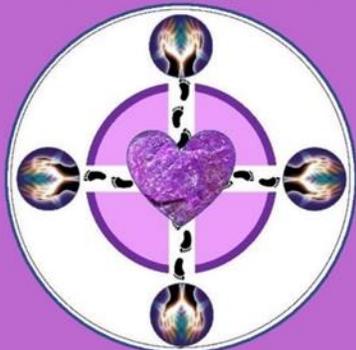
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Please check out MsHec3's Website: MsHec3.com

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

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

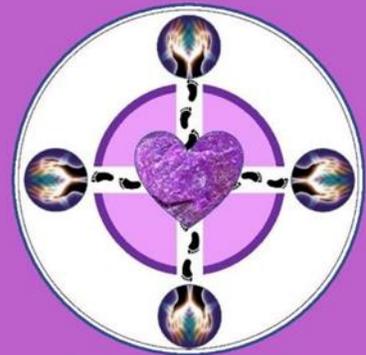
Equine Therapy



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

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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; or email MsHec3@gmail.com.