

# INTUITION



— A Newsletter Produced by Mountain Spirit Co-Op —

December 2021/January 2022

Volume 18 Issue 1



All the Folks of MSCO and  
MsHeC3 wish everyone a safe,  
healthy, and happy holidays. May  
the magic of the season bring  
gratitude and joy to all of us.

Dear Tribe, All Peoples Working with Honor  
for Love & Light,

Thank you for all that you Are.  
Thank you for the Love & Light you claim.  
Thank you for the Love & Light you share.  
It is an Honor to receive your Love & Light.  
It is an Honor to share mine with you.

I am so excited to know you more.  
And to be sharing more with you.  
These exciting yet destructive times  
Have kept us all so busy.  
Yet also knowing a rest,  
And for many, a sense of peace and hope.

So long we have waited for change.  
Many of us have felt its presence coming  
for ages, lifetimes even.

Whether it's Heaven on Earth or  
The New World or Other that you believe.  
The fact that you believe,  
Hold space for, send love & light to.  
I honor you, your presence and  
The many gifts and talents you bring.

I am so grateful for Mountain Spirit Co-Op  
And all of the amazing, kind, generous and  
loving people who have found us and are a part.  
To each of you, I thank, from the bottom of my heart.

Through all of the belief systems that we carry.  
That we may untether from the old world,  
Instantaneously healing all wounds  
As we welcome And embrace the New World.

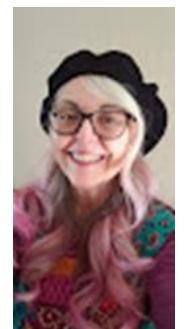
I have co-created with Spirit the attached meditation  
For releasing the cords that bind us to the past,  
And healing the wounds. It is my gift to each of you.  
I feel so blessed by our solidarity.

Love, Light, Laughter & Peace to All  
With Dignity, Grace, Ease & Compassion  
Highest Good with Harm to None  
Dana

Please see Dana's message with spirit by connecting to it with  
this link: <https://mountainspiritco-op.com/dear-tribe/>



Hi, I'm Kerry Carrillo, a mixed media artist and teacher and a new member of MSCO.  
I offer "Make & Take" art workshops. The curriculum is planned so that a finished piece can be completed by the end of class without feeling rushed to do so. My workshops are all about having a fun experience in a relaxed environment. I love to teach and share creative exchanges with my students.



Here are two of the classes I'm offering: (Please see the complete descriptions of Kerry's workshops under Classes & Events.) **VISION CARRIERS** - have fun making a leather pouch to carry your intentions for the new year. **ART BOOKS** - My friend, Laurie Silver, joins me in teaching this 2-day extravaganza of fun. Please feel free to contact me at [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com) for more information.

## Mountain Spirit Co-Op

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

Facebook: [www.facebook.com/MountainSpiritCo-Op/](https://www.facebook.com/MountainSpiritCo-Op/)

**Readers and Practitioners by appointment.**

Please note that all event locations are in the event descriptions.

*What if imagination and art are not frosting at all, but  
the fountainhead of human experience?*

Rollo May

# SILENT AUCTION

A Big Thank You to all that donated and bid on the Silent Auction... and It continues on MsHec3 Facebook account through Dec 10th, 2021!

Winners will be notified and items will be shipped out for the holidays.



## YEAR-END TAX DONATIONS WELCOME

**Mountain Spirit Healing and Educational Center** is a non-profit 501C3, so if you feel called to make a year-end donation to a project that is inspiring, dedicated and compassionate, please go to [MsHec3.com](http://MsHec3.com) and donate

December / January.



## HOLIDAY GIFT IDEAS

Please remember our talented and gifted artisans! Here's a sampling of some of the things they have for sale that you can find on our Facebook page or contact the artists directly. Remember, most of our artist also do special orders!



**Celeste Holly** - For prices, please contact Celeste directly:  
[ccholly@gmail.com](mailto:ccholly@gmail.com) or  
[\(920\) 858-2966](tel:(920)858-2966)



## Conscious Choices

Dana Cummins  
Peace Ambassador  
Metaphysician

(928) 420-2109  
[ConsciousChoicesAZ@gmail.com](mailto:ConsciousChoicesAZ@gmail.com)  
[ConsciousChoicesAZ.com](http://ConsciousChoicesAZ.com)



Creating Pathways to Peace...



Dar Jersey  
Dar's  
Twisted Art  
(928) 499-4128



## Classes & Events

### December & January

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

#### — CEREMONIES —

**The Fire that Burns at Your Heart**- December, January and February. This ceremony/teaching is designated to connecting you to the sacred fire that burns within each one of us. This is an Indigenous ritual that awakens our passion and reminds us to tend to the fire at the heart. The medicine of the buffalo will drape over you as the stories are shared, the fire is burning and the relationship with you and your fire is remembered. Spiritual Guide: **Rebecca Cutehands**. Cost: Individual session 2hrs \$200, Teaching 5-6 hrs \$400. For more information call **Rebecca** at (928) 499-4128.

**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 (two 3-hour sessions) also offered as a teaching. For info call **(928) 499-4128**. Spiritual Guide: **Rebecca Cutehands**. today.



## — 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 1, learn 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.

**Vision Carriers.** Have fun making a leather pouch to carry your intentions for the new year. This workshop is being offered twice - Jan 15th or 16th, 2022 Cost: \$65 Teacher: **Kerry Carrillo** [sheplayswithcats@gmail.com](mailto:sheplayswithcats@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](mailto:cutehands2@juno.com)  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

**Art Books.** Laurie Silver joins Kerry Carrillo in teaching this 2-day extravaganza of fun. We will be showing you how to make 4 different art books, including sculptural pop-ups & recycled journals. Feb 12th & 13th, 2022 Cost: \$22

Teacher: **Kerry Carrillo** [sheplayswithcats@gmail.com](mailto:sheplayswithcats@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.

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*).

**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)





**Reiki Level 1 Online Course.** Reiki is a gentle, yet powerful Japanese healing modality used for stress reduction, relaxation, clarity, and connection. It can be used daily on food, drinking water, plants, animals, and people. In **December**, Reiki Master Teacher **Toria Hungerford** will be offering this 2-day class via Zoom. Classes are taught traditionally- from teacher to student. Dates/times flexible around student's schedule. \$125, includes manual and certificate. For information, call **Toria** at 602-460-0566. [www.BodyBalancebyToria.com](http://www.BodyBalancebyToria.com)

**Reiki Level 2 Online Course.** At this level of Reiki, students learn about and receive attunements for the first three Reiki symbols, learn how to remove blockages, plus more. In **January**, Reiki Master Teacher **Toria Hungerford** will be offering this 2-day class via Zoom. This class is only open to graduates of Toria's Reiki level 1 class. Dates/times flexible around student's schedule. \$150, includes student manual and certificate. To register, call **Toria** 602-460-0566. [www.BodyBalancebyToria.com](http://www.BodyBalancebyToria.com)

## — EVENTS —



Craig McMahon and Produced by Craig and Lacy McMahon. In these documentaries, Craig discusses the controversial idea of our pre-birth plan with Spiritual



experience hardship and pain for the sole purpose of learning? You can find the ones that include Rebecca on Amazon Prime and YouTube, titled: *Life to Afterlife: Tragedy by Design*, and *Life to Afterlife: The Healers*. These documentaries offer you powerful information on various types of energy healing and teachings from a panel of healers from around the world. Please support them by giving them a good review. Thank you.

## 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.



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.

**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.com](http://clearviewresources.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](tel:(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](tel:(602)842-2688) or [knochi@gmail.com](mailto:knochi@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](tel:(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, Art Work, Totes, Greeting Cards, Mugs, Masks  
[www.redbubble.com/people/GVorbeckDesigns/shop](http://www.redbubble.com/people/GVorbeckDesigns/shop).

**Indigenous Teacher, Healer, Spiritual Guide. Rev. Rebecca Cutedhands** 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:(928)499-4128) for more info.

**Mixed Media Artist and Teacher Kerry Carrillo** offers “Make & Take” art workshops. The curriculum is planned so that a finished piece can be completed by the end of class without feeling rushed to do so. My workshops are all about having a fun experience in a relaxed environment. I love to teach and share creative exchanges with my students. Contact **Kerry Carrillo** at [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.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](tel:(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](tel:(480)227-7287).



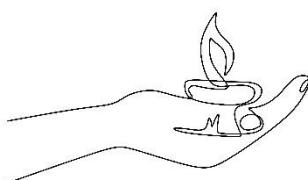
*Merry Christmas*



**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 (12 Step Recovery Yoga for addicts and those affected by addiction). Celeste is a certified Usui Reiki Master with over 10 years of experience. Reiki works on the physical, mental, emotional, and spiritual aspects of everything in life. Reiki offers healing health benefits for stress reduction, relaxation, and aids in better sleep. It allows a natural trigger for the body's natural healing abilities and improves and maintains health. She is currently offering long distance Reiki healing and one on one yoga classes through Zoom. Celeste also has over 10 years of experience in teaching jewelry making. She creates beautiful, healing wire wrapped pendants, beaded pendants, malas, and hand painted inspirational boxes which can be seen here and then purchased by contacting her. Contact **Celeste** at [ccholly@gmail.com](mailto:ccholly@gmail.com) or [\(920\) 858-2966](tel:(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](tel: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](tel:434-568-0440) for an Appointment



### 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>



### 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:(928)445-8545).

### GIFT CERTIFICATES AVAILABLE!

Mountain Spirit Co-Op gift certificates are available.



### 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](tel:(928)420-2109)

Rebecca Cutehands [\(928\) 499-4128](tel:(928)499-4128)

Oleta Clay [\(928\) 458-5577](tel:(928)458-5577)

Celeste Holly [\(920\) 858-2966](tel:(920)858-2966)

Sam Howell [\(623\) 980-9885](tel:(623)980-9885)

### 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...



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://www.facebook.com/MountainSpiritCoOp)

### The Intuition Newsletter

**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.

**Our Newsletter reaches thousands of households!**

Advertise on our Website & Facebook page! Contact us for rates & details at [\(928\) 445-8545](tel:(928)445-8545). 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).



## EVENTS AT A GLANCE!

### MsHec3 Silent Auction

via Facebook/MsHec3

November 1st through December 10th

### The Fire that Burns at Your Heart-

December, January and February

**Rebecca Cuthands.** For information call (928) 499-4128.

### Art Books

My friend, Laurie Silver, joins me in teaching this 2-day extravaganza of fun. We will be showing you how to make 4 different art books, including sculptural pop-ups & recycled journals. Feb 12th & 13th, 2022 Cost: \$22 Teacher: Kerry Carrillo [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com)

### Vision Carriers

Jan 15th or 16th, 2022

Kerry Carrillo [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com)

### Reiki Level 1 – Online Course

December, 2-day class via Zoom

Reiki Master Teacher Toria Hungerford

To register call 602-460-0566.

[www.BodyBalancebyToria.com](http://www.BodyBalancebyToria.com)

### Reiki Level 2 – Online Course

January, 2-day class via Zoom

Reiki Master Teacher Toria Hungerford

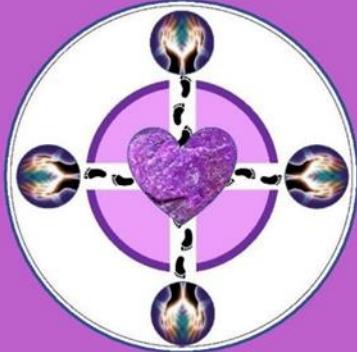
To register, call **Toria** 602-460-0566.

[www.BodyBalancebyToria.com](http://www.BodyBalancebyToria.com)

### Medicine Wheel Teachings

Each month during the full moon





**"In order to have sustainable community,  
you have to make sure the people are  
sustainable. This means healing trauma."**

Jarmbi Githabul

Are you an ambassador of love, healing and peace for your family, your community and your world?

Then **please donate today** to MsHec3 where change, healing and awareness IS happening and affecting all of us Universally.

*Donations are tax deductible*



With Dignity, Respect, Integrity and Compassion we reach out to people of ALL races, religions, genders, and belief systems.

MsHec3  
P.O. Box 11553  
Prescott, AZ 86304  
(928) 421-3399  
[MsHec3.com](http://MsHec3.com)  
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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."

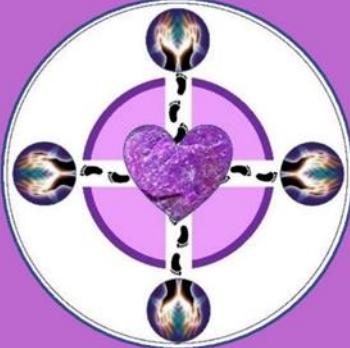
**MsHec3 Board of Directors**

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Sam Howell  
(623) 980-9885  
Celeste Holly  
(920) 858-2966

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# Mountain Spirit Healing & Educational Center AKA MsHec3 Project

A Non-Profit Organization



**Are you at the Crossroads of Change?**

## Services Offered

- Body Work
- Classes & Workshops
- Polarity & Craniosacral Therapy
- Metaphysical & Indigenous Teachings
- Crystal & Sound Therapy
- Spiritual Counseling
- Intuitive Readings
- Equine Therapy

*Funding offered to those who qualify*



**MsHec3 Contact Information:**  
[MsHec3.com](http://MsHec3.com)  
[MsHec3@gmail.com](mailto:MsHec3@gmail.com)  
(928) 421-3399  
**For Events, Information, FB, Donations**