

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

June/July 2022

Volume 18 Issue 4



Welcome New Member Robin Bersson



Robin Bersson, Ph.D., CST has been a social- entrepreneur, intuitive, humanitarian, clinician, and innovator her whole life. She has spoken and shared her wisdom on 5 continents. She seeds the world with new hope in these venues, a practice she continues based upon her deep love and gratitude for Lazaris.

Robin along with her partners Terha Watterson and Tatiana Merciadis are launching Kids Revolution Worldwide (KRW) in June 2022; and is gifting the first month of participation free to all who register. KRW is an online program for kids by kids and has everything our kids need to thrive mentally, emotionally, and physically. Our kiddos get DAILY mind and body activities for them as well as real social connections where we UNITE children all over the world online

The link to register:

<https://membership.kidsrevolutiononline.com/membership>



Welcome New Member Sharon Kelly



Hi I'm Sharon. I'm so excited to be a part of this amazing group. I offer several services and I seem to combine them as needed. I am a Reiki master. I am trained in Neuro linguistic life coaching,

drum circle facilitation and sound healing. I spent a large part of my life working with families and children. I offer in person and distance sessions both private and in groups. I have a sweet little place in Prescott that I love to share. I offer retreats and moon phase ceremonies. Please reach out with any questions: 970-376-0671 or see my website for more information at: Sharinenergy.com

I will be offering a new moon sound bath and group Reiki session on 29th at 7:00 pm. Please check my website for additional on-going opportunities.



Thank you to all who came out for the Wild Wooly Woo Festival. A fun and successful day that generated over \$200 in raffle ticket sales to benefit the MsHec3 project. Thanks to Oleta Clay who won the 50/50 raffle who donated her winnings back to MsHec3!



Thank you to all the vendors that donated a piece of their art, Jodi Maas, Mike Mass, Anne Frohna, Celeste Holly, Marie Howell, Dawn Elliott, Linda King, Alexis Sadler, and Sarah's Pipe Dream Soap Art



Mountain Spirit Co-Op

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

Facebook: www.facebook.com/MountainSpiritCo-Op/

Readers and Practitioners by appointment.

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

To love, my brothers and sisters, does not mean we have to agree. But maybe agreeing to love is the greatest agreement. And the only one that ultimately matters, because it makes a future possible.

MICHAEL B. CURRY

Conscious Choices

Dana Cummins
 Peace Ambassador
 Metaphysician
 (928) 420-2109
ConsciousChoicesAZ@gmail.com
ConsciousChoicesAZ.com



Creating Pathways to Peace...

Please join us

Hi Friends! Did you know that the Board of **MsHec3** meets quarterly, and you are invited to join us? We also have our Event Planning meeting where we come up with great ideas to raise money for the non-profit.

We are looking for more volunteers to help carry out these events. If you like supporting a great cause with your time and love, please join this fantastic group of people who are doing magnificent work.

Book Reading on Zoom!

Join us for a book reading event featuring authors who contributed to the *Voices of Magic* anthology. Experience for yourself "there is magic in the telling". Two book reading events are planned. The first event will be held Wednesday June 15, 2022; 4:30pm in Arizona, 7:30pm EST. We will hear Jach's foreword, prologue and epilogue



as well as stories by Janis Rosen, Carole Sainte Marie and Tysa Goodrich. The second event will be held on Thursday July 18, same time of day. There will be a similar program, featuring stories by Erin Kampa, Dana Cummins and Mary

Woodhouse. Anyone who has purchased the book can attend one of the book reading events at no charge by providing proof of purchase via email. Otherwise, the cost is \$10 to attend. Proceeds will be split between the book project and a designated non-profit charity, the July event will benefit MsHec. Contact Mary Woodhouse at magicianbook1@gmail.com to register (registration will close a few days before the event). Hope to see you there!



Those of you who work with candles in your prayers and magic might be interested in this. I've purchased Bees Wax Candles from Beth Markley for years as I prefer to use beeswax over paraffin candles. Anyway, she started making them in the colors of Ukraine and is sending

the majority of the money to WCK, helping to feed those fleeing into Poland. <https://www.acandleforukraine.com/#ChefsForUkraine>

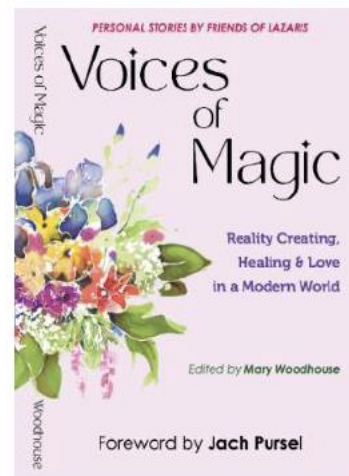
Voices of Magic

is officially available on Amazon!



Voices of Magic
on Amazon

Did you know if you order through Amazon Smiles a small portion of the sale can be donated to your favorite charity? I selected Mountain Spirit Healing and Educational



Center for mine. It is the non-profit branch of MSCO. Last year they gave out over a hundred scholarships for healing to people that could not have afforded it on their own. Another win-win! Here is a link to the book on Amazon: [Voices of Magic – Amazon](#)

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
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www.mountainspiritco-op.com

Peace Meditation

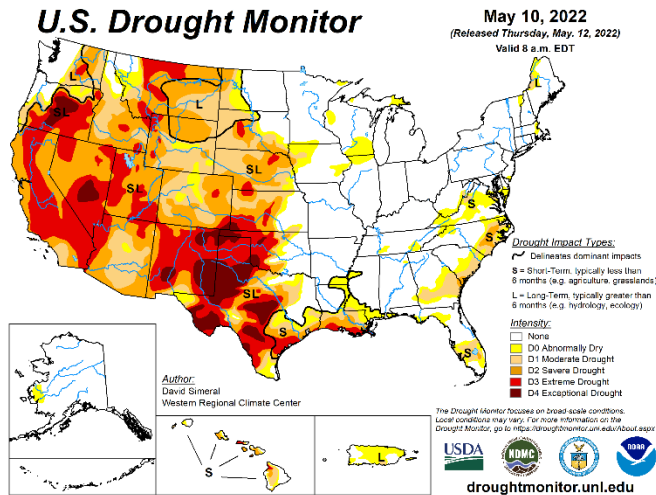
In this sublime meditation gifted to all by Dietrich von Oppenheim-Bronikowski, I touched the Divine with such beauty, healing, and grace for the peoples of Ukraine, Russia, and everywhere. If you feel called, I invite you to join to add your goodness, truth, and beauty to create peace. Every Friday and Saturday, Monday and Tuesday, 10:30am PST.

<https://www.lemuria.online/ukrainemediationen> Thank you for your light, love, and strong desire for peace. Blessings and Love, Dana



EASY MAGIC

5 Minutes For Change



"This is a crisis. This is unprecedented...we don't have enough water to meet normal demands" ~ Metropolitan Water District of SoCal

The current drought is extreme and becoming exceptional (the highest level of drought). 98% of the southwest is in a drought. Reservoirs are "critically low". The California snowpack measured just 4% of normal at the end of winter. I live in Los Angeles so this current crisis is personal BUT what keeps me up at night is that this situation is not unique to my part of the world and it doesn't seem to be easing. This is a global issue.

I sought guidance from a wonderful group of beings that I channel. I asked about the acute crisis in CA and the western US and also the global impact. Here is part of what they said:

"We suggest you concentrate your energies on the drought of hope. Because you are dealing with a new world becoming and it is vastly unknown, it is hard to anchor in hope. Much of what people see is what is wrong with the current world. if you touch hope and radiate hope from your essence, from your being, you can ignite energies that will indeed change the course of the physical drought. From the place of hope, you can seed rain in ways that to logic seem unimaginable and miraculous. From hope springs that which you need."

Today, let's take that suggestion and focus on hope.



We offer this ritual:

- 💧 Quiet your mind. Take a few deep breaths. Go inward
- 💧 Find a "seed of hope" in one of your chakras. Maybe it's in your heart chakra or perhaps in your solar plexus, or perhaps your third eye
- 💧 Allow that seed to crack open and imagine the light of hope springing forth in you
- 💧 Feel an energy of the miraculous emerge from that light of hope
- 💧 From the light of hope and the energy of miracles, imagine miraculous late spring and summer rains filling lakes, rivers, reservoirs. Imagine rains soaking deep into the soil replenishing ground waters and keeping the ground moist to protect from fires. See yourself dancing joyously in warm summer rains.

And so it is.

♥ It goes against all logic, reason, and consensus reality but that's why we are here ♥

Always in gratitude with harm to none!

In this sacred space there is power in our synergy. Thank you for your focus and participation. We are making a difference in the world.

*Please share this information if you know an individual who would like to join our weekly gathering and/or be added to the email updates and reminders. They can subscribe by sending an email to ehr@elizabethhyerrose.com



Classes & Events June & July

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

CEREMONIES

Summer Solstice Celebration. Tuesday, June 21st from 11am to 3pm. We will be in ceremony celebrating Grandfather Sun and the longest day of light. The Solstice calls in the winds of the South and represents the potential of creativity and evolution and is held by the time of the child. As Grandfather Sun shines down upon us lighting up our hearts, our Spirits, and our path ahead we will be embracing the sacred water blessing. Each participant will be gifted a piece of deerskin to assist them in the washing. Let us sit under the strong Sun, blessing ourselves with Grandmother water, embracing the sacred circle and refreshing the Spirit. Spiritual Guide: **Rebecca Cutehands**. Cost: \$150. Location: The Playground Ranch. RSVP with payment by Friday 17th. Food and refreshments offered after ceremony. For more information call Rebecca at (928) 499-4128.



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**.

The Fire that Burns at Your Heart. June, July & August. 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 \$250, Teaching 5-6 hrs \$600. For more information call Rebecca at (928) 499-4128.

Pachamama Celebration. Monday, August 1st from 11am to 3pm. We will be coming together in ceremony to honor the Andean traditional celebration of our Earth Mother and the Mountain Spirits. We will be sharing in a Despacho ceremony, creating the "mouth of the earth," walking the Andean Wheel and sharing time with the sacred fire. Spiritual Guide: **Rebecca Cutehands**. Cost: Love Donation. Location: The Playground Ranch. Please RSVP to Rebecca at (928) 499-4128. Food and refreshments offered after ceremony.

CLASSES



Spirit Dolls. June 18th 9:30-4:30

Laurie Silver joins me again in teaching this popular class. Using sticks, twine, fabric & adornments...



your stories will all come to life when you create your own spirit doll. All supplies included. Cost: \$110 Teacher: **Kerry Carrillo** mymindseyecreations.com



New Moon Sound Bath and Group Reiki Session. June 29th at 5:00 pm. Reiki Master practitioner, Neuro linguistic trained life coach, Sound healing and trained drum circle facilitator **Sharon Kelley** will be offering this. Cost \$75 Early Bird 20% off if booked by the 15th. If purchased with 3 Reiki sessions 25% off. Please check her website for additional on-going opportunities: Sharinenergy@gmail.com Or call 970-376-0671.

Organic Stained Glass – 3D. July 16th & 17th 9:30-4:30.

My March workshop was so popular that



I've been asked to teach another free form class. This time you will design & create glass cacti, candle holders & a few other surprises. No glass cutting experience is required. All supplies included. Cost: \$220 Teacher: **Kerry Carrillo**. mymindseyecreations.com



Kids Revolution Worldwide (KRW) Robin along with her partners Terha Watterson and Tatiana Merciadis are launching KRW in June, 2022, and are gifting the first month of participation free to all who register. KRW is an online program for kids by kids and has everything our kids need to thrive mentally, emotionally, and physically. Our kiddos get DAILY mind and body activities for them as well as real social connections where we UNITE children all over the world online Here is a link to register: <https://membership.kidsrevolutiononline.com/membership>



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 \$325. For courses of four participants or more, each class is \$125. 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.

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](tel:9284202109).

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: \$1300 for nine week and \$1150 for 5 weeks. Spiritual Guide: **Rebecca Cutehands**. Register directly: [\(928\) 499-4128](tel:9284994128).

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. Dates/times flexible around student's schedule. \$125, includes manual and certificate. For information, call **Toria** at [602-460-0566](tel:6024600566). 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. Dates/times flexible around student's schedule. \$150, includes student manual and certificate. To register, call **Toria** [602-460-0566](tel:6024600566). www.BodyBalancebyToria.com.

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](tel:9284202109).

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 these documentaries, 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? 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.

Rebecca Cutehands interview from **An Evening Under the Stars Live Podcast**. Direct Download URL:

<https://www.psychicevolution.net/s4-ep17-healing-the-planet-with-rebecca-cutehands-from-the-live-event-evening-under-the-stars/>

Links to all Podcast Players: www.psychicevolution.net

YouTube link: <https://youtu.be/aE9shw0WoGs>



Zoom for a Benefit!

Zoom Trivia Party Friday, June 17th, 2022, 6:00 – 8:00 pm AZ/MT, 9:00 – 11:00 pm ET. Erin Kampa will be hosting a Zoom Trivia Party for individuals, couples, and teams of 3.



Put on your nerdiest brain power headgear and join us for a fun evening of questions, answers, and all the fun we can find in between. This is a Zoom-based fundraiser for Mountain Spirit Health and Educational Center (MsHec3), a charity offering sliding scale fee treatment and education with the participating practitioners of Mountain Spirit Co-Op. Please see <https://mshec3.com/> for more information on our work. Suggested Donation \$10 per person. Invite your friends! Future dates TBA. RSVP to earthwoman@gmail.com

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 and fill out a quick application for a scholarship.

ONGOING OFFERINGS

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).

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).



Channel, Quantum Healer, and Shaman of the New World, Elizabeth Hyer Rose guides and facilitates healing sessions to help her clients create tangible and palpable change. While sessions are primarily over the phone or on zoom, she does travel frequently for on-site work. Sessions are as unique as you are! In addition to issues related to financial, emotional, physical, and spiritual healing and manifestation, Elizabeth also has extensive experience with navigating acute and brewing crisis, real estate (buying and selling properties), home and land energy clearing, legal issues, contracts, corporate acquisitions, business negotiations, and career development. For more information or to schedule a session, please contact Elizabeth at ehr@elizabethhyerrose.com or call/text 323) 553-2307.

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.



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>

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.



Kids Revolution Worldwide (KRW) Robin along with her partners Terha Watterson and Tatiana Merciadis are launching KRW in June, 2022; and are gifting the first month of participation free to all who register. KRW is an online program for kids by kids and has everything

our kids need to thrive mentally, emotionally and physically. Our kiddos get DAILY mind and body activities for them as well as real social connections where we UNITE children all over the world online Here's a link to register:

<https://membership.kidsrevolutiononline.com/membership>
Kids Revolution Worldwide in collaboration with Joyely are launching a nation wide tour that promotes joy in parents and children as a way of introducing them to Kids Revolution Worldwide and a host of amazing opportunities for parents, grandparents and anybody who believes that these kids are our future.

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).

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 mymindseyecreations.com.

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 or [\(920\) 858-2966](tel:9208582966).

Reiki Master, sound healing and Neuro Linguistic life coach, and drum circle facilitator. Sharon Kelley offers reiki, sound baths, neuro linguistic sessions, and earth teaching blessings. One on one and sessions, group and family sessions along with retreats. Sharon's studio is a quiet comfortable spot in west Prescott. She welcomes the opportunity to share her space and heart with you. For more information reach out to: 970-376-0671, sharinenergy@gmail.com, website: sharinenergy.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](tel:6024600566) www.BodyBalancebyToria.com.

Spiritual Counseling. JoLynn Maas has been a spiritual advisor for almost 40 years. Her card readings are very specific and uplifting, leaving her clients with a sense of clarity, self-confidence and direction. She intuitively analyzes in depth aspects of issues and provides solid advice on navigating a successful path. Sessions range from \$35-\$100. She offers phone readings, classes, and events. To make an appointment: email: artisticseer@gmail.com or call [\(480\) 227-7287](tel:4802277287).

Spiritual Counseling and Mandala Art by Dani Yanssens. Through my own spiritual journey, overcoming anxiety, panic attacks and trauma, I felt called to guide others in finding clarity through the power of meditation, manifestation and education. I am gifted at helping those who feel "stuck" find peace and hope through Spiritual Counseling. Everyone has the power within to heal and grow, I am driven to help you find that power. I also create layered mandalas, specializing in meditative and spiritual symbols. They make a perfect addition to a meditation space. I can create custom symbols and colors upon request. You can find several of my designs on my Etsy shop at etsy.com/shop/FlowersandMandalas. You can connect with me at yanssessd@gmail.com or through this website. I look forward to helping you heal, grow and thrive.

EVENTS AT A GLANCE!

The Fire that Burns at Your Heart \$250

April, May & June Call Rebecca Cuthands [\(928\) 499-4128](tel:9284994128).

Zoom Trivia Party

Friday, June 16th, 2022, 6:00 – 8:00 pm AZ \$10

RSVP to earthwoman@gmail.com

Spirit Dolls

June 18th 9:30-4:30 \$110

Kerry Carrillo mymindseyecreations.com

Summer Solstice Celebration

Tuesday, June 21st from 11am to 3pm. \$150

Rebecca at (928) 499-4128

New Moon Sound Bath

June 29th, 5pm \$75 (Discounts available)

Sharon Kelly (970) 376-0671

Pachamama Celebration

August 1st from 11-3pm Love Donation

Rebecca Cuthands [\(928\) 499-4128](tel:9284994128)

Kids Revolution Worldwide

<https://membership.kidsrevolutiononline.com/membership>

1st Month FREE

- 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](tel:9284202109)

Rebecca Cuthands [\(928\) 499-4128](tel:9284994128)

Celeste Holly [\(920\) 858-2966](tel:9208582966)

Sam Howell [\(623\) 980-9885](tel:6239809885)

Dani Yansans (586) 549-7300

Erin Kampa (203) 893-2778

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MsHec3@gmail.com

[\(928\) 421-3399](tel:9284213399)

For Events, Information, FB, Donations

(PayPal, Amazon Smile)

Please check out MsHec3's Website: MsHec3.com; or email MsHec3@gmail.com

MsHec3 is on YouTube!!!

<https://www.youtube.com/channel/UCQAmvrJfVMCEdNQTo1d7J1Q>

Subscribe when you have a chance! 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>

DID YOU KNOW...

... 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.

amazonsmile
You shop. Amazon gives.

Start shopping

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

The Intuition newsletter is distributed via email:

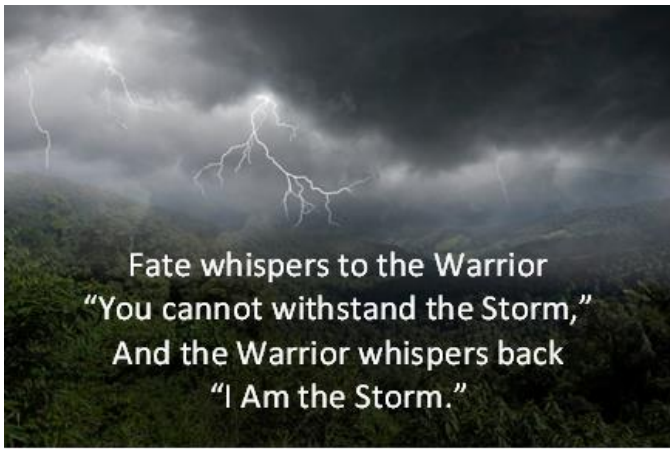
ADVERTISE IN THE INTUITION!

Our Newsletter reaches thousands of households!

Advertise on our Website & Facebook page!

Contact us for rates & details at [\(928\) 445-8545](tel:9284458545).

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



Fate whispers to the Warrior
"You cannot withstand the Storm,"
And the Warrior whispers back
"I Am the Storm."



Hold on to what is good, even if it is a handful of earth. Hold on to what you believe, even if it is a tree which stands by itself. Hold on to what you must do, even if it is a long way from here. Hold on to life, even when it is easier letting go.

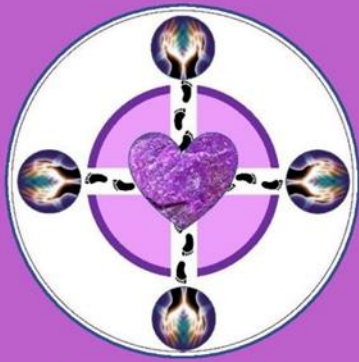
Nancy Wood



Make a habit out of celebrating the small moments in healing, gratitude, and growth.

Alex Elle





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

Jarmbi Githabul

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

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

Donations are tax deductible



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

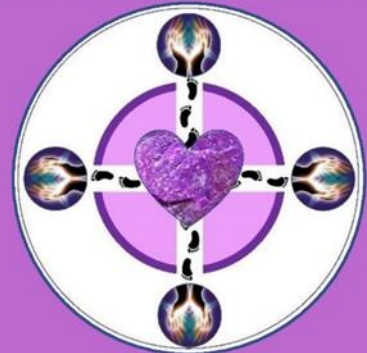
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Mountain Spirit Healing & Educational Center AKA MsHec3 Project

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 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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