

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

February/March 2022

Volume 18 Issue 2



The Sacred Time of the North We are in the time of rebirth, the time of the sacred North. This is the place upon the wheel of life to recreate ourselves. As we sit with the Elders and the Ancestors of wisdom, let us hear the sacred

songs and teachings and truly listen and feel them on a spiritual level. Walk strong as you embrace them and walk proud as you offer them from your heart. The buffalo will offer its medicine of determination and the time of breath will bring life to all that you prepare to set forth. The Spring awaits your new seeds of intention, and our sacred Earth Mother prepares herself to support your new dreams and experiences.



Hello to all, my name is **Dani Yanssens**. I've been creating

various paper crafts for over 25 years, and when I discovered layered mandalas, I felt immediately drawn to them. I love choosing just the right colors and carefully layering the delicate sheets into beautiful meditative pieces of art. I have been an educator for



over 30 years. I've taught elementary, middle and high school children as well as adults. I specifically have a passion for those living with generational abuse, poverty or trauma, helping them to find hope through education. I am certified in Mental Health First Aid and am a trauma informed educator with



training in ACE's (adverse childhood experiences), Capturing Kids Hearts and Bridges out of Poverty. I share this knowledge by providing training for groups as large as 200 both in person and virtually.

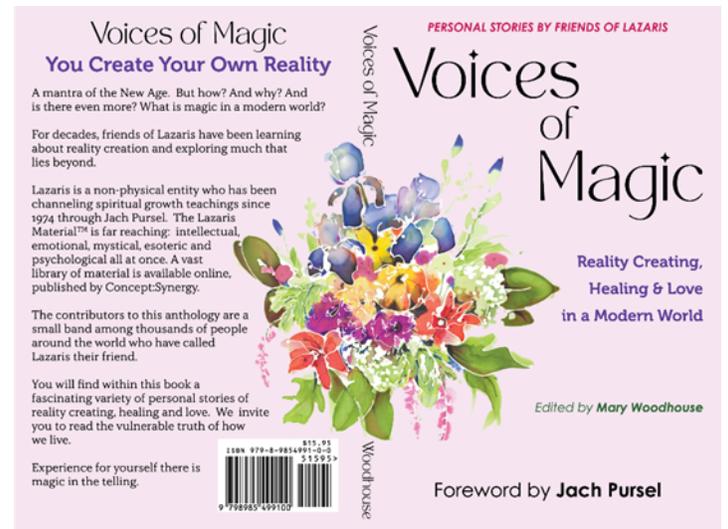
Namaste

The divine in Me recognizes the divine in You

Returning Member In on the yoke **Jennifer Maxwell** is a didactic energy worker who has been established in the healing arts since 2014 as a professional comedian in serving the greater Prescott



community as a licensed massage therapist since 2017 and studying with an emphasis and connective tissue therapy. To work with Jennifer is to with self and all sessions are guided and centered with hard work. If you are eager to move the issues out of the tissues and create freedom, ease and flow in your life, schedule your complimentary consultation today at



bodyworktomaxyourhealth@gmail.com

--



- 2 FEBRUARY -

In a Modern World

New Book Release –
Voices of Magic
Reality Creating
Healing & Love

Mountain Spirit Co-Op

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

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



This anthology includes stories from four of MSCO's members, **Dana Cummins, Rebecca Cutehands, Jach Pursel, Barbara Spicewood Fisher**, and sixteen other light-working magicians who have benefited from the teachings of Lazaris. We filled this book with nearly two hundred pages, including twenty-six personal stories of inspiration, faith, hope, trust, magic, and more. It's sure to excite and thrill anyone with magic inside. The stories will leave you hopeful for more, for healing, forgiveness, for learning new tools and skills to ignite your own magic. It is a promise of hope in today's world that is so full of question and promise. The dignity and integrity of these light beings come to life before you on each page. It will be a challenge to put down. I encourage you to look inside yourself. To hear with more than your ears, see with more than your eyes, feel with more than your skin, and know with more than your mind. May your heart be full, knowing and believing how incredibly loved you are. And how immensely blessed you are. More than you could ever imagine. More than you can ever dream. We are so loved.

Special thanks to our editor, Mary Woodhouse for her incredible dedication to conceptualizing, organizing, writing the Preface, authorship, completing more tasks than we have room to say, and driving the process over the finish line. Great thanks to Pamela Dickson and Patricia Walkar, who participated in many pertinent developmental activities and stories of their own. Pamela's poetry leads us into the stories, and another closes out the book. Patricia's beautiful artwork graces the book cover, and her iris pencil sketch marks the end of each story. To Jach Pursel, who channels Lazaris, for bringing us Lazaris, as well as sharing his own story in the delightful Foreword. To the many authors and their incredible personal stories. To the many magicians who helped with so many tasks along the way. And to Dietrich von Oppeln, who has generously offered free access to his online playlist of Music for Lazaris, he composed to anyone who purchases the book. What a moving collaboration of love and a beautiful example for our New World.

"As I read the stories, some made me laugh, others gave me goosebumps of truth, and some brought tears. Each storyteller touched my soul with their story of magic and of its voice."—Jach Pursel, Foreword, *Voices of Magic*

If you'd like to get on the list to pre-order this book, please drop us a line at msconewsletter@gmail.com. The release will be March 23, 2022. The cost of the book is \$15.95

*Quips from **Voices of Magic**, by a few of the contributors, are inserted throughout this newsletter.*

CLASSES & EVENTS

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

— CEREMONIES —

Spring Equinox Ceremony. Sunday, March 20th from 12pm to 6pm. This is the day that starts the new year cycle of life. We will be gathering together to honor so much. We will say thank you to Grandmother Moon for her light that has shined down over us in full force through the fall and winter months of shadow and welcome in Grandfather Sun as he brings his warming light to ready the Earth for this year's blessings. Together we will create a 20-foot sacred hoop, celebrating all of Creation and the equal balance of the masculine and feminine and the light and darkness. Each of us will receive a



bowl of offerings and time dedicated to walk and carry our prayers and blessings to wherever we choose to leave them upon the land. In honoring tradition, a fire will be lit and each of us will offer it a blessing and our wishes for the new year. Everyone will receive a sacred gift that will influence the foundation of our days ahead. We will all share in a yummy feast and as night falls upon us and the sacred garden comes alive with lights and the sounds of nature, we will quiet our voices for a moment of silence before we depart. Spiritual Guide: **Rebecca Cutehands**. Cost: \$100 a person, this event will be limited to 20 participants. To RSVP call Rebecca at (928) 499-4128. Location: The Playground Ranch. Looking forward to celebrating this day with you friends. Blessings.

The Fire that Burns at Your Heart. February, March, and April. 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 hours \$400. For more information call Rebecca at (928) 499-4128.

Water Blessing. February/March. 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**.

— 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 \$350. 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.

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.

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

Imagination Reawakened
Rebecca Cutehands

As I begin to share with you how Lazaris and I found each other I find myself reminiscing into many moments of the past when certain teachers, teachings or adventures came in when I was least expecting it, not searching for anything, not looking for answers to any questions, just being in the happening of the moment.

As I worked with the blendings I felt the same way, I truly understood the depth of the connection and the gifts within the channeling that those who sat in circle with me would experience. I had been blessed with a balance of giving and receiving with the channeling of messages and this has brought a beautiful fulfillment within my life and I feel truly blessed.

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.

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. 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. www.BodyBalancebyToria.com.

Gentle Yoga. Starting on Tuesdays, February 8, 2022, Higher Power Yoga with **Celeste Holly** will be offering a Zoom six-week gentle yoga series. We will explore chair yoga, meditation and some restorative postures. Yoga bodies come to practice exactly where they are in age, shape, size, gender, skin tone. The purpose of this series is to treat our bodies with gentleness, respect and love. I hope you will see each body and recognize how each and every one of us is beautiful and amazing right where we are in this moment and space. Dates: Tuesday's February 8, 15, 22, March 1, 8, 15. Time: 6:00 – 7:00 pm AZ/MT, 7:00-8:00 CT, 8:00-9:00 ET, 5:00-6:00 PT. Cost:

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.

Suggested Donation of \$5.00 Pay through Venmo or PayPal. Venmo: @Celeste-Holly. PayPal: ccholly@gmail.com. Bring: Chairs, Mats, Towels and your beautiful bodies into your personal yoga space. Zoom: 815 9572 8022

Organic Stained Glass. During this 2-day workshop, you will be creating a glass piece without the aid of a preconceived idea or design. No glass experience is required. March 12th & 13th. Cost: \$220 Teacher: **Kerry Carrillo** mymindseyecreations.com.





— 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 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://>

traffic.libsyn.com/secure/psychicevolutionpodcast/PEHealing-the-Planet-with-Rebecca-Cutehands-from-An-Evening-Under-the-Stars-LivePodcast-Event-Au.mp3 Links to all Podcast Players: www.psychicevolution.net YouTube link: <https://youtu.be/aE9shw0WoGs>

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.

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 and visit her on the web at 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. Phone: (800) 678-2356.

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.

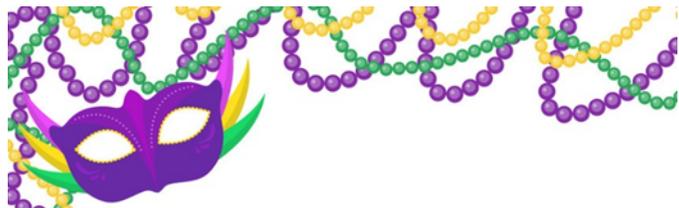
Eden Energy Medicine and Cayce's Insights. James Knochel gathered his books and asked, "If I would have received a

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.

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.

Mandala Art by Dani Yanssams I specialize in meditative and spiritual symbols, including the lotus flower, seven chakras and zodiac signs. They make a perfect addition to a meditation space. You can find several of my designs on my Etsy shop at <https://www.etsy.com/shop/FlowersandMandalas?ref=seller-platform-mcnav> Feel free to contact me at 586-549-7300 if you have any questions or custom requests.

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.

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.

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.

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.

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

Cancer to Cured
Dana Cummins
(Quips from *Voices of Magic*)

I secretly smiled. I loved being an enigma people couldn't figure out. I had consciously called death to me, and it manifested as cancer. I believed, if I chose to do so, I could heal it as well.

My higher self never left my side, always there to support and guide me, Lazaris, Jesus, God and Goddess, Quan Yin, my soul, and future self, to name a few of my beloveds that assisted me with my healing.

Daily people would come in "just to be in the energy." They would claim it was the only place in the world they had ever felt accepted for being themselves.

The Lazaris material principles are what brought this into creation, creating a safe place of belonging. A place to grow and share while being nurtured and respected. A place that honors and respects all walks of life, all religions, non-religions, races, genders, orientations, and

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.

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.



MsHec3 is on YouTube! Here is the YouTube link for MsHec3. Subscribe when you have a chance! Thank you! <https://www.youtube.com/channel/UCQAmvrJfVMCEdNQTo1d7J1Q>

ADVERTISE IN THE INTUITION!

Our Newsletter reaches thousands of households! Advertise on our Website & Facebook page! Contact us for rates & details at (928) 445-8545.

GIFT CERTIFICATES AVAILABLE!

Mountain Spirit Co-Op gift certificates are available.

EVENTS AT A GLANCE!

Rebecca Cutehands interview from An Evening Under the Stars Live Podcast. Direct Download URL: <https://traffic.libsyn.com/secure/psychicevolutionpodcast/PEHealing-the-Planet-with-RebeccaCutehands-from-An-Evening-Underthe-Stars-Live-Podcast-Event-Au.mp3> Links to all Podcast Players: www.psychicevolution.net YouTube link: <https://youtu.be/aE9shw0WoGs>

Spring Equinox Ceremony

Sunday, March 20th from 12pm to 6pm To RSVP Rebecca at (928) 499-4128

The Fire that Burns at Your Heart

February, March & April. Call Rebecca Cutehands (928) 499-4128.

Art Books

Feb 12th & 13th
Teacher: Kerry Carrillo and Laurie Silver
mymindseyecreations.com

Manifesting Part 1

Saturday, February 26th 11am-2p
RSVP to Dana at (928) 420-2109 or consciouschoicesaz@gmail.com

Organic Stained Glass

March 12th & 13th Cost: \$220
Teacher: Kerry Carrillo mymindseyecreations.com

Manifesting Part 2

Saturday, March 12th 11am-2pm
RSVP to Dana at (928) 420-2109 or consciouschoicesaz@gmail.com

Medicine Wheel Teachings

Each month during the full moon
Contact Rebecca Cutehands at (928) 499-4128

Gentle Yoga

Starting Tuesdays, February 8 at 6pm
Contact Celeste Holly ccholly@gmail.com

Magic and Destiny
Barbara Swicegood Fisher

I met my second husband, and Lazaris gave us information to have the first "Lemurian" wedding ever in this timing. I asked Lazaris to be present at my wedding, and of course, it happened. Lazaris discusses their presence at my wedding in the tape "A Gentle Walk with my Higher Self."

I especially resonate with the work on shame, the faces of the soul, Lemuria/ the crystal cities, the Muses, the Guardians, the magical child /the underworld, the Enneagram, Merlin, Arthur, and Knights of the Round, and the Archetypes. I love the Crisis Tape, the Peace Red Label meditation, and all the beautiful blendings.

Lazaris said that my impedance in living the dream was forgiveness and that it was time for me to be more visible to

facebook

Mountain Spirit Co-Op

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

MsHec3

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

Conscious Choices AZ

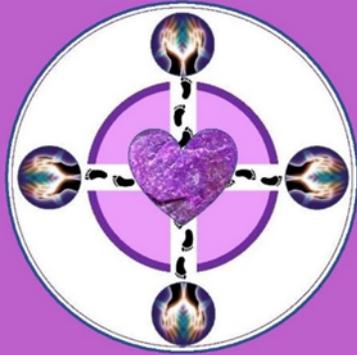
<https://www.facebook.com/Conscious-ChoicesAZ-110668960463727>

Friends of Lazaris

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

During these times of isolation, unknowing, fear of illness and general feelings of the inability to connect as we have before, I would like to express my overwhelming and absolute gratitude for everyone involved with Mountain Spirit Co-Op and MsHec3 for their connection, nurturing, healing and total love and support not only for me and my family, but for our whole extended global community. I am forever appreciative and filled with love. Always, Laura Nelson





Namaste

“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



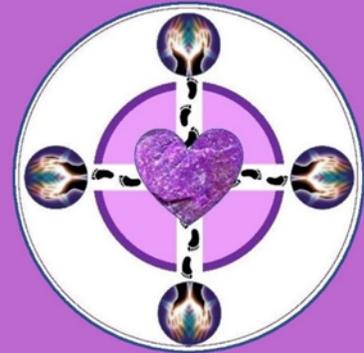
With Dignity, Respect, Integrity and Compassion we reach out to people of ALL races, religions, genders, and belief systems.

MsHec3
P.O. Box 11553
Prescott, AZ 86304
(928) 421-3399
MsHec3.com
 MsHec3



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.

MsHec3 Board of Directors

Dana Cummins
(928) 420-2109
Rebecca Cutehands
(928) 499-4128
Oleta Clay
(928) 458-5577
Sam Howell
(623) 980-9885
Celeste Holly
(920) 858-2966

MsHec3 Contact Information:

MsHec3.com
MsHec3@gmail.com
(928) 421-3399

For Events, Information, FB, Donations
(PayPal, Amazon Smile)