

INTUITION

— *A Newsletter Produced by Mountain Spirit Co-Op* —

August/September 2022

Volume 18 Issue 5



Hello Friends! Did you know that *Hecate* was the Chief Goddess of the Crossroads and keeper of the keys? She was the daughter of the Titans Perses

and Asteria, but after being abandoned by her mother she went on to assist the Gods. She fought beside Zeus who honored her for her bravery and strength and crowned her as a Goddess who was honored above all deities. She carried two torches and was known for searching for those who were lost. She was also found holding the paths and doorways with great reverence for all those to safely find their way.

When we started the nonprofit Mountain Spirit Healing and Educational Center aka MsHec she naturally became a symbol for our foundation. We knew that this would be an opportunity for those who were lost, to find their way once again. Our nonprofit gives scholarships to those who qualify, by filling out a very gentle and non-invasive application. So, if you find yourself or have a friend who is at the crossroads, wanting a change for a healthier and happier life, please go to MsHec3.com and explore the opportunities of healing and education through one-on-one sessions, classes and workshops.

For those who are looking to support a beautiful opportunity for those in our lives, our community, and the world to attain health, peace, and joy, we have a variety of scholarship (partnership) programs to donate to. They start at \$11 monthly and are also offered annually. Every dollar offered adds up to great change upon our Planet. *Thank you for any donation you can give. Please go to MsHec3.com/ today to donate.*

Welcome New MSCO Members!

Welcome Teri Hitt!



Hi, I'm **Teri Hitt**. Glad to join Mountain Spirit Co-Op. What a great group! I've had my own business for over 20 years called **Soul Secret Service**.

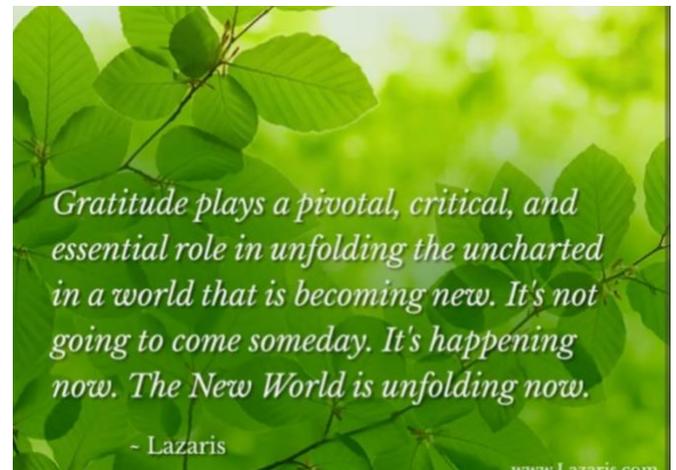
I am an artist, musician, film/video editor, and author. I create WordPress websites, offer video editing, and do a wide range of graphic design. I help others manifest their

ideas. The way I see it, every act of creation is an act of co-creation with the Universe. Websites:

<https://soulsecretservice.org/>

<https://gracegravity.com/>

<https://theunzonedgods.com/>



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.

Your Soul's call is a call to embrace a love – a love that weeps at the unjust and inhumane, and in the next moment, rejoices in the smallest act of human kindness.

- Lazaris -

Welcome Back Marie Howell!



MSCO welcomes back visionary artist **Marie Howell**. Many of you will remember Marie's stunning art from the gallery. Her giant divine feminine images, which Marie describes as Contemporary Sacred Icons, were always one of our biggest attractions. Marie creates monumental

embellished acrylic paintings and inspired assemblage sculptures in which she repurposes unique, and eclectic found "treasures" into new creations. Marie never disappoints when it comes to engaging your imagination and spirit and bringing her figurative altars to life. Visit Marie at her website at <https://holymother.art/>.



Welcome Cindy Holt!

Hi, I'm **Cindy Holt**. I've been a member of the non-profit, MsHec3, for a year and am excited to become a member of MSCO. I've been in the nursing profession for 30 years. In 1995 I began my spiritual path and became the healer I always knew I was. Today I offer many modalities and teachings. Watching people become a better version of themselves is my favorite part of what I do. Please look at my ongoing offerings and webpage for further descriptions of my sessions, ceremonies, and classes. I also have a FB page that shares my weekly focus, **Holt Holistic Healing**.



New Partnership Programs for MsHec3

MsHec3 2022 Partnership Program

Monthly Partnership Programs

- \$11 Monthly ~ Love Partners
- \$33 Monthly ~ Peace Partners
- \$111 Monthly ~ New World Partners
- \$555 Monthly ~ Master Partners
- \$1,000 Monthly ~ Honoree Partners
- \$5,000 Monthly ~ Grand Father Partners
- \$10,000 Monthly ~ Grand Mother Partners

Annual Partnership Programs

- \$111 Annual Practitioner Partners
- \$222 Annual Sponsorship Partners
- \$333 Annual Advertising Partners

*All donations are welcome.
Thank you for your support!*

"MsHec3 gave out over 100 scholarships to those requesting services in 2021. We hope to double that this year, and with your help, we will!"



Welcome Our New MsHec3 Board Members Dani Yanssens and Erin Kampa



Hi all! I am Dani Yanssens and I live in Michigan with my husband, two adult daughters and a spoiled pup. I have been in education for 30 years, teaching elementary, middle and high school children as well as adults. I have a passion for students at risk of dropping out of school,

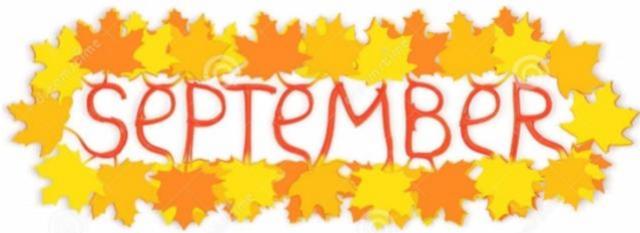


whether it be from trauma, poverty or mental health issues, it is my mission to help them and their families to find hope through education. I am a certified instructor in Mental Health First Aid, and a trauma informed educator. I am gifted at helping those who feel “stuck” find peace, hope and clarity through the power of meditation, manifestation and education. I love MsHec3’s mission to bring healing support to all who seek it, regardless of their financial situation. I look forward to serving in any way I can to help with MsHec3’s outreach throughout the world.



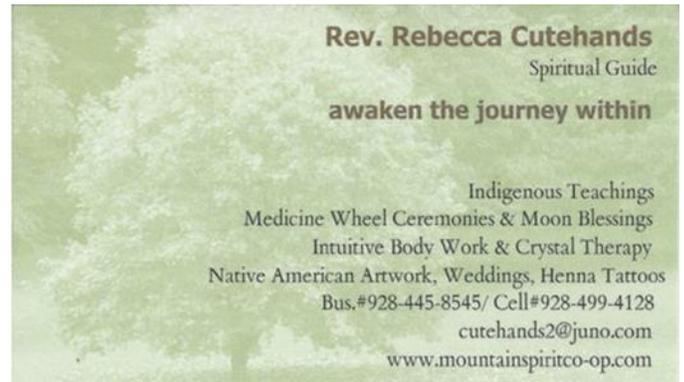
My name is **Erin Kampa**. I am a retired nurse and certified life coach. I am honored to become a board member of Mountain Spirit Healing and Educational Center. I currently help the group with finding and applying for grants to support MsHec3 good works by providing practitioner services with scholarship discounts to people who want them and have trouble affording them.

I live in the wooded hills of Connecticut. I am happy to help MsHec3 expand its caring impact with the skills I’ve used successfully in health care and wellness. You can reach me at my email earthwoman@gmail.com or through the contact info on this website. Take care!



Classes & Events August & September Ceremonies

Pachamama Celebration. Monday, August 1, from 11 am to 3 pm. We will be coming together in ceremony to honor the Andean traditional celebration of our Earth Mother and the Mountain Spirits. We will share 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 are offered after the ceremony.



The Fire that Burns at Your Heart. August, September & October. This ceremony/teaching is designated to connect you to the sacred fire that burns within each one of us. This Indigenous ritual 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 7-8 hours \$800. For more information, call Rebecca at (928) 499-4128.

13th Rite of the Womb. September-Saturday 24th starting at 10am and Sunday 25th starting at 11am. This will be a weekend filled with honoring the Divine Feminine and healing ourselves, generations of the past and generations of the future that have not yet been birthed upon the Earth. This ceremony is NOT for women only, we are all connected and all of us carry the blessing of life within us and moments of pain and trauma. This Rite of Passage will be offered in 2 days, for those who wish to receive the Rite as a personal blessing only and for those who wish to move forward with the teachings to be able to offer it to the world. The Rite will be given on Saturday and the Teachings on Sunday. Spiritual Guide: **Rebecca Cutehands**. Cost:

Saturday blessing only \$300- Saturday and Sunday blessing and teaching \$550. Location: The Playground Ranch in Dewey, AZ. Seating is limited. For more information or to RSVP call Rebecca at (928) 499-4128. Snacks and refreshments will be offered on both days.

Fall Equinox Ceremony. Thursday, September 22nd from 11am to 2pm. This is the day that connects us to the first moon of the West. Grandfather Sun will hand over the light as he makes his way to the Southern Hemisphere and Grandmother Moon will carry it now for us during this cycle. The medicine of the Bear will honor you on this day and the drum of the Rainbow Bird will carry you deep into your heart. Spiritual Guide: **Rebecca Cutehands**. Cost: \$77. Location: The Playground Ranch. Snacks and refreshments will be offered. For more information or to RSVP call Rebecca at (928) 499-4128.



Prayer Flags. Saturday, October 16th from 11am to 4pm. Traditionally prayer flags have been a symbol to promote peace, compassion, strength, wisdom, patience, prosperity, love, etc. since the beginning of their creation. Whether they are carrying the blessings of the elements, values or colors they are always created with great intent. The prayers and symbols placed upon them are to be carried by the winds to all of humanity and Creation. Come and create your five sacred prayer flags in whatever way you choose to do so. Let's have fun and the freedom to express our gratitude and connection to all. We will also be honoring our old flags by traditionally offering them to the fire. If you have any prayer flags that are ready to be offered and are made only of cotton or natural materials, then please bring them on this day if you wish. Spiritual Guide: **Rebecca Cutehands**. Cost: \$111. All materials are provided. Location: The Playground Ranch. Seating is limited. To RSVP call Rebecca at (928) 499-4128. Snacks and refreshments will be offered.

Water Blessing. August, September & October. This ceremony offers the individual an opportunity to

Conscious Choices

Dana Cummins
Peace Ambassador
Metaphysician

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



Creating Pathways to Peace...

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: \$250 (two 3-hour sessions) also offered as a teaching. For info, call (928) 499-4128. Spiritual Guide: **Rebecca Cutehands**.



Classes

Reiki Share August 16 6:30, September 20 6:30, October 16 4:00. Reiki practitioners and their guests will gather. Reiki practitioners will give Reiki to all participants who are not Reiki practitioners. After all, guests have received Reiki, and Reiki practitioners will give Reiki to each other. These sessions are 1 to 1/2 hours, depending on the number of participants. Facilitated by **Sharon Kelly**. Class fee is a love offering. For more information, reach out to (970) 376-0671, sharinenergy@gmail.com, website: sharinenergy.com/

Reiki II Class with Celeste Holly. Saturday, August 13, 2022, 12:30 pm – 4:00 pm. This class will help deepen your personal growth with your Reiki practice and builds on clinical practice skills, specifically exploring self-practice and distance Reiki treatment. Reiki 2 teaches you how to use Reiki to help with mental and emotional problems and addictions.



Celeste Holly
designs

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



You will explore and understand the chakras, identify and work with crystal energy, and practice long-distance healing. There will be extensive time for practicing with other participants in the class. Along with working with the chakras, you will receive your level 2 Reiki attunement. Facilitator: **Celeste Holly**. Limit 6. Cost: \$85.00. Location: Collective Alchemies, 211 Grove Ave. Prescott, AZ. Contact Celeste at ccholly@gmail.com or (920) 858-2966 to register.

New Moon Sound Bath. August 27, 6:00 pm. September 25, 6:00 pm, October 25, 6:00 pm. Prepare for the new segment. Take that little time to yourself to prepare to manifest your desires and find your center. For more info, call Sharon (979) 376-0671 \$75 Fee includes private reiki treatment. Or purchase three new moon sound bath sessions for \$125, including two private Reiki treatments. Class fee is a love offering. Facilitated by **Sharon Kelley**. For more information, reach out to (970) 376-0671, sharinenergy@gmail.com, website: sharinenergy.com.

Two Gentle Yoga Six-week sessions August into September. Tuesday's August 2, 9, 16, 23, 30, September 6, 5:00 – 6:00 pm PT, 6:00-7:00 MT, 7:00-8:00 CT, 8:00-9:00 ET. And September into October Tuesday's September 13, 20, 27 October 4, 11, 18, 5:00 – 6:00 pm PT, 6:00-7:00 MT, 7:00-8:00 CT, 8:00-9:00 ET Higher Power Yoga with Celeste Holly will be offering a series of Zoom six-week gentle yoga practices. 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. Suggested Donation of \$5.00 Pay through Venmo or PayPal. Zoom: 815 9572 8022 Bring: Chairs, Mats, Towels, and your beautiful bodies into

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.

your personal yoga space online. Facilitator: **Celeste Holly** (920) 858-2966.

Kids Revolution Worldwide (KRW). Robin, along with her partners **Terha Watterson** and **Tatiana Meriadis**, launched 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. Here is our link: <https://discoverkidsrevolution.crd.co/>

Introduction to Essential Oils. In this class, you will learn to use Essential Oils safely- internally, externally, and as aromatherapy. We will discuss how to know if an essential oil is pure. You will receive recipes for blends for specific goals. The class fee is \$30. In-person or available by zoom. For more information, contact **Cindy Holt** at (928) 273-8576.

MsHec3 is on YouTube!!!
<https://www.youtube.com/channel/UCQAmvrJfVMCEdNQT01d7J1Q>
 Subscribe when you have a chance! Thank you!

Cosmic Smashbooking. Certified Cosmic Smashbooking teacher and guide **Marie Howell** offers private and group classes on creating your own cosmic smash book, which is a roadmap on the journey to your knowledge and guidance from your inner wise self. Marie's art demonstrates the power of beauty and creativity as a tool of healing, inspiration, and devotion. For more information, contact Marie at marie@truenorthwisdom.com or (623) 980-9886.

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



In loving memory of our dear friend and MSCO member, **Danna Templeman**. We will miss you, beautiful soul of light and love, as you find joy, comfort, peace and playfulness in your new journey.

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.





Ongoing Offerings

Artist, Musician, Film/Video Editor, Author. Teri Hitt offers Website Design, Graphic Design, and Video/Film Editing. I consider all creation an act of co-creation with the Universe. Happy to assist you in getting your projects to the next level. Feel free to contact me at info@soulsecretsservice.org

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>.

Holt Holistic Healing. After thirty years of nursing and exploring dozens of techniques, **Cindy Holt** now offers many treatment options. Some treatments offered are Energy Healing, Craniosacral, Raindrop Treatment, Emotional Release, Guided Imagery, Fire of the Heart Ceremony, Medical Intuition, Cleansing & Balancing of the energy centers, Detox Footbath, Ear Candling, and more. Cindy also offers essential oils. (928) 273-8576.

Holy Mother Art. Marie Howell works with the divine feminine to create unique and eclectic creations. Marie creates monumental, embellished acrylic paintings and inspired assemblage sculptures. Marie is also a Certified Cosmic Smashbooking teacher and guide. Marie's art demonstrates the power of beauty and creativity as a tool of healing, inspiration, and devotion. Visit Marie at her website at holymother.art Contact Marie at marie@truenorthwisdom.com or (623) 980-9886.

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.

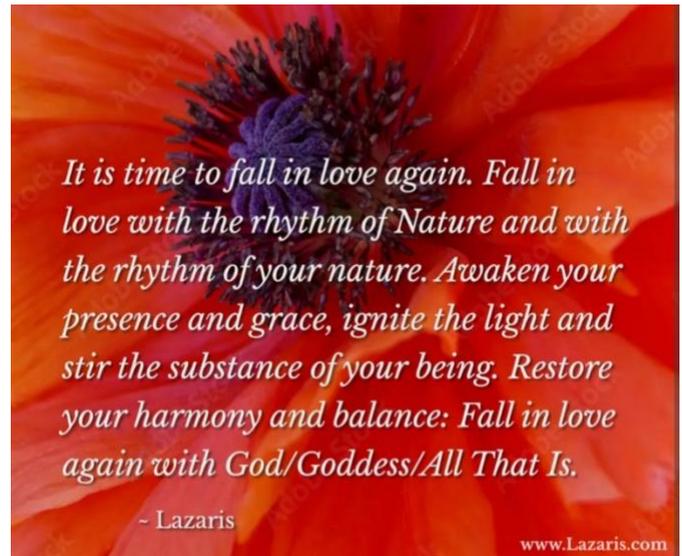


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KRW is an online program for kids by kids and has everything our kids need to thrive mentally, emotionally and physically. Our kiddos get DAILY mind and body activities for them as well as real social connections where we UNITE children all over the world online. Here is our link: <https://discoverkidsrevolution.crd.co/>. Kids Revolution Worldwide in collaboration with Joyely are launching a nationwide 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.

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.

Reiki Master, sound healing and Neuro Linguistic life coach, and drum circle facilitator. Sharon Kelley offers reiki, sound baths, neuro linguistic sessions, and earth

To be alive in this beautiful, self-organizing universe — to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it — is a wonder beyond words.

Joanna Macy

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: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 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:480-227-7287).

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

*We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.
Mother Teresa*

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](https://www.etsy.com/shop/FlowersandMandalas). You can connect with me at yanssensd@gmail.com or through this website. I look forward to helping you heal, grow and thrive.

Events

Zoom Voices of Magic Readings!

We have scheduled Two More
Zoom Voices of Magic Readings!

Wednesday, August 24th at 4:30 AZ/ 7:30 Eastern
Wednesday, September 21st at 4:30 AZ/ 7:30 Eastern



Here are some comments from a few viewers that joined last month's reading.

"Since I purchased this beautiful Voices of Magic, I've kept it by my bed, and I, kind of like I-Ching it, as I'm going through it. To have it brought to life in this different way, by hearing and being a part of your deeply moving, deeply personal, deeply loving journeys, has just touched me so deeply. I have to say, just again, thank you, and as always, have to say thank you, Lazaris, for all you are, and all you have given to each and every one of us. As long as there is light, I love you."

"I'll say what touches me is the vulnerability, because metaphysics will lift, and often just seem dissociative. Then this really grounds metaphysics. It's exciting to me to hear these stories. People being vulnerable. Because it's the vulnerability. It's not just about the humanness in terms of making it relatable, "oh, that's a human" but the vulnerability in these stories. Difficult experiences, beautiful experiences, and so I am excited by that, those qualities."

"So, I've never heard of this, and to hear that people have been involved in this since the '80s is just amazing to me. And honestly, the reason that I bought this book and joined you was because of our past, Mary, and I was like, "Wow, what is she up to?" I was really pleased to read your editor's notes about how this project came to be. How much work went into it, and this community thing and what happened around it. So I appreciate the work that went into putting this together. The editing, the Grammarly. So this has been a wonderful introduction. You know I'm a very spiritual person, and

I've explored different modalities. I am happy to be introduced to... I thought it was LAZaris, but its LaZARis..and this is a really different way of being introduced to something because of the personal stories, and I love that comment about the vulnerability, because that really came through for me, too, quite a bit. I thank you all, for sharing a part of your lives."

"Thank you for this reading night, its been great. I've been reading along I couldn't, help, you know, as I was reading these stories, I just kept feeling like... I was so into the future, thinking that, there's somebody picked up this book and just stared perusing it, thinking, "wow I can relate to this, I can relate to that" I don't know, it just really inspired me to really want to see more of this in the future. I think it would be great. People looking for something different, something for confirmation, something to relate to, not knowing what it is. I would read something and think, oh, I get that, I loved every one of them."



EASY MAGIC

5 Minutes For Change

"This fire has had a really dangerous rate of speed" ~ Cal Fire

I'm sure it comes as no surprise, unfortunately, that there is yet another fire burning in California. The Oak Fire, as it has been named, near Yosemite National Park, is the largest wild fire so far this year, burning almost 17,000 acres and counting. Thousands of people have been evacuated and there is only 10% containment at this point.

With our 5 minutes, let's hone this fire. What I mean by that is let's work our unique magics to allow for the necessary aspects of this fire that maintain a healthy

and vibrant forest, without the devastation to the surrounding towns and without lasting negative impact to the health of the natural world. We can choose that this fire becomes contained swiftly and that swiftness changes the course of wildfires from this point forward. They do not need to be cataclysmic events, we can choose that and make it so. Today let's do just that.

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



MsHec3 Event Planning Meeting Join Us!

Thursday, August 11th at 4pm AZ.

Members and non-members alike are welcome to join this active group. We are planning lots of new events and are happy for all the help



DID YOU KNOW... that 0.5% of purchases from 'Amazon Smiles' will be donated to a charity of your choice? MsHec3 is listed in their organizations to which you can choose to donate. So please, go to <http://smile.amazon.com>, log in, and choose Mountain Spirit Healing and Educational Center, helping those in need in Arizona.

[Start shopping](#)

EVENTS AT A GLANCE!

Pachamama Celebration

August 1st from 11-3pm Love Donation
Rebecca Cutehands (928) 499-4128

The Fire that Burns at Your Heart

August, September and October
Rebecca Cutehands

13th Rite of the Womb Ceremony

Saturday, September 24th thru Sunday, September 25th
Rebecca Cutehands (928) 499-4128

Fall Equinox Ceremony

Thursday, September 22nd, 11am to 2pm, Cost: \$77
Rebecca Cutehands (928) 499-4128

Prayer Flags Ceremony

Saturday, October 16th, 11am to 4pm, Cost: \$111
Rebecca Cutehands: (928) 499-4128

Water Blessing Ceremony

August, September, October, Cost: \$250 (2 sessions)
Rebecca Cutehands (928) 499-4128

Gentle Yoga Two Six Week Zoom Sessions

*Tues, Aug 2, 9, 16, 23, 30 Sept 6, 5-6 pm PT,
6-7 MT, 7-8 CT, 8-9 ET

*Tues. Sept 13, 20, 27 Oct 4, 11, 18, 5-6 pm PT, 6-7 MT,
7-8 CT, 8-9 ET

\$5 Donation, Celeste Holly (920) 858-2966

Reiki 2 Class

Saturday, August 13, 2022
12:30pm –4 pm, Cost \$85
Celeste Holly (920) 858-2966

New Moon Sound Baths

Aug 27th, 6:00 pm, Sept 25th, 6:00 pm, Oct 25th, 6:00 pm
\$75 for one includes a private Reiki session
\$125 for three includes two private Reiki sessions
Sharon Kelly (970) 376-0671

Reiki Share

Aug 16th 6:30pm, Sept 20th, 6:30pm, Oct 16th 4pm
By Donation

Zoom Read Alouds from the book "Voices of Magic"

Wednesday, August 24th at 4:30 AZ/ 7:30 Eastern
Wednesday, September 21st at 4:30 AZ/ 7:30 Eastern

MsHec3 Event Planning Meeting

Thursday, August 11 at 4 pm AZ

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

Celeste Holly (920) 858-2966

Sam Howell (623) 980-9885

Dani Yansans (586) 549-7300

Erin Kampa (203) 893-2778

MsHec3 Contact Information:

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For Events, Information, FB, Donations

(PayPal, Amazon Smile)

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



Mountain Spirit Co-Op

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— A Newsletter Produced by Mountain Spirit Co-Op —

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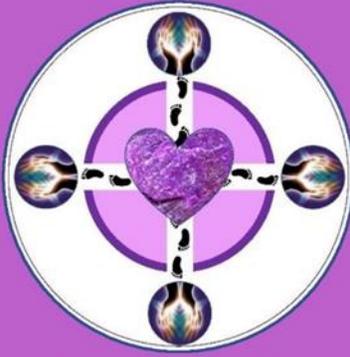
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Contact us for rates & details at

(928) 445-8545.



“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.

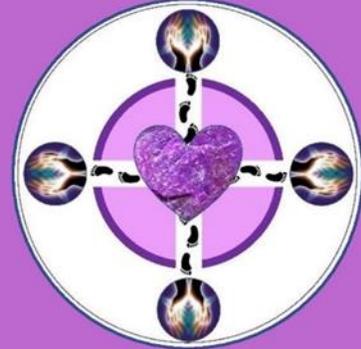
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Mountain Spirit Healing & Educational Center AKA

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

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