

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

October/November 2022

Volume 18 Issue 6

Welcome New MSCO Member Janis Rosen!



Hi Everyone! I'm Janis Rosen and am based in Winnipeg, Canada. My core work is my practice as a Counselor and Hypnotherapist.

I knew early in my life that I was intuitive, good at listening, and getting to the heart of the matter

quickly. As a Counselor, I provide ongoing support through your process and step-by-step tools and strategies to help you change, grow, and heal. Please check out my ongoing offerings for more information.

MsHec3 2022 Partnership Programs

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

"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!"

All donations are welcome. Thank you for your support!

NEW Zoom Open Houses

We've heard you! Thank you for the love and request to see and speak with us more. Our Zoom Open House starts **Wednesday, October 12th at 5 pm AZ time** and continues on the 2nd Wednesday of every month. Join us as we explore a new topic and meet our members. October's Topic is "A Glimpse into the Mysterious World of the Tarot" by JoLynn Maas. In November, Dani Yanssens will lead a discussion on "Mind Over Money," and Celeste Holly will share about "Giving as You Receive" in December. This is a FREE event, but please feel free to donate to our non-profit MsHec3 if you feel moved to do so. Everyone is welcome to this event.

Silent Auction for the MsHec3 Project

Auction starts **November 15th** and closes on **December 15th**. You will have one month to bid on some amazing artwork, jewelry, classes, Intuitive readings, healing sessions and more. All the items and offerings will be found on our Facebook page and website for you to bid on them. All proceeds from this auction provide scholarships for healing and educational services to those who qualify. This is a really beautiful foundation with a great purpose. We appreciate your support and donations.

We would like to thank all of those who are donating their art and services.

Celeste Holly, JoLynn Mass, Elizabeth Hyer Rose, Dana Childs, Toria Melendez Hungerford, Deb Vernam, Cindy Holt, Dana Cummins, Dar Jerse, Amber Riley, Rebecca Cutehands and more. If you would like to donate an item, gift certificate, services, etc., for this Silent Auction please contact Celeste Holly at ccholly@gmail.com or (920) 858-2966.

The deadline for donations is October 30th.

Mountain Spirit Co-Op

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

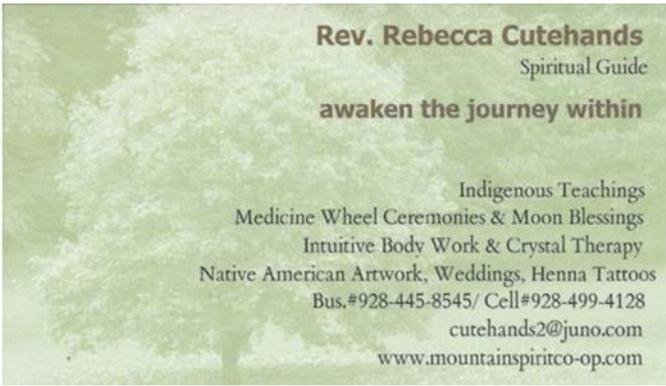
Facebook: www.facebook.com/MountainSpiritCo-Op/

Readers and Practitioners by appointment.

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

Our actions entrench the power of the light on this planet. Every positive thought we pass between us makes room for more light.

-John Lewis-



**The Silva Method
Cindy Holt**

Some of you may remember the Silva Method from the '70s and '80s. It was very popular then! It is still being taught worldwide, but it's a little harder to find a teacher now. I am not a Silva Method instructor, but I do use the tools in my life daily to great advantage. While I wish more people would take the course, I do teach people some rudimentary skills such as "Mental Housekeeping." You can find videos and audio on YouTube to help you learn "Mirror of the Mind" and how to program your subconscious to your advantage. I use Mirror of the Mind and the Long Relax as part of my guided imagery to get you to that place where dreams and miracles come true. Guided imagery is different from simple visualization because it uses all senses, not just sight. I have incorporated imagery with many of my treatments, and it is inherent to many of the sacred ceremonies I do. Imagery is very powerful, and I invite you to learn more about it. The subconscious is far more powerful than we realize and using it to create the life we want is doable and fairly easy- you just have to be persistent and dedicated to taking the time it requires to be effective.



**Classes & Events
October & November
Ceremonies**

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. October, November, and December. 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: \$250 (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. October, November, and December. 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 2 hours \$250, Teaching 7-8 hours \$800. For more information, call Rebecca at (928) 499-4128.

Winter Solstice Medicine Bag Ceremonies. December. Wednesday 21st from 5pm-8:30pm (Solstice) and Friday 23rd 5pm-8:30pm. We are once again gathering in ceremony to celebrate the longest day in shadow, the time of the North and the Sacred Elders and the Medicine of the Stars. The medicine bags will be created and waiting for you to choose the one that speaks to your heart. We will then sit in ceremony, filling our bags with prayers and blessings of herbs, stones, oils, and more. We will share in the traditional washing of the hands ceremony; however, this time, it will be a little different. Please bring a personal item or items that you would like to place in your bowl of water. Spiritual Guide: Rebecca Cutehands. Cost: \$100. Location: The Playground Ranch. For more information or to book a space, please call Rebecca at (928) 499-4128. Ceremony is held indoors, and seating is limited. Food and refreshments will be offered after ceremony. Blessings.

Conscious Choices

Dana Cummins
Peace Ambassador
Metaphysician

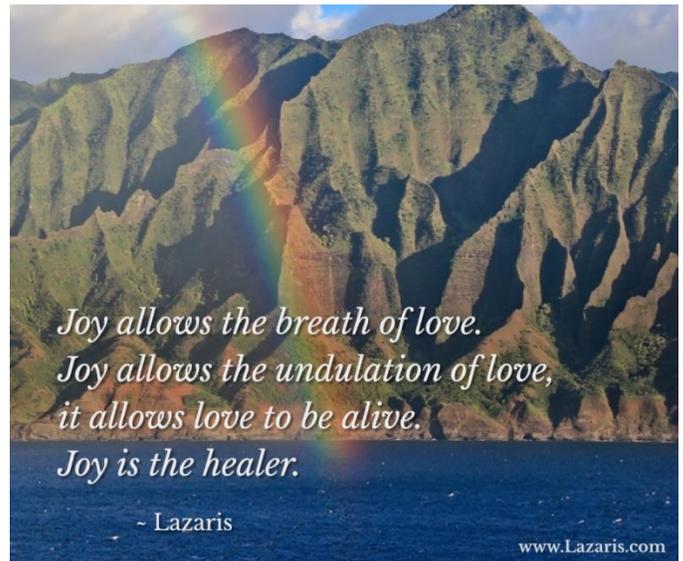
(928) 420-2109
ConsciousChoicesAZ@gmail.com
ConsciousChoicesAZ.com



Creating Pathways to Peace...

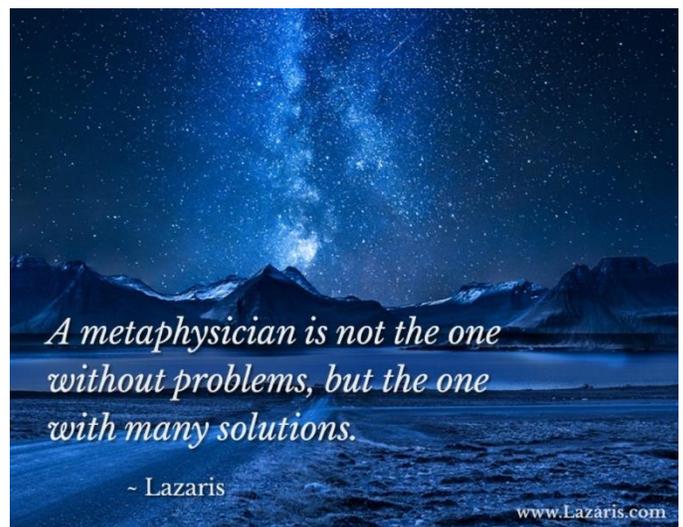
Upcoming Classes

Six-week Zoom yoga session! October 4, 11, 18 & November 8, 15, 22, 29, and December 6, 13 at 5:00 – 6:00 pm PT 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, and skin tone. The purpose of this series is to treat our bodies with gentleness, respect, and love. Everyone 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



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.

Kids Revolution Worldwide (KRW). **Robin**, along with her partners **Terha Watterson** and **Tatiana Meriadis**, launched KRW in June 2022. 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/>





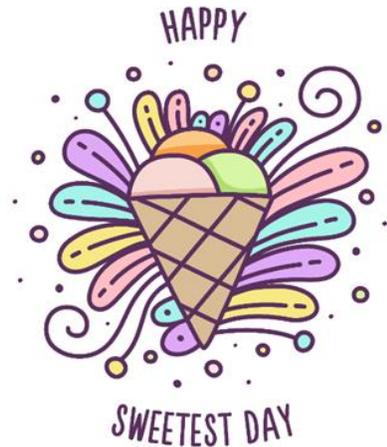
Introduction to Essential Oils. In this class, you will learn to use Essential Oils safely- internally, externally, and as aromatherapy. We will discuss how to know if an essential oil is pure. You will receive recipes for blends for specific goals. The class fee is \$30. In-person or available by zoom.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

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.

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.



Mind Over Money! You do not have to give up your social life and live on rice and beans to pay off your debt. I found a way to create a budget and pay off debt without feeling stressed, overwhelmed, and deprived. This six-week course is perfect for anyone who wants to take control of their finances while transforming their views on managing money and actually finding joy in the process! Learn how to bring positivity into your money management and your overall mindset! Contact **Dani Yanssens** at yanssensd@gmail.com or 586-549-7300 if you have any questions or use [this link](#) to sign up!



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

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.

Organic Stained Glass. December 10th & 11th. During this 2-day workshop, you will be creating a stained glass piece without the aid of a



preconceived idea or design. No glass experience is required.

Teacher: **Kerry Carrillo** Cost: \$220. For more information: <https://www.mymindseyecreations.com>



OPEN HOUSES!

(Zoom Meeting ID: 853 7280 7069)

Open House, October 12th, 5 pm AZ **A Glimpse into the Mysterious World of Tarot**

With JoLynn Maas

Free or by donation to MsHec3

Open House, November 9th, 5 pm AZ

Mind Over Money with Dani Yanssens

Free or by donation to MsHec3

Open House, December 14th, 5 pm AZ

Give as you Receive with Celeste Holly

Free or by donation to MsHec3

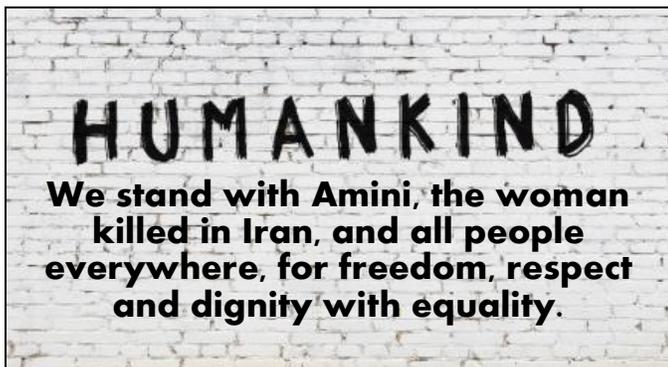


Ongoing Offerings

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.

Counselor and Hypnotherapist. Janis Rosen. As a hypnotherapist, I love working with the subconscious mind. Hypnosis allows us to design a blueprint based on your specific needs and goals and align those changes at a subconscious level. When your powerful subconscious is on board, changes happen more elegantly and quickly. I offer in-person and online counseling, hypnotherapy, workshops, and coaching programs. <https://janisrosen.com>
<https://janisrosen.com/coaching/>

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>.

Healer, teacher, and Metaphysical guide Cindy Holt at Holt Holistic Healing offers a variety of sessions geared to what you need and want to achieve. Sessions include imagery, energy healing, coaching, and lessons in the art of getting what you really want. Individual sessions and group classes are available. Call or text 928-273-8576 for more info.

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.

MsHec3 is on YouTube!!!

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

Subscribe when you have a chance! Thank you!

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](tel:9284994128) for more info.



Kids Revolution Worldwide (KRW) Robin along with her partners Terha Watterson and Tatiana Meriadis launched 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 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 or email ConsciousChoicesAZ.com.

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, Yoga and Art. **Celeste Holly** is a 200-hour certified yoga instructor, 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 many years of experience. Like yoga, 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 promotes 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 creates healing wire-wrapped stone pendants, beaded pendants, malas, and hand-painted boxes and wands. 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 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.

**CYBER
MONDAY**

When changes seem to be happening too quickly – when the inner demands seem to be too great – give yourself a chance to slow down, to reflect.

Immerse yourself in love. Can you pamper yourself without pampering your Negative Ego? Solitude. Silence. They can be great healers. Emerge transformed.

- Lazaris

www.Lazaris.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.

Transformational Coach and skilled money mindset guide Dani Yanssens can help you to find clarity in what you truly want through a series of introspective sessions. She will address your total well-being - mental, physical, emotional, and spiritual, and lead you to live the life you desire. Six one-hour sessions \$749, 12 one-hour sessions \$1349, or 24 one-hour sessions for \$2399. Do you feel ready for a life change? A shift? A transformation? Contact Dani at 1-586-549-7300 or yanssensd@gmail.com if you have any questions or use [this link](#) to schedule a free discovery call.

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.



MsHec3 Event Planning Meeting Join Us!

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 we receive!



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).



INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

The Intuition newsletter is distributed via email, websites, Facebook pages and flyers for distribution.



EVENTS AT A GLANCE!

The Fire that Burns at Your Heart

October, November, December
Rebecca Cutehands

Prayer Flags Ceremony

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

Water Blessing Ceremony

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

Six Week Zoom Sessions Yoga

October 4th, 11th, 18th, November 8th, 15th, 22nd and 29,
December 6th and 13th, 5:00-6:00pm PT
\$5 Donation
Celeste Holly (920) 858-2966

New Moon Sound Baths

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

Oct 16th 4pm
By Donation

Winter Solstice Medicine Bag Ceremonies

December. Wednesday 21st from 5pm-8:30pm (Solstice)
and Friday 23rd 5pm-8:30pm.
Rebecca Cutehands \$100.

Open House

October 12th, 5 pm AZ
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November 9th, 5 pm AZ
Mind Over Money
Dani Yanssens
Free or by donation to MsHec3

Open House

December 14th, 5 pm AZ
Give as you Receive
Celeste Holly
Free or by donation to MsHec3

Organic Stained Glass

December 10th & 11th
Kerry Carrillo. \$220

Silent Auction

Facebook

November 15th - December 15th
All proceeds benefit the MsHec3 Project



amazonsmile
You shop. Amazon gives.

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.



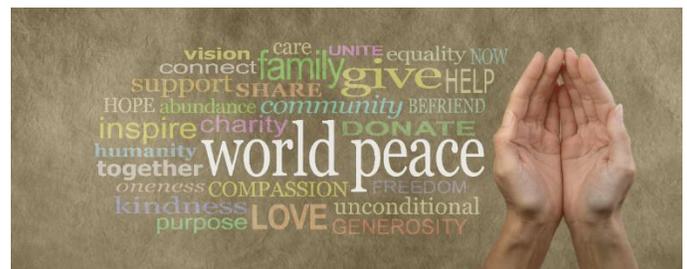
Mountain Spirit Co-Op

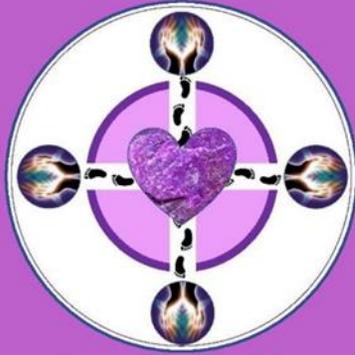
<https://www.facebook.com/MountainSpiritCoOp>
MsHec3

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

Conscious Choices AZ

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





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

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

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

Donations are tax deductible



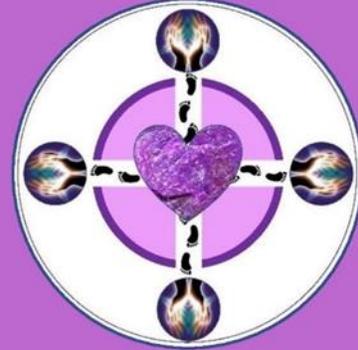
With Dignity, Respect, Integrity and Compassion we reach out to people of ALL races, religions, genders, and belief systems.

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

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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
Celeste Holly
(920) 858-2966
Sam Howell
(623) 980-9885
Dani Yansans
(586) 549-7300
Erin Kampa
(203) 893-2778

MsHec3

Contact Information:

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

For Events, Information, FB, Donations
(PayPal, Amazon Smile)
Please check out MsHec3's Website: MsHec3.com