

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

December 2022/January 2023

Volume 19 Issue 1

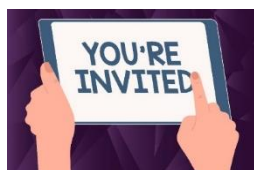


A Special Thanks from all of us at MSCO

We would like to thank all of you for your continued love and support over the years. All of us here who offer their services, artwork, classes, workshops, and ceremonies feel very blessed that we have gained so many connections and new friendships over the years and are looking forward to the future footsteps together. We wish you and your families health, love, and happiness for the new year. Thank you.

OPEN HOUSE ZOOMS CONTINUE

Thank you to everyone who has joined our zoom Open Houses. We are enjoying sharing topics and ritual with you. Here are the topics for the next few months.



December 14th Giving as You Receive. Celeste Holly will discuss co-creating with something greater by giving abundantly and watching how the Universe responds by giving back 10-fold. Celeste will be closing the group with a meditation for co-creating an abundant life.

January 11th, 2023, Devine Mother. Marie Howell will discuss some of the many ways to connect and honor the Devine Feminine. Marie will facilitate the closing ritual inviting the Divine into your life.

February 8th, 2023, Health & Longevity. Elizabeth Hyer-Rose will share ideas and techniques for living long and healthy lives. Elizabeth will guide us on a ritual to increase health and open to longevity.

These are FREE events. Donations to our non-profit MsHec3 are welcome.

Year End Donations Welcome

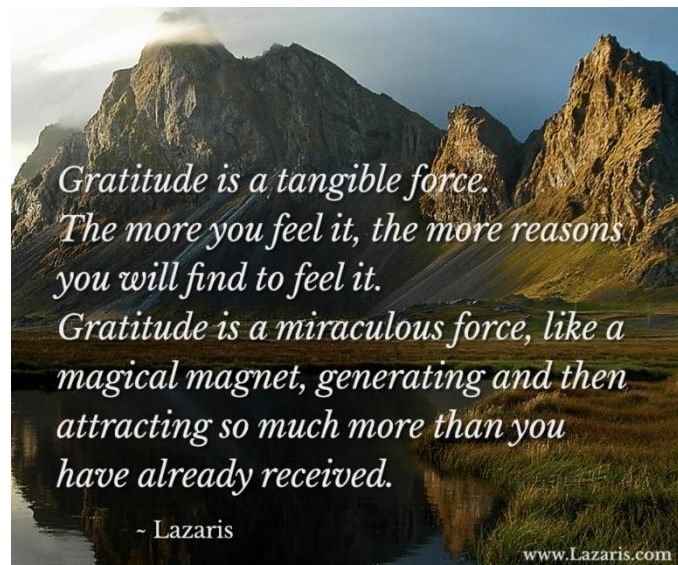
Mountain Spirit Healing and Educational Center is a non-profit, 501C3 organization. We would like to start off by giving thanks to all of those who have been donating over the years, whether financially, or with services, merchandise, or your time. It has been and will continue to be embraced and appreciated with grace and gratitude. It is from these Donations that we are able to serve our local community and those located around the globe, offering in-person sessions and long-distance services to those who qualify for our scholarship programs. So, if you feel called to make a year-end Donation or a monthly continued donation to a project that is inspiring, dedicated, and compassionate, please go to [MsHec3.com](https://www.MsHec3.com) and donate. We are all in this together, and together, all things are possible.

MsHec3 Annual Silent Auction Fundraiser

Thank you to our
incredible donors!



We have received over 30 donations for our Silent Auction. Please join our Facebook page <https://www.facebook.com/MountainSpiritHealingandEducationalCenter> and bid on your favorite items. Gifts for the whole family, from art and jewelry to dozens of



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.



specialized classes and healing sessions. MsHec3 has given over 100 scholarships this year to those needing assistance affording healing services and education. Your bids go to funding more scholarships and creating a healthier and more peaceful world.

Auction Items

Amber Riley donated an Intuitive Healing/ Reading

Barbara Fisher donated two individual astrology readings.

Dana Cummins donated an Intuitive Session.

Dana Cummins donated the book "Voices of Magic."

Jodi Maas donated an acrylic original painting.

Jodi Maas donated a tarot reading

Elizabeth Hyer Rose donated a 60-minute healing session.

Cindy Holt donated a "Fire of the Heart Ceremony."

Dana Childs donated an "Empowered Empath."

Dana Childs donated a "Basics Healing Teaching."

Dar Jerse donated six individual wire wrapped pendants.

Janis Rosen donated an essential rose oil called "Grace."

Oleta Clay donated an angel card reading.

Oleta Clay donated a Telepathic Healing.



LeeAnn Romine donated a card reading.

LeeAnn Romine donated a theta session.

Bev Matheys donated two individual paper bead necklaces.

Rebecca Cutehands donated a North Star Teaching.

Rebecca Cutehands donated a healing session.

Erin Kampa donated 2 individual crystal grids.

Alexa Maranell donated a wood sculpture.

Sharon Kelley donated a package of 3 one-hour Reiki sessions.

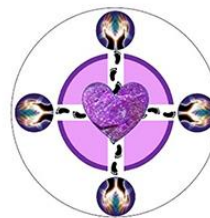
Marie Howell donated a one-of-a-kind handcrafted wood and clay forest spirit wall hanging.

Deb Vernam donated a session with the Buddha Horse.

Rosemary Bartolomeo donated two individual energy sessions to clear, harmonize and balance the body, mind, and spirit.

Celeste Holly donated a purple feather spirit wand.

Celeste Holly donated a beaded sardonyx pendant.



Mountain Spirit
Healing and Educational Center
MsHec3

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

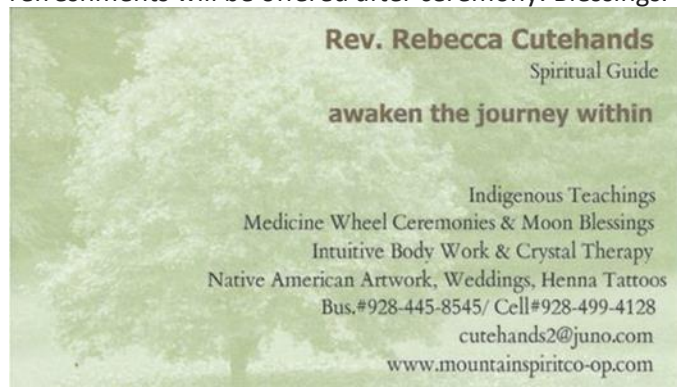
"MsHec3 gave out over 100 scholarships to those requesting services in 2021. We hope to double that this year, and with your help, we will!"

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



Classes & Events December & January Ceremonies

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.



Water Blessing. December, January, and February. 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. December, January, and February. 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.

The Sacred Water Blessing and the Balancing Ceremony. This In-person ceremony brings two blessings together. I give the Sacred Water Blessing first, using Rose hydrosol and warm water while you relax on a heated table. I offer prayers and healing words over each area. Then the Balancing Ceremony balances the brain hemisphere, lungs, kidneys, etc. A great way to start the new year or any new beginning. Ceremonialist: **Cindy Holt**, \$120 (928) 273-8576 choltrn@gmail.com

Upcoming Classes

First 2023 Six-week Zoom yoga session! January 3, 10, 17, 24, 31 and February 7 at 5:00-6:00 pm PT, 6:00 – 7:00 pm MT, 7:00-8:00 pm CT, 8:00-9:00 pm ET. Higher Power Yoga with **Celeste Holly** (920-858-2966) 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 Merciadis**, 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. \$225 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 \$525. For courses of four participants or more, each class is \$250. 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.

Conscious Choices

Dana Cummins
Peace Ambassador
Metaphysician

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



Creating Pathways to Peace...

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 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](tel:9284994128).

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. Cost: \$220 (supplies included) Teacher: **Kerry Carrillo**. For more information:

<https://www.mymindseyecreations.com>



Health & Wellness Arts & Crafts Show. Join members of **MsHec3** Sunday, December 11th from 10am to 2pm in the **Crystal Hall Ballroom of the Elks Performing Arts Center**. We are participating in the Health & Wellness Arts & Crafts show. Free event that will offer lots of opportunity for holiday shopping.



Vision Carriers. Saturday, Jan 14th. Have fun making leather pouches to carry your intentions for the new year. Cost: \$65 (supplies included) Teacher: **Kerry Carrillo**. For more information:

<https://www.mymindseyecreations.com>

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 \$525. For courses of four participants or more, each class is \$250. 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.

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.



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.

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.

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 Merciadis 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 30 years' experience in various modalities, spiritual counseling, and ceremony. For info, please call Dana at (928) 420-2109 or email ConsciousChoicesAZ@gmail.com or visit 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

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.



Healing Holidays

The stress is in the air! I don't know about you folks, but I've been feeling it hot and heavy for weeks now and I don't even feel I Have to make special preparations to

celebrate. I'm good at doing my own thing and celebrating in a way that is meaningful for me. Not so good at not feeling everything going on around me. So, I was thinking. What if whoever feels like it creates with me fun ways to work with healing over the holidays? How would that even look? How might your feelings change? Or the way you do things? How could it affect those you love and care about and yourself? What are some fun ways you could see it happening? Are you willing to release any blockages you might have, known or unknown, to help make this happen? What else are you willing to change, release, heal or forgive? Will it be worth it? Well, if you're still reading, I honor your integrity and commitment to self-growth and healing. I wish you blessings and love for your journey.

EASY MAGIC

5 Minutes For Change



"Take a walk with a turtle and behold the world in pause" ~ Bruce Feiler

Pausing is an integral part of any process and also a key to creating the success we desire for ourselves and our world. I find that when I pause, myriad things happen: I reconnect with my "why", creative solutions emerge, new ideas flow, and I am generally more equipped to deal whatever challenges I'm facing or dealing with in

the world. With that in mind, Easy Magic and I are making a pause ☺ We will be back in 2023 (we already have some exciting new things brewing in the cauldron), ready to continue, with you, to dream our new world into being.

I am honored by your steadfast participation and I am grateful for the magic, love, and compassion that you have for this world we are creating.

This poem by John O'Donohue sums up what I would like to say to each of you:

May you awaken to the mystery of being here And enter the quiet immensity of your own presence.

May you have joy and peace in the temple of your senses.

May you receive great encouragement when new frontiers beckon.

May you respond to the call of your gift And find the courage to follow its path.

May the flame of anger free you from falsity.

May warmth of heart keep your presence aflame and anxiety never linger about you.

May your outer dignity mirror an inner dignity of soul.

May you take time to celebrate the quiet miracles that seek no attention.

May you be consoled in the secret symmetry of your soul.

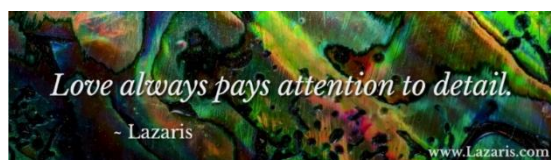
May you experience each day as a sacred gift, Woven around the heart of wonder.

I hope this holiday season finds you full of happiness and hope and may all of your cups runneth over with bountiful blessings. Until January... xo

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 virtual gathering and/or be added to the email updates and reminders. They can subscribe by [clicking here](#)



EVENTS AT A GLANCE!

Annual Silent Auction Fundraiser for MsHec3

Facebook November 15th - December 15th

All proceeds benefit the MsHec3 Project

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

Organic Stained Glass

December 10th & 11th

Kerry Carrillo. \$220

<https://www.mymindseyecreations.com>

Health & Wellness Arts & Crafts Show

Elks Performing Arts Center - Crystal Hall Ballroom

December 11th 10am-2pm Free Event

Open House Zoom

Wednesday, December 14

"Give as You Receive"

Celeste Holly Free or by donation

Zoom Meeting ID: 853 7280 7069

Winter Solstice Medicine Bag Ceremonies

December. Wednesday 21st from 5pm-8:30pm

(Solstice) and Friday 23rd 5pm-8:30pm.

Rebecca Cutehands \$100.

(928) 499-4128

Six Week Zoom Sessions Yoga

January 3, 10, 17, 24, 31 and February 7

6:00pm MT \$5 Donation

Celeste Holly (920) 858-2966

Open House Zoom

Wednesday, January 11, 5pm MT

"Divine Mother"

Marie Howell, Free or by donation

Zoom Meeting ID: 853 7280 7069

Vision Carriers

Saturday, January 14th

Kerry Carrillo \$65

<https://www.mymindseyecreations.com>

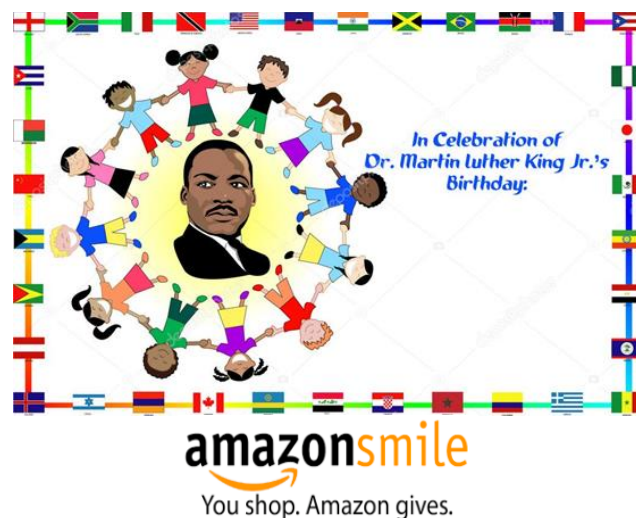
Open House Zoom

Wednesday, February 8th

"Health & Longevity"

Elizabeth Hyer-Rose Free or by donation

Zoom Meeting ID: 853 7280 7069



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

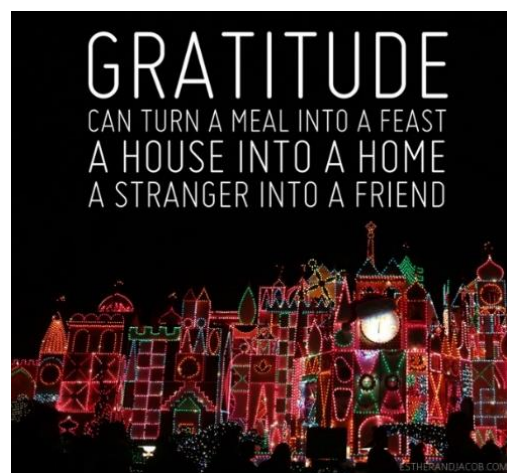
<https://www.facebook.com/MountainSpiritCoOp>

MsHec3

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

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
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f 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

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