

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

April/May 2023

Volume 19 Issue 3

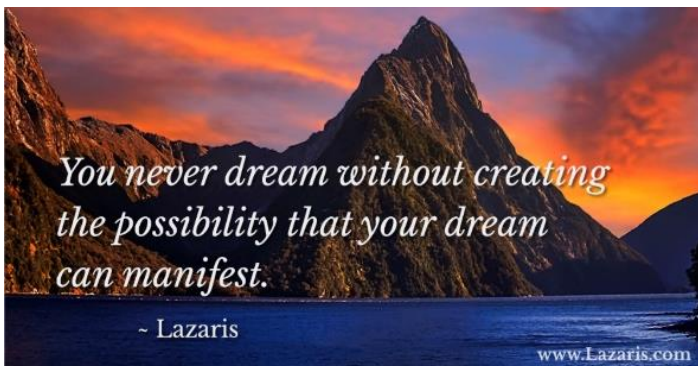
## Welcome New Member!



### Jion Sommer, Living Proof Naturally

Jion is a healing practitioner who's traveled the path to wellness. As a survivor of Lupus and Multiple Sclerosis, she understands the importance of a Whole Food Plant Based Diet. In her journey to healing, Jion discovered her heart's work delves into teaching others

how to heal the body, mind, and spirit. Through not only Whole Food Plant-based Diet coaching, she also teaches Meditation practices and believes as a Reiki Practitioner, that enhancing the life force energy flow of the body produces long-lasting effects for improved homeostasis. Call Jion at (928) 830-6888.



## FAIRS

Join **MSCO & MsHec3** members at fairs in April and May. April 22nd, Earth Day & Wednesday, May 10th. Check the **Events at a Glance** for more details.



### Mountain Spirit Co-Op

(928) 445-8545 / [www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

Facebook: [www.facebook.com/MountainSpiritCo-Op/](https://www.facebook.com/MountainSpiritCo-Op/)

**Readers and Practitioners by appointment.**

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

## Welcome New Member!

### Kristi Judy

I'm Kristi Judy, your Magical Pixie, and I feel so excited and grateful to join Mountain Spirit Co-Op!

I come offering my nearly 40 years of experience in the healing fields and a lifetime of spiritual gifts.



My multi-modality healing program, Relief from Grief, frees you from the trauma associated with loss of any kind at any point in your healing journey.

Personal and Group Sessions and Workshops in person and via Zoom. Kristi Judy, DD 928-713-5540.

## MSHEC3 YARD SALES

We gladly accept your gently used donations to benefit **MsHec3**. Sale dates are April 28th and 29th and May 5th & 6th. 1345 N. Sorrel Trail, Dewey, in the Prescott Country Club. Please contact **Sharon Mlinarcik** at (773) 213-6145 or email her at [sharon.mlinarcik@gmail.com](mailto:sharon.mlinarcik@gmail.com) to arrange to drop off or pick up your donations.

## Our Members, Their Offerings, Classes & Products

Follow this link for details on all classes & events, and for more information on our amazing practitioners.

<https://mountainspiritco-op.com/classes-events/>

**Robin Bersson ~ Mind, Body, Spirit Revolution & Kid's Revolution.** Contact (305) 7959-3044

[Robin.dimensions@gmail.com](mailto:Robin.dimensions@gmail.com)

<https://mountainspiritco-op.com/robin-bersson/>

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

What you are, the world is. And without your transformation, there can be no transformation of the world.

J. KRISHNAMURTI

**Kerry Carrillo ~ Stained Glass and Mixed Media Workshops.** Contact: [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com) or (928) 925-3765

<https://mountainspiritco-op.com/kerry-carrillo/>

Private and group classes are available on request.



Lumineria Class  
Kerry Carrillo



Organic Stained Glass Class  
Kerry Carrillo

**Classes: Organic (Non-Traditional) Stained Glass**  
April 29th & 30th \$220  
**Tissue Paper Luminarias & Bowls** - June 24th \$110

## Conscious Choices

**Dana Cummins**

Peace Ambassador  
Metaphysician

(928) 420-2109

[ConsciousChoicesAZ@gmail.com](mailto:ConsciousChoicesAZ@gmail.com)

[ConsciousChoicesAZ.com](http://ConsciousChoicesAZ.com)



Creating Pathways to Peace...

**Dana Cummins ~ Metaphysical & Spiritual Adventures & Healing.** Contact: [consciouschoicesaz@gmail.com](mailto:consciouschoicesaz@gmail.com) or (928) 420-2109.

<https://mountainspiritco-op.com/dana-cummins/>

**Classes** on Metaphysics, Manifesting, Meditation & Ceremonies are available.

**Rev. Rebecca Cutehands**

Spiritual Guide

awaken the journey within

Indigenous Teachings  
Medicine Wheel Ceremonies & Moon Blessings  
Intuitive Body Work & Crystal Therapy  
Native American Artwork, Weddings, Henna Tattoos  
Bus.#928-445-8545/ Cell#928-499-4128  
[cutehands2@juno.com](mailto:cutehands2@juno.com)  
[www.mountainspiritco-op.com](http://www.mountainspiritco-op.com)

**Rev. Rebecca Cutehands ~ Indigenous Healer, Teacher and Ceremonialist.** Individual and group teachings, ceremonies, weddings, home, and land blessings. Contact (928) 499-4128 [rcutehands2@gmail.com](mailto:rcutehands2@gmail.com)  
<https://mountainspiritco-op.com/rebecca-cutehands/>

**Classes: Indigenous Teaching-Carrier of the Moon and the Sun.** Sat and Sun, April 15th and 16th, 9 am to 6 pm -\$800. **Green Tara Puja** - Thursday, April 27th-11 am to 4 pm-FREE, **Lloq'enacuy**- Sat and Sun, May 20th and 21st from 10 am 5 to pm. \$700.

**Ongoing Classes:** Munay-Ki Rites, Medicine Wheel Teachings, Fire that Burns at Your Heart, Water Blessing and Balancing Ceremony. A complete list is on our website.

**Joseph Daniel Drew ~ Psychic, Empath, Several Modalities of Energy Work, Masseuse, and Space Clearing and a mild type of cerebral palsy.**

Contact (928) 830-4030. [holistichealing45@gmail.com](mailto:holistichealing45@gmail.com)  
<https://mountainspiritco-op.com/joseph-daniel-drew/>

**Teri Hitt ~ Website Design, Graphic Design, Video/Film Editing, Musician and Author.** Contact

[info@soulsecretsservice.org](mailto:info@soulsecretsservice.org) <https://mountainspiritco-op.com/teri-hitt/>

**Products** Find her books and album on her bio page in the above link.

**Happy Earth Day!**

**Marie Howell ~ Holy Mother Art, Divine Feminine Unique and Eclectic Creations.**

Contact [marie@truenorthwisdom.com](mailto:marie@truenorthwisdom.com) or (623) 980-9886 <https://mountainspiritco-op.com/marie-howell/>

**Classes** Cosmic Smashbooking & Goddess Art Classes

**Products** Goddess Art some shown on slideshow.



**Cindy Holt ~ Reiki, Aromatherapist, RN, Energy Work, Biodynamic Cranialsacral, Silva Method, Ceremonies, Medical Intuition, Emotional Release & much more.**

Contact (928) 273-8576 <https://mountainspiritco-op.com/cindy-holt/>

**Classes:** Aromatherapy, Silva Method, Guided Imagery, Clearing & Cleansing & more.

**Happy Mother's Day!**



**Celeste Holly ~ Intuitive Yoga Instructor, Reiki Master & Jewelry Artist.**

Contact: [ccholly@gmail.com](mailto:ccholly@gmail.com) or (920) 858-2966  
<https://mountainspiritco-op.com/celeste-holly/>

Class: **Zoom Gentle Yoga** March 28th and April 4, 11, 18, 25 and May 2 at 5 pm PT. \$5 Donation.

**Classes:** Reiki Certification and Jewelry beading are available on request.

**Kristi Judy ~ Empowerment Coach & Magical Conduit**

Contact: (928) 713-5540 [kristijudy@gmail.com](mailto:kristijudy@gmail.com).  
<https://mountainspiritco-op.com/kristi-judy/>

**Classes:** Relief from Grief, Circadian Fitness, EAV Testing of foods, supplements, etc., Life Empowerment Training, Energy Safety Education & More.

**Sharon Kelley ~ Facilitates healing with Sound, Reiki and Neuro-Linguistic Coaching.**

Contact: [sharinenergy@gmail.com](mailto:sharinenergy@gmail.com). (970) 376-0671 or  
<https://mountainspiritco-op.com/sharon-kelley>

**Classes:** Reiki level one and sound therapy available upon request.

**JoLynn Maas ~ Spiritual Counseling & Tarot Reader**

Contact [artisticseer@gmail.com](mailto:artisticseer@gmail.com) or call (480) 227-7287.  
<https://mountainspiritco-op.com/jolynn-maas/>

**Classes:** Tarot, Ceremony & Spirituality upon request.

**Vesna Matic ~ Physiologist, Transformational Counselor, Pranic Healer, Shaman, Spiritual Director, Passion Test Facilitator, Spiritual Travel Guide.**



Contact Vesna at (928) 244-5998 [vesnamw@gmail.com](mailto:vesnamw@gmail.com)  
<https://mountainspiritco-op.com/vesna-matic/>

**Jach Pursel ~ Metaphysician, Author, Channel for Lazaris.** Contact: [ConceptSynergy@lazaris.com](mailto:ConceptSynergy@lazaris.com)  
<https://mountainspiritco-op.com/jack-pursel/>

**Elizabeth Hyer Rose ~ Quantum Healer and Channel.**

Contact: [ehr@elizabethhyerrose.com](mailto:ehr@elizabethhyerrose.com) or (323) 553-2307  
 (call or text) <https://mountainspiritco-op.com/elizabeth-hyer-rose/>

**Janis Rosin ~ Hypnotherapist, Counsellor, Oil Alchemist, Author, Reiki Master.**

Contact: [Janis@janisrosen.com](mailto:Janis@janisrosen.com), (431) 336-3679,  
<https://mountainspiritco-op.com/janis-rosen/>

**Products:** Oil Blends, Perfumes & Skin Care.

**Jion Sommer ~ Living Proof Naturally offers Reiki & Meditation teaching, Whole Food Plant-based Nutrition Certified Professional, Center for Nutritional Studies.** Contact (928) 830-6888.

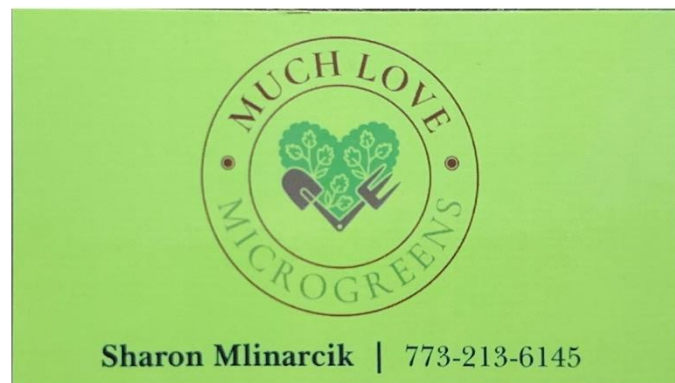
[LivingProofNaturally@gmail.com](mailto:LivingProofNaturally@gmail.com)  
<https://mountainspiritco-op.com/jion-sommer/>

**Dani Yanssens ~ Transformational Coach, Skilled Money Mindset Guide.** Contact: (586) 549-7300 or  
[Yanssensd@gmail.com](mailto:Yanssensd@gmail.com) <https://mountainspiritco-op.com/dani-yanssens/>

**Classes** on Financial Freedom & Money Mindset.



Documentaries that offer powerful information on healings and teachings from around the world including **Rebecca Cuthands** on Amazon Prime and YouTube, titled: *Life to Afterlife: Tragedy by Design*, and *Life to Afterlife: The Healers*.



## EVENTS AT A GLANCE



### Gentle Yoga on Zoom with Celeste

March 28 and April 4, 11, 18, 25 and May 2 at 5:00 pm PT. \$5 Suggested Donation, Zoom Meeting ID: 815 9572 8022. Contact Celeste at [cholly@gmail.com](mailto:cholly@gmail.com) or (920) 858-2966

### MSCO's Magic Mixer Open House

April 12<sup>th</sup> at 5 pm PT. ~ Free Event  
**Integration of Body, Mind, Heart & Soul.**  
 Robin Beresson will introduce us to some heroes within each of us based upon the Arthurian Legends. We will then journey in-depth with four of these heroes and utilize these energies to integrate our mind, body, heart and soul to align with our valued self.  
 Zoom Meeting ID: 853 7280 7069 Passcode: MSCO

### Indigenous Teaching

#### Carrier of the Moon and the Sun.

Sat and Sun, April 15th and 16th- 9am to 6pm -\$800  
 Contact Rebecca at (928) 499-4128 RSVP by April 10th.

### Emerging Priestesses~ Women's Support Group

Third Thursday Monthly: April 20th & May 18th  
 Contact Linda at [Lindacrider@email.com](mailto:Lindacrider@email.com)

### Earth Day Health & Wellness Fair

Sat. April 22, from 11 am to 4 pm Free Event  
 Earth & Herbs 222 S. Montezuma St.  
 Contact Jion Sommer (928) 830-6888 for booth rentals.

### Green Tara Puja

Thursday, April 27<sup>th</sup>, 11 am to 4 pm Free Event  
 Contact Rebecca at (928) 499-4128. RSVP by April 21st.

### Organic (Non-Traditional) Stained Glass

April 29th & 30th Cost: \$220  
 Kerry Carrillo (928) 925-3765 or  
[sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com)

### Vesna's Spiritual Trip to Peru

<https://visionsforlife.org/amazon-rainforest-journey/>  
 May 6th thru 13th. Price is \$3,997

### Health & Wellness Fair

The Center on Rosser  
 May 10th, 10 am-2 pm Free Event

### MSCO Magic Mixer

May 10th 5 pm PT ~ Free Event

### The Alchemical Magic of Oils

Janis Rosen will share with you her journey into aromatherapy. She will take you through her process of infusing magic and alchemy into creating her beautiful, resonant essential oil blends.  
 Zoom Meeting ID: 853 7280 7069 Passcode: MSCO



### Lloq'enacuy

Saturday, May 20th and Sunday, May 21st from 10 am to 5 pm PT ~ \$700.  
 Contact Rebecca at (928) 499-4128. RSVP by April 10th.

### Garage Sale for MsHec3

April 28th and 29th and May 19th & 20th  
 Contact Sharon Mlinarcik at (773) 213-6145 or email her at [sharon.mlinarcik@gmail.com](mailto:sharon.mlinarcik@gmail.com)

### Tissue Paper Luminarias & Bowls

June 24th Cost \$110  
 Kerry Carrillo (928) 925-3765 or  
[sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com)

### FACEBOOK PAGES AND GROUPS

Mountain Spirit Co-Op

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

MsHec3

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

### Spring Equinox Ceremony Altar



Thank you to all those who came to open the new cycle of life at the Equinox Ceremony. As we sat creating prayer ties for all of humanity, let us continue to see these prayers and blessings ripple around our planet.

~Rebecca Cuthands

### MsHec3 2023 Partnership Program

#### Monthly Partnership Programs

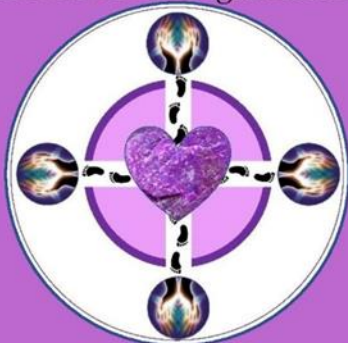
- \$11 Monthly ~ Love Partners
- \$33 Monthly ~ Peace Partners
- \$111 Monthly ~ New World Partners
- \$555 Monthly ~ Master Partners
- \$1,000 Monthly ~ Honoree Partners
- \$5,000 Monthly ~ Grand Father Partners
- \$10,000 Monthly ~ Grand Mother Partners

#### Annual Partnership Programs

- \$111 Annual Practitioner Partners
  - \$222 Annual Sponsorship Partners
  - \$333 Annual Advertising Partners
- "MsHec3 gave out over 150+ scholarships to those requesting services in 2022. We hope to double that this year, and with your help and support, we will!"

# 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

Yoga & Mindful Practices

Spiritual Counseling

Intuitive Readings

←—————→  
*Funding offered to those who qualify*

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“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

## 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 Yanssars**

(586) 549-7300

**Erin Kampa**

(203) 893-2778

## MsHec3

### Contact Information:

[MsHec3.com](http://MsHec3.com)

[MsHec3@gmail.com](mailto:MsHec3@gmail.com)

(928) 421-3399

### For Events, Information, FB, Donations

Please check out MsHec3's

Website: [MsHec3.com](http://MsHec3.com)

YouTube: [youtube.com/](http://youtube.com/)

@mscomountainspiritco-op9026