

INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

August/September 2023

Volume 19 Issue 5

Join Us! 2023 MSCO MAGICAL MIXERS

Join us for our 2023 MSCO Magic Mixer Series.
Free on Zoom and YouTube after they have aired.
2nd Wednesday of the month, 5 pm Arizona time
Visit our YouTube channel for these and more!
<https://www.youtube.com/@mscomountainspiritco-op9026?app=desktop>



MSCO's Magic Mixer August 9th, 2023. 5 pm EST.
"Navigating Difficult Cards in a Tarot Reading, Plus a Fun Show and Tell" with JoLynn Maas, Host Elizabeth Hyer Rose

In this presentation, JoLynn will be giving advice on how to read and explain seemingly negative or "scary" cards in a tarot reading. You will learn how to describe them in a way that does not upset or offend the querent, yet still delivers the true meanings of the cards. She will also be showing some of her favorite and most unusual decks in her collection of tarot cards.

MSCO's Magic Mixer September 13th, 2023. 5 pm PST.
"Mindful Money Management with Dani Yanssens, Host Dana Cummins"

Mindfulness is being aware of the present moment, without judgment or expectations. By practicing being present, we are able to avoid being swept into the

media-driven emphasis on consumption and the continuous drive for more money and things, which never leads to sustainable happiness. Focus on simple, disciplined financial behaviors that have long-term impacts on our lives, and you can expect less anxiety, enjoy better outcomes, and earn your happiness dividend.

MSCO's Magic Mixer October 11th, 2023. 5 pm PST.
"Natural Wellness and Spiritual Enhancement through Circadian Health Part 1" with Kristi Judy, Host Elizabeth Hyer Rose

MSCO's Magic Mixer November 8th, 2023. 5 pm MT.
Plant Medicine and its Magic with Vesna Matic, Host Dana Cummins

MSCO's Magic Mixer December 13th, 2023. 5 pm MT
"Natural Wellness and Spiritual Enhancement through Circadian Health Part 2" with Kristi Judy, Host Celeste Holly

Summer Solstice



Thank you so much to all of you who came out to celebrate Summer Solstice and for embracing a traditional ceremony of the "Mud Up." The winds of the South is the doorway to the child and the place of Peace. As we gathered together on that day, all of us were apart of blessing this planet and all of Creation with laughter, innocence and playfulness and I am truly grateful for the moment we created. Blessings

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.



Conscious Choices

Dana Cummins
Peace Ambassador
Metaphysician

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



Creating Pathways to Peace...

L.E.T.'s Rise and Shine!

Build Your Inner Light and Let Your Healthy, Happy and Connected Life Shine!

The answer to nearly all that ails you is free, works fast, proven effective, is innate and right outside your door.

Your body, emotions, mind and spirit all require one thing; above all of the supplements, therapies, modalities and meditations combined!

That's a mighty big claim, coming from someone who has spent 40 years in the functional medicine, healing and spiritual arts profession.

My name is Kristi Judy, and I've spent those 40 years in practice on a quest to help people feel fantastic on all levels, reclaim their zest for life and cure whatever ails them.

I have trained and certified in dozens of techniques, all cutting edge for their time and very effective. I have trained and certified others in the techniques and processes I created personally in Life Empowerment Training (L.E.T.) workshops and teaching my 4-year Doctorate program.

The thousands of people I've worked with trust that whatever they bring into my office I have a way, or will find a way, to help them.

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
www.mountainspiritco-op.com

And so it is, with L.E.T.'s Rise and Shine! A program based on the applied science of quantum biology to revitalize, rejuvenate and recharge the parts of your body that truly determine your health, happiness and spiritual connection.

Join me, on October 11th and December 13th, in our Mountain Spirit Co-op free online Zoom Mixers and learn L.E.T.'s Rise and Shine! Learn the simple techniques that have truly created miracles since the dawn of time.

If you're ready now, feel free to contact me, Kristi Judy, at 928-713-5540 to attend either a group workshop or to have a one-on-one personal session (in person or via Zoom) and L.E.T.'s Rise and Shine!



Celeste Holly
Ccholly@gmail.com
(920)858-2966

Yoga Prenatal Yoga Reiki Master Teacher & Jewelry Artist

Prescott, AZ

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

"Changing the world one scholarship at a time!"

MsHec3.com

AUGUST IS HAPPINESS HAPPENS MONTH.



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

<https://www.Handinghope.org/donate-2/donate-for-kids-revolution-worldwide/>

Classes: Five Day Hero Quest: Activating the 12 Hero's in You. August 17th-21st 4pm PST \$297 value for a \$97 donation to Kids Revolution at

<https://krwpersonalsponsor.carrd.co/> Contact Robin at (305) 799-3044

Kerry Carrillo ~ Stained Glass and Mixed Media Workshops. Contact: sheplayswithcats@gmail.com or (928) 925-3765 <https://mountainspiritco-op.com/kerry-carrillo/>

Private and group classes are available on request.



Classes: Organic (Non-Traditional) Stained Glass - August 26th & 27th

This is a prerequisite class for all of my other non-traditional stained glass classes.

Cost: \$220 (all tools & supplies included)

Teacher: Kerry Carrillo

For more information:

<https://www.mymindseyecreations.com>



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

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

Classes: Metaphysics, Manifesting, Meditation & Ceremonies are available.

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
<https://mountainspiritco-op.com/rebecca-cutehands/>

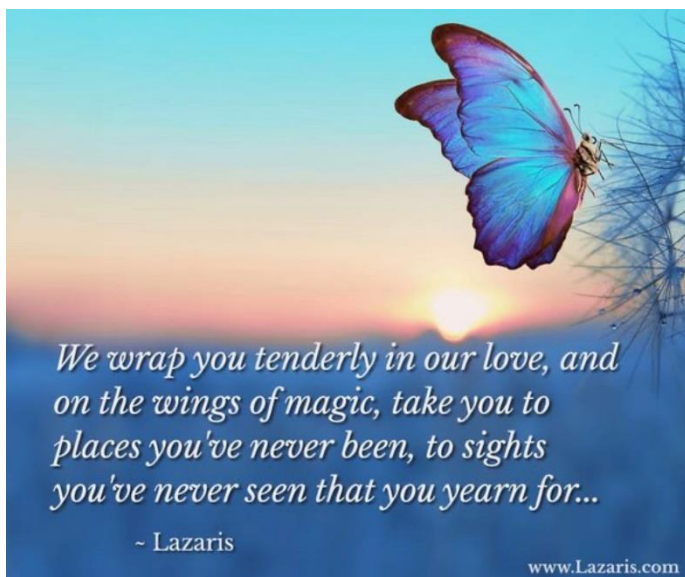
Ceremonies: Pachamama Celebration. Tuesday, August 1st, from 11 am-3 pm. Free

Autumn Equinox Ceremony. Friday, September 22nd from 5pm to 8pm. We will be gathering to give thanks to the time of the South and the path of the Sun, as we welcome in the time of the West. We will be celebrating the day of balance between shadow and light and the feminine and masculine energies of Creation. Grandmother Moon will take her place in the skies above and we will walk with her until Spring. The Rainbow bird and the sacred drum will bless us on this day so please bring a drum if you wish. Spiritual Guide: Rebecca Cutehands. Cost: \$100. Location: The Playground Ranch, Dewey, AZ. Please RSVP by September 15th. Snacks and refreshments will be offered after the ceremony. Blessings

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 ~ Several Modalities of Energy Work, Reflexology, and Space Clearing. Contact: (928) 830-4030. holistichealing45@gmail.com. Prescott, AZ
<https://mountainspiritco-op.com/joseph-daniel-drew/>





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

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

Classes: **Gentle Yoga on Zoom** Tuesdays on September 5, 12, 19, 26 and October 3 and 10 at 5:00 pm PT, 6:00 pm MT,

Higher Power Yoga with **Celeste Holly** will be offering a series of one hour Zoom six-week gentle yoga practices. We will explore gentle yoga, restorative postures and meditation. All bodies are welcome. The purpose of this series is to come to our mat and treat our bodies with gentleness, respect, and love.

Have a mat, pillow(s), strap (or long scarf or tie), and blanket on hand for ease and modifications.

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

*Let yourself
receive. You
have the
capacity, you
have the
receptors; you
are the
receptacle of
love. Let yourself
receive, there,
beyond the
Between, in the
Matrix of Love.
~ Lazaris*

Kristi Judy ~ Empowerment Coach & Magical Conduit

Contact: (928) 713-5540
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.

JoLynn Maas ~ Spiritual Counseling & Tarot Reader

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



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

info@soulsecretsservice.org
<https://mountainspiritco-op.com/teri-hitt/>

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

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

Contact: 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.

KIDS REVOLUTION

Robin Bersson

(305) 799-3044

Robin.dimensions@gmail.com

team@kidsrevolutionworldwide.com

<http://www.handinghope.org/donate-2/donate-for-kids-revolution-worldwide/>



Jach Pursel ~ Metaphysician, Author, Channel for Lazaris. Contact: ConceptSynergy@lazaris.com
<https://mountainspiritco-op.com/jach-pursel-3/>

Elizabeth Hyer Rose ~ Quantum Healer and Channel.
Contact: 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, (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 <https://mountainspiritco-op.com/jion-sommer/>

Dani Yanssens ~ Transformational Coach, Skilled Money Mindset Guide. Contact: (586) 549-7300 or
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 Cutehands** on Amazon Prime and YouTube, titled: *Life to Afterlife: Tragedy by Design*, and *Life to Afterlife: The Healers*.



FACEBOOK PAGES AND GROUPS

Mountain Spirit Co-Op
<https://www.facebook.com/MountainSpiritCoOp>

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

YouTube
<https://www.youtube.com/@mscomountainspiritco-op9026?app=desktop>



Events at a Glance

Pachamama Celebration

Tuesday, August 1st, from 11 am-3 pm.
Free Event
Contact: **Rebecca** to register at (928) 499-4128

Healthy Lifestyle Expo

August 12th, 9 am - 3 pm. Free Event
1280 E Rosser St., Prescott

Five Day Hero Quest: Activating the 12 Hero's in You. Via Zoom

August 17th-21st 4pm PST \$297 value for a \$97 donation to Kids Revolution at
<https://krwpersonalsponsor.carrd.co/>
Contact Robin at (305) 799-3044

Gentle Yoga on Zoom.

Tuesdays on September 5, 12, 19, 26 and October 3 and 10 at 6 pm MT, Contact **Celeste Holly** at (920) 858-2966, \$5 suggested donation.

Autumn Equinox Ceremony

Friday, September 22nd from 5 pm to 8 pm. Cost: \$100.
Spiritual Guide: **Rebecca Cutehands**
Location: The Playground Ranch, Dewey, AZ.
Please RSVP by September 15th at (928) 499-4128

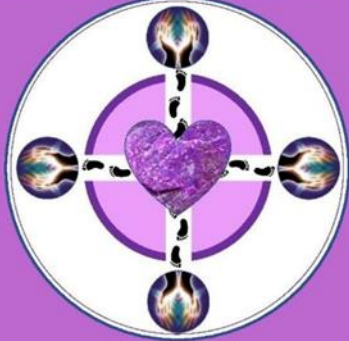
Organic (Non-Traditional) Stained Glass

August 26th & 27th Cost \$220
(all tools & supplies included)
Teacher: **Kerry Carrillo**
<https://www.mindseyecreations.com>



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

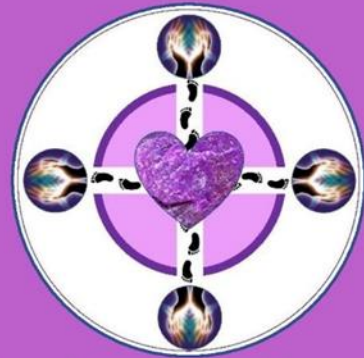
Yoga & Mindful Practices

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 Cuthands

(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

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(928) 421-3399

For Events, Information, FB,
Donations

Please check out MsHec3's

Website: MsHec3.com

YouTube: youtube.com/

[@mscomountainspiritco-op9026](https://www.facebook.com/mscomountainspiritco-op9026)