

# INTUITION

— A Newsletter Produced by Mountain Spirit Co-Op —

December 2023 / January 2024

Volume 20 Issue 1

Online Silent Auction



Hope this finds all of you moving with grace and ease during this holiday season. Since so many of us are traveling to see friends and family and find ourselves so busy during the holidays, us here at MsHec3 have decided to carry the **Silent Auction** into **every month of the year** instead of placing it at the busiest holiday season. This will give more time to bid on the items and offerings that you want, and it brings abundance and joy all throughout the year. This also brings more opportunities to those who receive scholarships with all that you donate and bid on throughout the year as well. We will be offering one item and one session or service each month.



For January 2<sup>nd</sup>, we will start the bidding on Jodi Maas' donation of an acrylic painting on wood (shown on left), and



Elizabeth Hyer Rose's Quantum Healing Session.

Many thanks and great appreciation!

We offer great appreciation and many thanks to all who have donated to the MsHec3 project. As we listen to the clients and read the letters sent in from those who receive the services through the scholarship program, they are heartfelt and

emotional. They are so appreciative of the opportunity to receive and are profoundly grateful for those who fund it. So, from all of us at MsHec3 we thank you for your generosity and offer blessings to you and your families for the new year.

MSCO'S Magic Mixers (MMM)

**MSCO'S Magic Mixers (MMM) 2023/2024 Coming soon to a Zoom near you!**

**Theme "Whispers of the New World"**

<https://us02web.zoom.us/j/85372807069>

**MSCO's Magic Mixer December 13th, 2023**

Host **Dana Cummins**

Natural Wellness and Spiritual Enhancement through Circadian Health Part 2 with **Kristi Judy**

Build your **LIGHT** bodies innately to support your physical wellbeing AND Spiritual Connection!

Learn the foundations that will transform your life in fast, easy, effective, and free ways...as if by magic! Join Kristi Judy, certified in Applied Quantum Biology for Circadian Health, for this truly vanguard presentation and pave the way for your bright and beautiful future!



**Happy New Year**

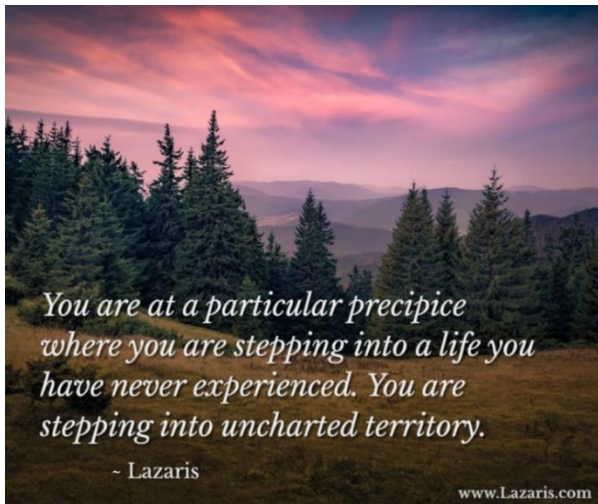
**Mountain Spirit Co-Op**

(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.



(MMM) Magic Mixer Continued...

**January 10th, 2024**

**Host Celeste Holly**

**Collective Magic for the World Becoming New with  
LeeAnn Romine**

A Collective time to share your vision for our world and co-create the magic that is vital for the birthing process our world is going through today. LeeAnn will be leading us with her deep psychic and quantum gifts as we collectively charge our world with the vision and healing that we each hold. Let us make impactful changes together for this new year!

**MSCO's Magic Mixer February 14th, "What's Love Got To Do With It?"** With Elizabeth Hyer Rose

**MSCO's Magic Mixer March 13th, "Natural Wellness & Spiritual Enhancement through Circadian Health Part 3"** with Kristi Judy

**MSCO's Magic Mixer April 10th, "An Evening with Your Higher Self"** with Janice Rosen

**Conscious Choices**

**Dana Cummins**  
Peace Ambassador  
Metaphysician

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

**Creating Pathways to Peace...**



**Thank you to Everyone**  
**who has supported our non-profit**  
**Mountain Spirit Healing and Educational Center!**  
2023 has been a booming year and we have already surpassed the number of scholarships we gave out last year. Bless you all for your continued support. We couldn't do it without you!

## 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**



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



**Classes: Five Day Hero Quest: Activating the 12 Hero's in You.** Coming soon to Zoom.

\$297 value for a \$97 donation to Kids Revolution at <https://krwpersonalsponsor.carrd.co/> Contact **Robin** at (305) 799-3044

**Kerry Carrillo ~ Vision**

**Carriers** - January 13, 2024, 9:30-4:30. We'll be making leather pouches to fill with new & empowered energy to represent our 2024 inspirations and intentions. Cost: \$45 (all supplies included)

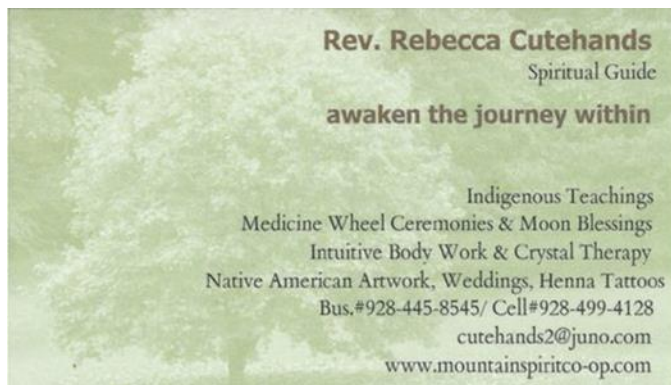
**Teacher: Kerry Carrillo**

Contact: [sheplayswithcats@gmail.com](mailto:sheplayswithcats@gmail.com) or (928) 925-3765 <https://mountainspiritco-op.com/kerry-carrillo/> <https://www.mymindseyecreations.com>



**Dana Cummins ~ Metaphysical & Spiritual Adventures & Healing.** Contact: [consciouschoicesaz@gmail.com](mailto:consciouschoicesaz@gmail.com), <https://mountainspiritco-op.com/dana-cummins/> or (928) 420-2109.

**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](mailto:rcutehands2@gmail.com) <https://mountainspiritco-op.com/rebecca-cutehands/>

**Ceremonies:**

**Winter Solstice Celebration and Medicine Bag Ceremony** - December. Thursday 21<sup>st</sup> and Saturday 23<sup>rd</sup> from 5:30pm to 9pm. Cost: \$100

**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](mailto:holistichealing45@gmail.com). Prescott, AZ <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.

**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.

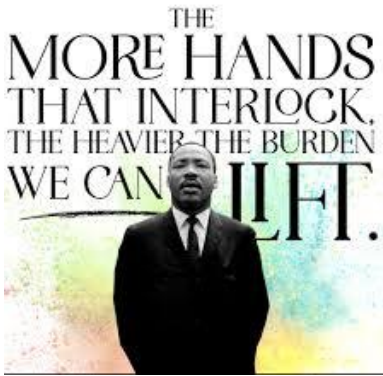


**Cindy Holt ~ Reiki, Aromatherapist, RN, Energy Work, Biodynamic Cranialsacral, Silva Method, Ceremonies, Medical Intuition, Emotional Release & much more.**

Contact: (928) 273-8576

<https://mountainspiritco-op.com/cindy-holt/>

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



**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/>

**Classes:**

**Reiki III Training with Celeste Holly**

Date: Saturday, December 2, 2023

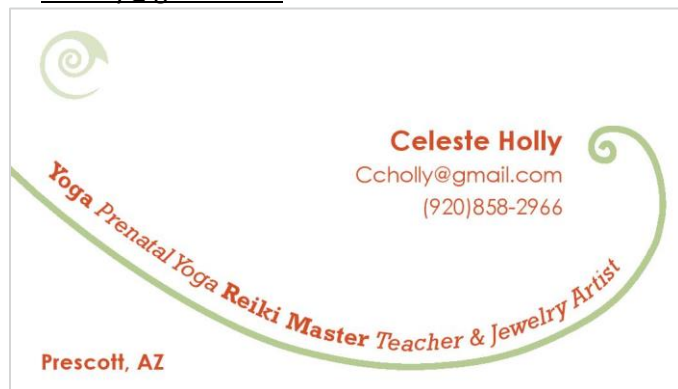
Time: 9:00 am -1:00 pm

Location: Higher Power Yoga and Wellness, 550 S. Montezuma, Prescott, AZ

Cost: \$75

Contact: Celeste Holly at (920)858-2966

or [ccholly@gmail.com](mailto:ccholly@gmail.com)



**Spirit Wand Class**

Date: Saturday, January 20, 2024

Time: 9:00 am – 12:00 pm

Location: Higher Power Yoga and Wellness, 550 S. Montezuma, Prescott, AZ

Cost: \$55.00

We will create a spirit wand from sticks collected from their natural environment. Each stick will be unique in its creation using paint, beads, semi-precious stones, feathers, charms and more. As you create you can add in your positive intentions to charge your wand for personal use.



**KIDS REVOLUTION**

**Robin Bersson**

(305) 799-3044

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

[team@kidsrevolutionworldwide.com](mailto:team@kidsrevolutionworldwide.com)

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



**Gentle Yoga with Celeste**

Celeste Holly will offer one-hour Zoom classes on Tuesdays for a six-week period: January 2, 9, 16, 23, 30 and February 6, 2024.

We will explore gentle yoga, restorative postures, and meditation.

Donation of \$5 recommended.

Zoom link: <https://us02web.zoom.us/j/81595728022>

**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.

**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: (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/jach-pursel-3/>

**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/>

**LeeAnn Romine~Psychic Spiritual Mentor.** Contact  
[leeann@igniteyouglobal.com](mailto:leeann@igniteyouglobal.com) or  
<https://mountainspiritco-op.com/leeann-romine/>  
Entrepreneurial success mentorship, psychic readings,  
Theta healing, Beyond Quantum work

**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.

**Carole Sainte-Marie**, Wisdom seeker, Tarot teacher and consultant, author and editor. Contact email  
[lemurian63@yahoo.ca](mailto:lemurian63@yahoo.ca) or  
<https://mountainspiritco-op.com/carole-sainte-marie/>  
Carole Sainte-Marie~ As of January, Carole will offer short Tarot consultations and spiritual guidance. For info: [metamorphosis63@outlook.com](mailto:metamorphosis63@outlook.com) - mentioning Tarot as subject or <https://mountainspiritco-op.com/members/carole-sainte-marie/>

**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

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>

**Mountain Spirit Co-Op**

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

## EVENTS AT A GLANCE

**MSCO's Magic Mixer** December 13th, 2023 **FREE EVENT**  
**Natural Wellness and Spiritual Enhancement through Circadian Health Part 2** with Kristi Judy  
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**Collective Magic for the World Becoming New** with **LeeAnn Romine**  
<https://us02web.zoom.us/j/85372807069>

**Vision Carriers** - January 13, 2024, 9:30-4:30

Cost: \$45 (all supplies included)

Teacher: **Kerry Carrillo**

<https://www.mymindseyecreations>

**Spirit Wand Class Saturday** January 20, 2024 9:00 am – 12:00 pm

**Higher Power Yoga and Wellness**, 550 S. Montezuma, Prescott, AZ

Cost: \$55.00 Contact: **Celeste Holly** at (920)858-2966 or [ccholly@gmail.com](mailto:ccholly@gmail.com)

It is tenderness for the past,  
courage for the present, hope  
for the future. It is a fervent  
wish that every cup may  
overflow with blessings rich  
and eternal, and that every  
path may lead to peace.

AGNES M. PHARO





## A Non-Profit Organization



# Are you at the Crossroads of Change?

## Services Offered

## Body Work

## Classes & Workshops

## Polarity & Craniosacral Therapy

Metaphysical &amp; Indigenous Teachings

## Crystal & Sound Therapy

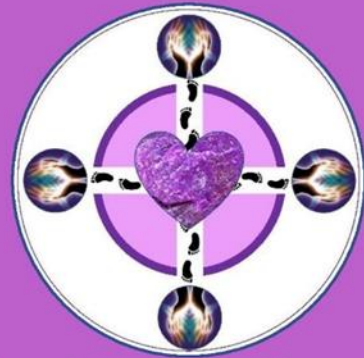
## Yoga & Mindful Practices

## Spiritual Counseling

## Intuitive Readings

*Funding offered to those who qualify*

# Namas + e



“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



**f** 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 Yanss**  
(586) 549-7300

**Erin Kampa**  
(203) 893-2778

### MsHec3

**Contact Information:**

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

MsHec3@gmail.com

(928) 421-3399

**For Events, Information, FB,  
Donations**

Please check out MsHec3's  
Website: [MsHec3.com](http://MsHec3.com)  
YouTube: [@mscomountainspiritco-op9026](http://youtube.com/@mscomountainspiritco-op9026)