



PSYCHIC HORIZONS CENTER

follow your own path

Volume 15, Number 5

www.PsychicHorizonsCenter.org

August - September 2010

FREE HEALING CLINICS

- Tuesdays, 5:00-6:30pm
Psychic Horizons Center
450 Ord Drive, Boulder
- Wednesdays, 11am-1pm
Sunflower Market
2525 Arapahoe, Boulder
- Wednesdays, 6pm-7:15pm
Cafe Isabel
6050 W. 92nd Ave., Westminster
- Second Thursday of each month.
6:30-8:30. *Channeling followed
by Trance Medium Healings.* \$10.
Psychic Horizons Center
450 Ord Drive, Boulder

Healings are first come, first served,
and are 10-20 minutes in duration.

Call 303-440-7171 for more info.

Meditative Church Service

~ Free Healing Clinic ~

Our nondenominational Church
of Inner Light provides a space
to renew your spiritual focus for
the coming week.

Join us at 10:30am the second
Sunday of each month. Sunday
School is also available. Healing
clinic and pot luck follows.

Call 303-440-7171
for more information.



Founders and directors of Psychic Horizons Center
and Church of Inner Light, Mary Bell Nyman (left)
and Hope Hewetson.

A View of Hope

Love Heals All

We are finding our way back to love. As capable beings striving to be true to our purpose on Earth, we have created ample opportunities to practice returning to love. Part of our plan involves reincarnating over and over, to learn our lessons faster and build up the planet's energy to a higher level of consciousness.

Also, from lifetime to lifetime, we created life experiences through our family, workspace, health, relationships, death, abundance and more that challenge us with situations that seem to threaten our safety or ability to be in control.

Sometimes people want to give up on certain situations because they believe past experience proves that things will never work out. But the experiences we have aren't who we are. They are just experiences. What is real and relevant as a spiritual being is how we distill the experience into a lesson and find the love.

Lessons learned become your body of wisdom, the essence of you. You are a spiritual being that has a physical body, and you are building a body of wisdom. It is built within you when you take action from the intent of love.

You are healing karma, and building your ascension body. There is no other way to build this body except from your loving actions and intent.

We each experience lessons in daily life that are

personal, as well as the big planetary karmic issues that are playing out. It is a lot on our plates.

One of the big ones at the moment is the oil spill. If all needs to be brought back to love, how do we do it with something of that magnitude? It seems like a slam-dunk judgment situation; blame BP, the government, the gas guzzlers or the McMansions that require so much extra fuel to heat and cool their interiors.

Like all life lessons, it is a challenge to bring this experience back to love, where the healing occurs.

This isn't about getting rid of the concept of judgment. We judge what to wear, eat, how fast to drive, how much pasta to boil. But when judgment is used to avoid emotion, we are stuck, and healing does not occur.

So, with the oil spill, we rush to judge the people and entities we think are responsible because we want to avoid feeling the pain that the situation brings up. Feeling the devastation of the loss of amazing earthly beauty - the fish, turtles, birds and countless other species decimated by this spill. The loss of jobs, our children's and grandchildren's beaches. It seems endless, overwhelming and heartbreaking. And that's what it is meant to be for a certain amount of time.

For some, this may be the low they have to hit to choose to see a new way

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About Us

Located for 15 years in Boulder, we are a spiritual sanctuary for sensitive souls to safely access their wisdom and power within. Students learn how to see people for the soul essence of who they are. Students at Psychic Horizons Center become 24-hour psychics, walking in their power and helping the world to heal. 🌿

CHILDREN'S HEALING CLINIC

Validate your child as spirit and help them to release built up energies. This non-touch healing can be of benefit to all kids. It is also a great space for the child-parent relationship to receive feedback and a healing.

Sessions are approximately 15-minutes and appointments are needed:

303-440-7171 or hello@psychichorizonscenter.org to schedule your time during the clinic. Distance options available.

\$20

Saturday, August 21 10-Noon
Saturday, September 18, 10-Noon

Facilitated by Stacia Synnestvedt

Words to Grow by

Handling Times of Fast Growth

As we each change and grow, we move into what we call a "growth period." When things are status quo, the body moves along as business as usual. But when everything is up in the air, nothing feels solid and our bodies feel uncomfortable. The spirit part of us thrives on change, the body not so much!

Bodies are set at routine maintenance until something happens. We lose our job, get sick, or have a fight with a loved one. Then the body sends adrenaline through the bloodstream, heightening our senses. Once the issue is brought to our awareness, it is hard for us to focus on anything other than the issue.

Our whole awareness focuses on getting a new job, healing our cancer or figuring out how to live by ourselves if our loved one leaves. We can hardly ever listen to anything else when our survival feels threatened. Until we find our status quo again, the whole world feels off or overwhelming. So here are some concrete things you can do until your growth periods ends and life goes back to normal.

Be gentle with yourself. It is not the end of the world. You may feel like it would be easier to die, but that is not the answer! Ground your body, making an energy connection from the base of your spine to the center of the earth. Energy isn't fussy; the connection can look like a redwood tree, an anchor and chain or a hollow tube. Practice letting go of fear—fear of not having enough money, fear of being homeless, fear of making a wrong choice, or fear of disapproval from friends and family. Breathe and let all the fear go down the grounding chord into the earth. Releasing fear lets you create a solution that will work for you.

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Please Join Us!

Thursday, August 5 - Sunday, August 8th

Celebrate Your Sacredness SPIRITUAL RETREAT

Partner with your Higher Self and validate your life! Celebrate and validate your role as a psychic and healer during the amazing consciousness shifts we are experiencing. Read, heal, deprogram, and know you are a Master - wondrous, precious, divine, complete, worthy, deserving and so honored!

Thursday, August 5, 6:30pm- 9pm

Workshop: Heal Your Partnership with Your Higher Self

Friday, August 6, 1:30-5:30

Workshop: Own your Value as a Sacred Being in the Body

Friday, August 6, 7-8

Planetary Healing

Saturday, August 7, 1pm-5:30pm

Workshop: Your Trance Medium Space & a TM Healing Clinic

Saturday, August 7, 6pm

Celebration and Barbeque!

Sunday, August 8, 10:30am

Meditative Church Service followed by healing clinic and potluck

Cost of Retreat is \$200

(Half price for current Psychic Horizons Students)
For Boulderites, you are welcome to attend any workshop individually if unable to take them all.

Calling All Healers!

Join us for our monthly
group planetary healing!

We meet the first Friday of each month. Free.

**Fridays, August 6
and September 3
7-8:30 pm**

You may also join us via phone
by calling 218-862-6420,
enter access #946721.

Hope to see you!
Namaste!
Mary Bell



Readings and Healings

TITLE	DESCRIPTION	TIMES	COST
1-Hour Psychic Readings	In an undergraduate reading, learn about past lives and receive communication on the seven layers of your aura. Undergraduate readers are currently in a one-year clairvoyant training program.	Undergraduate Wed: 7 pm Tues/Sat: 10	\$35
	In a graduate reading, bring a specific question or issue on which you would like communication. Graduate readers have been reading for a year or more. Call 303-440-7171 to schedule.	Graduate Thurs: 4:30 pm Tues. & Sat: 10 am	\$50
Long-Distance Readings	Long-distance readings are available from our graduate students. We will tape the reading and send it to you. Call 303-440-7171 or email us with your request at hello@psychichorizonscenter.org .		\$50
House or Business Healings	A team of house healers will come to your house and communicate with any spirits and move out foreign energies. This allows you to have your own energy in your home. This makes it more fun to live in or easier to sell. In a business healing, healers will clear your business space to promote its success and flow. Call 303-440-7171 to schedule.		House & Business healings: \$50 at Center, \$100 on site
Pet Readings	Receive communication and a healing for your pet. Call 303-440-7171 to schedule.	By appointment	\$35
Free Healing Clinics	Free healings and readings at Sunflower Farmers Market, 2525 Arapaho in Boulder, 11am-1pm every Wednesday. Free healing clinic Tuesdays, 5-6:30pm. 450 Ord Drive in East Boulder. Free healing clinic Wednesdays, 6-7:15pm at the Cafe Isabel in Westminster, 6050 W. 92nd Ave., 80030. Call Hope, 303-530-0232 for Westminster information.		
Masters Level Healing	Graduate level spiritual healings and readings help you see what you are learning and make a shift. Call 303-440-7171 to schedule.	Thurs: 4:30 pm	\$50
	Trance Medium Healings offered the 2nd Thursday of the month.	2nd Thurs: 6:30pm	\$10
Professional Readings	Available from our directors. Mary Bell Nyman, 303-554-6465 or Hope Hewetson, 303-530-0232.		\$125 per hour

Beginning Classes (Prerequisite: you are excited to evolve!)

All beginning level classes meet once a week for 6 weeks. See start dates below. The cost for a 6-week class is \$200.

COURSE TITLE	CLASS DESCRIPTION	CLASS TIMES	START DATES
How to Heal Yourself	Take charge of your life and manage your career, family and relationships by learning simple energy tools. These tools put you on the path of developing your psychic abilities and recognizing your own energies. Taught by Terri Todd.	Tues: 7-9 pm	Tues. Aug. 17
			Tues. Sept. 28
1-Day How to Heal Yourself	Learn the tools of the How to Heal Yourself class in this one-day format. \$150. Taught by Lynn Swearingen.	Sat: 10 am - 4 pm	Sat. Aug. 14 Sat. Sept. 11

Advanced Classes (Prerequisite: How to Heal Yourself class)

Clairvoyant Program meets for 12 months. Spiritual Healing program meets for 6 months. Cost: \$235 per month.

COURSE TITLE	CLASS DESCRIPTION	CLASS TIMES	START DATES
Clairvoyant Program	Learn simple yet powerful tools to increase your intuitive awareness and sharpen your psychic abilities. Attract the job and relationships you desire. Go within to discover your own answers. Access your Akashic records, read past lives and clear auras. Heal yourself and others without giving away your energies. Meets twice a week. Also available in a weekend format. Taught by Hope Hewetson, Rachel Mudd, and Mary Bell Nyman.	Wed: 7-9 pm for 5 weeks then you attend on Monday evenings.	Wed. Aug. 18 and Wed. Sept. 29
Weekend Clairvoyant Program	This schedule is great if you live out of town, or have a hard time with evenings. Class meets one weekend a month, Saturday 10-4 and Sunday 10-2, Taught by Hope Hewetson and Mary Bell Nyman	Meets the fourth weekend of each month unless there is a holiday. Then it meets the third weekend.	Aug. 28-29 Sept. 25-26
Animal Communication	This 4-month class will teach you to heal and communicate with the animal kingdom. Read chakras, etheric bodies, past lives and more. Look at the agreements between pets and their owners and see what they are learning.	Tues: 7-9 pm (class) and Tues. 6pm for pet healing clinic	In session

Graduate Classes (Prerequisite: 6 months or one year of clairvoyant program)

Class meets once a week. Student also reads during a designated graduate reading time: Thursdays 4:30 pm or Tuesday or Saturday mornings, 10 am.

COURSE TITLE	CLASS DESCRIPTION	CLASS TIMES	START DATES
Peeling the Onion	Astral Travel This 10-week class begins July 26. (For Peeling The Onion telephone schedule see page 6.) Relationships begins Oct. 11 and meets for 6 weeks. Taught by Mary Bell Nyman and Sydney Power.	Mon: 7-9pm	Mon. July 26
Women's Graduate Program	This class is for women who want to master their female creative energy and divinity and help the planet take a step! Meets the first Saturday of the month. \$75 a month. Drop ins welcome! Taught by Hope Hewetson.	Sat: 10-2	TBA
Spiritual Healing Program	Maintain and heal your space while helping others. Learn to distinguish energies and not give energy away to your clients. We will look at illness, etheric bodies, soul retrieval, sound healing, past life influences and more. Meets twice a week for six months. Taught by Hope Hewetson.	Tues: 7-9 pm	TBA
Minister in Training	Create your own ministry for healing and serving others. Learn to do ceremonies and participate in our church services. Be grounded in trauma and counseling situations. Fulfills state requirements. 6 months. Taught by Mary Bell Nyman.	Mon: 7-9 pm	TBA
Teacher in Training	Own your teaching space and be a teaching assistant in our classes at the center. Learn how to help people find their spiritual freedom and answers. Heal your past notions of teaching and learning. 4 months. Taught by Mary Bell Nyman.	Tues: 7-9 pm	TBA

You Are The Master Phone Class



You are the master, you are the one shifting the course of the planet. Own your mind, be motivated from love versus fear. Move out energies that interfere with you using your wisdom in your life consciously and consistently. We look at many amazing concepts in this class - it is challenging and fun! *Taught by Hope Hewetson and Mary Bell Nyman.*

**THIS 6-WEEK CLASS IS \$150
Wednesdays, 6-7pm MST, Sept. 1-Oct. 6**

All classes are available on mp3 for an extra fee

Please call 303-440-7171
or see our website to find out more
www.PsychicHorizonsCenter.org

From home on your phone!

One-to-One Students:

LIVING HEAVEN ON EARTH SERIES

(students and graduates of One-to-One only)

Focus on bringing your one-to-one space into your daily life.



2ND SATURDAY OF EACH MONTH

10-11 am MDT

SATURDAY, AUGUST 14

Using the Energy of Conception to
Help Your Life

SATURDAY, SEPT. 11

Deprogram circuits that keep you from loving
you!

SATURDAY, OCTOBER 9

“One Lovesmanship” vs One Upsmanship!

Cost is \$30 per class

mp3 download for \$2.99 will be available for attendees afterwards

Taught by Mary Bell Nyman

A View of Hope continued from page 1

of living life and loving this planet and each other.

It offers humanity another chance to recognize that the organism of mother earth is intertwined intimately with each of us psychologically, physiologically, spiritually and on a pragmatic level, economically.

So before you judge anyone in this scenario, look at the emotions you are trying to avoid by judging. Feel the emotions, and process them. Find some way to learn about love. Then, let the desire to spread the love fuel you to take action with loving intent, right there in your own home. Begin to recycle more, walk more, use less unnecessary resources. Eat better, play more, plant some veggies or flowers and greet the day with your joy. Take your action another step by joining a clean-up group, volunteering your time, or educating people on ways to love themselves and the planet more.

The key is to come from love with whatever action you choose. Coming from judgment feeds the pool of hate on the planet. The universe doesn't take my hate and decide it's okay because I teach spiritual tools. It just feeds it.

So when you rush to judge anything, realize that you were just handed an unmet expectation, and it pushed your button. It brought up emotion, and it's easier to rush to judgement, blame and badmouth whoever is involved, than to sit quietly with yourself and look at what needs to transmute in yourself so that you can actually be of service to the planet rather than contribute to the judgment that's already out there.

After all, you created the experience because you wanted the chance to learn the lesson. And you wanted the lesson to lead you to a loving solution to whatever you are looking at.

So, this in no way is saying to not take action. You need to process your emotion about the oil spill or whatever

brings you to judge and blame someone else. The emotion is there to alert you that something is not okay. But taking action from a place of judgment just keeps the whole game going.

Feel the sadness of the situation, but see the bigger picture. Let the situation take you to a level of loving action that you never thought possible in yourself. It is what is healing the planet right now, and you are one of the people qualified for the job! May you be blessed and supported on your path!

Join us for our 9-11 workshop (see page 7). We will use our energy tools and intuition to work through this process and do our part to heal the group karma on the planet! Let's bring it back to love! ♡

Rev. Hope Hewetson is director of Psychic Horizons Center. Contact Hope for a reading or healing at 303-530-0232 or revhopi@gmail.com

Graduate Classes Available on the Phone

Astral Travel

Begins Monday, August 2nd

meets for 10 weeks



Relationships

Heal your space in relationship to Source,
a lover, family and more!

Begins October 18th

meets for 6 weeks

\$150 A MONTH, 5PM-6:30PM MST

Taught by Mary Bell Nyman

Call 303-440-7171 to register

Graduate Classes

Here at the Center...

Offered to graduates of the
Clairvoyant Program

MEETS MONDAYS, 7-9PM

Astral Travel - Begins July 26

Relationships - Oct. 11-Nov. 15

\$235 a month. Taught by Mary Bell Nyman & Sydney Power.

For Info call **303-440-7171** or
email **hello@psychichorizonscenter.org**

6-month Clairvoyant PHONE CLASS



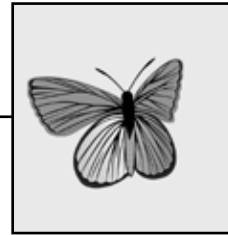
If you can't learn here in Boulder, learn
from wherever you are! These classes are
fun and amazing! Read auras, past lives,
access the Akashic Records, discover your
own answers. Heal yourself and others
without giving away your energies.

Begins Monday, August 2

5:30-6:30 MST | \$150 a month

Taught by Hope Hewetson.

Fun and convenient! When you are done, continue on with our
phone graduate classes if you choose! Call 303-440-7171 or email
hello@psychichorizonscenter.org



Learn to access your clairvoyance because you will be in:

Kindergarten: Kids are the best psychics! Play, be in joy
and have fun! Be the magic. Heaven is right where you
are. There's no place to "get to."

Amusement: We take everything so seriously! No
matter what, you can be in a vibration of amusement
and allow that which wants to sit in fear release out of
your space.

Neutrality: All is neutral until you label it. Is your "label
maker" in tune with Spirit or the lies?

Learn to use your clairvoyance and change your
perspective forever! When you know you are an eternal
spirit, you release the concept of loss, and you are free.
Nothing stands between you and your divinity!

**SEE CLAIRVOYANT PROGRAM
DESCRIPTION ON PAGE 4**

It is much harder to create when the body is stuck in fear!

Breathe and talk to the body. Let it know the spirit part of you will find the solution. Part of the challenge with having a body is learning to accept it, feel it, validate it and love it. When we are at peace with ourselves, we are able to listen to what the body needs to do its job. What kind of food it needs, how much exercise, and how much sleep. The more the spirit part of us comes into harmony with the needs of the body, the more the body will relax, release the adrenaline and let things come into perspective.

Get curious about your survival issue. What am I learning about myself by experiencing being fired, divorced or laid off? Sometimes the next step is the best thing in the world because we move forward. If I hadn't been fired, I would have stayed in a job I only half liked! Remember that the body hates to change; it is the spirit that calls to us to step up our game, find more awareness or see life in a different light. Many times we have to be unhappy before we will move forward.

Have a little humor, especially if it is not funny. How will you feel 5 years from now? Is it worth being depressed when something even better is just around the corner? Trust that the spirit part of you sees a bigger picture, that the Universe is supporting you and get excited about what will come next. Isn't this life the greatest adventure we have ever been on? What a hoot! Namaste!💕

Rev. Mary Bell Nyman is graduate director of the Psychic Horizons Center and has been teaching and reading for over thirty years. She teaches the six-month minister and teacher classes, teleclasses, graduate levels and one-to-one. Call Mary at 303-554-6465 or email her at marybellness@comcast.net for a reading or information.

One Heart, Two Hands

HANDS-ON-HEALING PROGRAM

These healings are profound and validating to the body. Give yourself and your healee a chance to release in this sacred, deeply relaxing space. Techniques learned include deep chakra, etheric body and aura balancing, cranial sacral, magnetic healing, and more. *For graduates or current clairvoyant students only.*

First Saturday of the month for 8 months

STARTING
SATURDAY, OCTOBER 2
10AM-5PM

Cost is \$150 a month

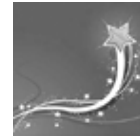
Taught by Hope Hewetson and Brijanna Carbone

AUGUST WORKSHOP

(Open to All)

Fun with Astral Travel

We will take some fun conscious astral trips, as well as learn to heal and maintain the astral body. Your astral body plays a major and essential role in your spiritual evolution!



SATURDAY, AUGUST 14,
NOON-4PM

\$50

Taught by Hope Hewetson

CALL 303-440-7171 FOR INFO & REGISTRATION

SEPTEMBER WORKSHOP

(Open to All)

SPECIAL 9-11 HEALING!

From Judgment to Love



The karma still playing out on the planet has to do with the last of the ancient tribal and group agreements. Healing this within ourselves allows the planet to heal. Bringing these spaces into love allows you to create from your soul purpose and build your ascension body! This ends the damaging karmic cycles and brings it back to love!

SATURDAY, SEPTEMBER 11,
NOON-4PM

\$50

Taught by Hope Hewetson

CALL 303-440-7171 FOR INFO & REGISTRATION

John of God Thursday morning meditation

Meditate while tuning into the amazing healing energies of The Casa in Brazil, where John of God does his healings. Thursday mornings, 9am-10:30am. Free. Meg Lorio facilitates.

Way of Mastery Study Group

Purchase "The Way of Mastery" from www.shantichristo.com. Meet the third Friday of the month, June 18 (Chap. 5) and July 16 (Chap. 6), 6:30-8pm. Use meditation and energy tools to release lies that keep you in fear versus love. Free. Ongoing. 303-440-7171.

Join us at the Hometown Fair in Boulder

We will have a booth at the Hometown Fair in Boulder, Labor Day weekend, Saturday, Sunday and Monday, Sept. 4, 5 and 6. We will offer \$1 aura healings and \$10 readings! Hope to see you there! Hope you are having a wonderful summer!

Contact us

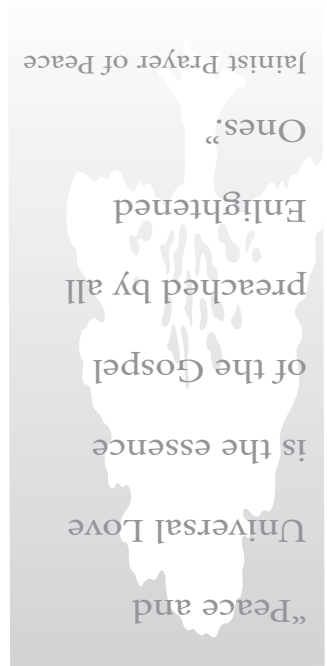
450 Ord Drive, Boulder, CO 80303
Phone: 303-440-7171
Email: psychic@frii.com,
Website: www.PsychicHorizonsCenter.org
We are a nonprofit organization.
Editor: Rt. Rev. Hope Hewetson

Creed of the Church of Inner Light

Psychic Horizons Center is a spiritual sanctuary where you can discover your own truths and obtain your spiritual freedom this lifetime. "What if a man gain the whole world and lose his own soul?" asks Jesus. To a mystic with eyes turned inward to infinity and cosmic consciousness, his words have great meaning. Obtaining a one-to-one contact between the cosmic and a living soul, which flames quietly, brings a lifetime of contentment and the realization that nothing in this world is worth exchanging for that attainment.

- from the Creed of the Church of Inner Light.

This newsletter is lovingly dedicated to
Very Rt. Rev. Lewis Bostwick, founder,
Church of Divine Man.



Change Service Requested

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Boulder, CO 80303

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