



PSYCHIC HORIZONS CENTER

follow your own path

Volume 16, Number 2

www.PsychicHorizonsCenter.org

February 2011 - March 2011

FREE HEALING CLINICS

- TUESDAYS, 5:00-6:30PM
Psychic Horizons Center
450 Ord Drive, Boulder
- WEDNESDAYS, 11AM-1PM
Sunflower Market
2525 Arapahoe, Boulder
- SECOND THURS OF 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

Are you on your path?

People often want to know if they are on their path. They usually look at the concept of their path as something happening outside of themselves. So, being on their path has to do with doing the right thing—are they getting from Point A to Point B? Are they meeting their goals? Are they missing anything? Are they being spiritual enough?

If you are just being a body everyday, doing what you think you 'should' and following all the dogma and rules, then that is a way of looking at your path. The body/ego path has a plan, often involving levels of schooling, retirement, decisions about children, home ownership and achievements. It is based on the ego, which is focused on keeping you safe, and usually based on society's definition.

There is never total satisfaction on this path, because there is always more to do, more to accomplish, more to aspire to or something to lose. There are also plenty of people to compare ourselves to and folks ever ready to offer us advice on what we should be or should not be doing on our path. Usually this advice comes from their fears, and not their desire for you to have your dreams.

What happens if you see being on your path as a spiritual consideration? If you have done any kind of spiritual work, you have learned that your spirit heals your body. You, the spirit that has the body, brings a new awareness into the body. Then, if it's able to, the body matches that new vibration, cell by cell.

That's a really quick look at healing! The spirit that is truly you also creates your path, if you allow it. When you wonder if you are on your path, it may be fun to look at it spiritually. Are your chakras in alignment with your truth?

When you run your energy through your body and chakras, does your spiritual creativity and intention get sabotaged by foreign concepts and programming in your space?

No matter what you are doing, when you are spiritually aligned from within you are on your path. You know this because you feel grounded and in tune within yourself. You could be in graduate school, washing dishes, hiking, healing cancer or watching your child play baseball. You are on your path if 100% of you is in agreement with how you are being in that moment.

When we aren't in agreement we feel divided. You arrive at a family gathering, feeling sure of yourself and happy. One family member throws you a concept or picture that says you aren't working enough. You buy into it, thinking there must be some truth there, even though your spiritual truth says you are enough, doing what you love.

You are divided from your spiritual truth and believing in the lie. Now you don't feel so great. We have all had this happen, usually many times a day. If we honestly explore the reason we believe the lie, it will usually have to do with low self-worth or abandonment. Once

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About Us

Located for 16 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. 🌿



DOWNLOADABLE **WORKSHOPS** FOR EVERYONE!

We are excited to now offer mp3 archives of many years and varieties of workshops for sale on our website! These classes can be enjoyed by anyone, regardless of their level of experience with our center. They are actual classes recorded in session (not professionally recorded and edited). We hope the inexpensive price reflects this, as well as makes them available to more people. Please, enjoy the information and social experience!

www.psychichorizonscenter.org - under E-store, Psychic Workshops

Words to Grow by

Being present for death

Helping someone who is dying is one of the most rewarding things you can do in your lifetime. It can also be one of the hardest things to do. In my next Wednesday night telephone class I will help people look at things they can do to help or hold space for someone who is making their transition. Just sitting beside someone's bed and holding the vibration of love helps create a peaceful place for a person to finish this life's work and move into the expansiveness of the love of Source.

While in my twenties and thirties, many people came to me for help in making their transition. My mother died when I was three and I lost a baby sister when I was 7, so death seemed to follow me around. I took hospice training classes when I was in my forties and am so grateful for all the help I received. It literally changed my life. I volunteered at hospice for 10 years and it truly was one of the most inspirational things I have ever done. If you have ever had thought of helping the dying or their families, I strongly encourage you to take the hospice classes.

The hardest thing for a healer is to not heal people who are dying. They don't need to be fixed, they are simply dying. One of my best friends and her family asked me, "What do we do now?" Her husband had been given about 4 weeks to live and they were coming to terms with this new reality. I replied, "Celebrate your life, make new memories and finish any old business so you feel free and unencumbered."

I helped John make a CD for his teenage son, so he would have his dad's words of encouragement as he crossed the many milestones that lay ahead of him. John wanted his son to have the most valuable thing he had learned in his life—that forgiveness was the key, and love was all that mattered. Being able to hand his son a personalized message from his

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Hands on Healing Clinic

Treat yourself to a 45-minute healing that is profound and validating. Relax into a sacred space and release nourishing body and spirit.

Please notify us to reserve your space!

**Offered at 4pm at Psychic Horizons Center on
Saturday, February 5 and Saturday, March 5 :**

Please arrive at 4pm for your healing and let us know if you are going to cancel.

\$10

Please call or email to reserve your space!
303-440-7171 or hello@psychichorizonscenter.org

ANIMAL HEALING CLINIC

Receive communication and healing for your pet. They do so much for you, why not get them a little help? The healers can look at health, behavior, past lives, agreements between you and your pet and more.

By appointment only, Tuesdays, 6 pm, \$35



Bring in your pet on a leash or in a carrier, or bring in its picture.

Please schedule your appointment:
303-440-7171 or email us,
hello@psychichorizonscenter.org

Calling All Healers!

Join us for our monthly group
planetary healing!

We meet the first Friday
of each month. Free.

**Fridays, Feb. 4
and March 4**

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: 10am	\$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. Tuesdays, 6pm. Bring in your pet or its picture. Call 303-440-7171. (see p. 2) Call 303-440-7171 to schedule.	Tuesdays 6 pm 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. After Meditative Church Service, 2nd Sunday of the Month.		
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 Deborah Keys.	Tues: 7-9 pm	Tues. Feb. 15
			Tues. April 5
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. Feb. 12 Sat. March 12

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, Sydney Power and Mary Bell Nyman.	Wed: 7-9 pm for 5 weeks then you attend on Monday evenings.	Wed. Feb. 16 and Wed. April 6
Weekend Clairvoyant Program	This schedule is great if you live out of town, or have a hard time with evenings. Class meets the last weekend of each month, Saturday 10-4 and Sunday 10-2, Taught by Hope Hewetson and Mary Bell Nyman.	Meets the last weekend of each month	Feb. 26-27 March 26-27
Animal Communication	This 6-month class teaches 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. Taught by Brijanna Carbone.	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	Relationships This 6-wk class begins Monday March 7th. Work on relationships such as with parent, work, boss, family, yourself, God, etc. Offered at the center from 7-9 or on the phone, 5-6:30. Taught by Mary Bell Nyman and Sydney Power.	Mon: 7-9pm (here) 5-6:30 (phone)	Mon. March 7th
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.	Mon: 7-9 pm	In session

TELEPHONE CLASSES FOR ALL!



Being Present to Death and Dying

open to all

This phone class meets
Wednesdays, Feb. 2, 9, 16 and 23
6-7MST, Cost is \$150.

Transitions are a natural part of our evolution as a soul! It is empowering to learn how to assist a soul in their bodies death! And, you increase your ability to enjoy life as you release fears around dying that keep you from living life, right now. Learn how a person dies and what you can do and be in their presence to provide them a loving, healing space for their journey.

Taught by Mary Bell Nyman.

For Info call **303-440-7171** or
email hello@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, FEBRUARY 12

Handling World Energy and
Your Personal Space

SATURDAY, MARCH 12

Recharging Your Personal Batteries

Cost is \$30 per class

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

Taught by Mary Bell Nyman

To Register please call **303-440-7171** or email
hello@PsychicHorizonsCenter.org

A View of Hope continued from page 1

it happens, you are not on your path regardless of what you are physically doing. Your certainty that you can trust in your innate goodness and ability to be accepted is tarnished.

Time to get back on your path! Try a little meditation, and release the doubt out of your space that says you are somehow deficient. Let it flow into a bubble in front of you and pop it. Then, play with the color of your crown chakra above your head. Choose a color that reflects your spiritual truth, preferably not pure white. If that's all that you want to use, give it a try. If you find yourself drained or buzzed add more color to it. Then instruct all of your chakras to vibrate in agreement with your spiritual truth. This doesn't mean that all of your chakras are the same color, just that they are in harmony with one another, and in agreement with your truth versus a lie that's stuck in your space.

No matter what you are doing, it's who you are being that truly matters.

Many masters have taught that even the smallest things done for another from love beats out the big things done from guilt or the ego's need to do enough or appear a certain way.

It can be challenging for healers to recognize this. As we progress onward into the new paradigm, it's becoming more and more important to let go of past notions of martyrdom, and the idea that we have to save people or the world.

That will not work any more. We are entering a time of heightened creativity, living and envisioning the world in the way that reflects balance and harmony. In that world, people are working from their spiritual wisdom and a heart-based perspective, not a physical, nose to the grindstone, effortful perspective.

All that we really have to do is love ourselves. When we are aligned spiritually, we love ourselves. And we treat others the way we feel about

ourselves. So when I see myself wanting to be guilty or judgmental, I know I am not on my path. I am not in spiritual alignment.

It doesn't matter what I am doing. I could be doing the most seemingly nice thing on the planet. But if it's not done from love and alignment, it promotes disharmony. It's the way energy works.

Join me in a workshop on Saturday, February 12, *Accessing Your Creativity*. (page 7) We will play with the concept of spiritual alignment guiding our path, especially in relationship to our creativity and permission to trust and be our joy! It's time to be the change we want to see, more that ever!

We offer free healing clinics where you are welcome to refresh your space. May you feel blessed and supported on your path!♥

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

CHILDREN'S CLASSES

STARTING IN JANUARY AT PSYCHIC HORIZONS!

These new classes will focus on giving children the tools to learn to stay connected to their inner knowing, understand their personal space and help them connect to what is true and important for them - and let go of what isn't!

Presented in an age appropriate manner, we will use familiar everyday imagery in fun visualization and meditation exercises, play games, sing songs and create art!

**THE 3RD SATURDAY OF EVERY MONTH
STARTING IN JANUARY**

\$20

(discount for siblings)

Ages 5 thru 8 years old, 10:00-10:50

Ages 9 thru 12 years old, 11:10-Noon

February 19th Topic: My Personal Space

March 19th Topic: The Rose!

Call 303-440-7171 or email hello@psychichorizonscenter.org for more information and to sign up. *Taught by Stacia Synnstedt.*

PARENTING WORKSHOP

Mastering Neutrality

Our children are our greatest teachers - which is one of the reasons why it's so easy for them to push our buttons. This experiential workshop will give you practice of how to use energy awareness, meditation techniques and spiritual knowingness to find your neutrality, amusement and personal space specifically in situations with your children. Come prepared to share your stories, let go, and expand beyond them together. This workshop can also be of benefit to teachers.

**TUESDAY FEB. 15th
7-9 pm | \$25**

Taught By Stacia Synnstedt

Call 303-440-7171 or
email hello@psychichorizonscenter.org
for more information and to sign up.



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 Mondays, March 2011

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

Women's Intuition

(Open to all women-for a Valentine's Day special rate this session only!)

Learn to use your female creative energy to improve your intuition, self-image and joy. Have your energy for you while juggling life's daily challenges. Learn to clear your female energy, turn off the guilt, responsibility and critical thought buttons, and access your amazing, unique female energy when you choose!

This class meets for 6 weeks, beginning
Wednesday, February 16, 7-9pm



For a Valentine's special for yourself, take this class for \$25 off! \$175!

Taught by Stacia Synnstedt

For info/registration: 303-440-7171 or hello@psychichorizonscenter.org

dad was something I will always remember.

Some people want help writing letters that help them say things that have needed to be said for years. Some families have great conflict to resolve and helping everyone get on board can be a real challenge. Young parents who are dying like to make videos for their children to remember them by on important occasions like wedding days or the births of their babies—milestones the parent won't be there to celebrate.

Many baby boomers are helping their parents begin the journey of crossing over and are learning that hospice can help with longer care, not just the last days of life. They are so grateful for help with medications that manage pain and allow the loved one to be present and clear, as much as possible. For example, if we, the caretakers in healthy bodies, became dehydrated it would be uncomfortable and painful. But to someone who is dying and whose organs are shutting down, dehydration is not painful. There is a point where it is painful to a dying body to be rehydrated. People know when to stop eating and drinking, and the families do not have to feel scared or guilty. It is a natural process. The body is releasing its ties to the earthly world. The loved one is returning to Source.

If you are facing one of your family or friends beginning the dying process or just want information on how to assist the dying and their families, join us every Wednesday night in February for a 4-week telephone class, "Being Present to Death and Dying". (See page 5) 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.



ADVANCED HEALER'S UPDATE

*(Open to graduates and students
in the clairvoyant program only.)*

Fine tune your aura and chakra healing skills. Clear and update your space with your healing masters and guides. Release pictures and resistance in your healing space so it is in present time with your abilities as a healer. Deprogram past healee's energies out of you so you are in charge of your healing space. This is especially helpful if you are helping at healing clinics or have your own healing business!

MEETS TWO WEDNESDAYS, MARCH 23 & 30 | \$55

*Taught by Brendan Klosterman
call 303-440-7171 or*

email hello@psychichorizonscenter.org to register

February Workshop

(open to all)

Creating and Healing Relationships

Relationships certainly have the ability to trigger king-pin issues that allow us to heal and to grow! Learn to clear your communication space and feel loved, and be who you are in the presence of another and don't take it all so seriously!



**SATURDAY,
FEBRUARY 12TH
Noon-4pm**

\$55

Taught by Hope Hewetson



MARCH WORKSHOP

OPEN TO ALL

Accessing your Creativity

What's happening there? Are there things you would like to create in your life that you want support on? Whether it's an art project, a relationship or your career, creating is the realm of spirit. Let's access it, and have it in the body so that the rubber meets the road in our physical creative world. As the planet shifts, creativity is even more accessible and activities and work that don't reflect our creative spirits are becoming more intolerable. Release old programming and let's have some fun!

**Saturday, March 12th
Noon-4, \$55**

Taught by Hope Hewetson

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. Meets the third Friday of the month, Feb. 18 (Chap. 13) and March 18 (Chap. 14), 6:30-8pm. Use meditation and energy tools to release lies that keep you in fear versus love. Free. Ongoing. 303-440-7171.

Holding Love: Women's Planetary Healing

We are inviting all women to participate in a monthly meditation to help hold the vibration of love as we usher in planetary changes. Meets the third Sunday of the month, Feb. 20 and March 20, 10am-11am at Psychic Horizons Center. Facilitated by Mary Bell Nyman and Meg Lorio. Free.

Contact us

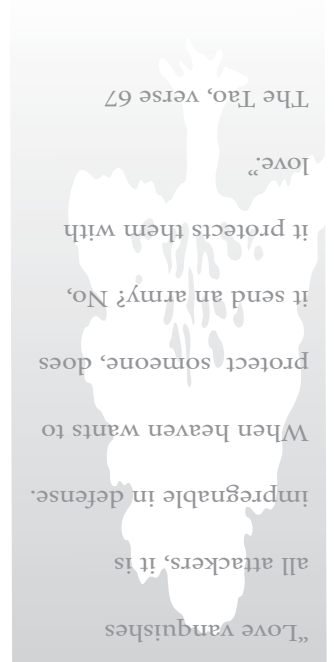
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Email: hello@psychichorizonscenter.org
Website: www.PsychicHorizonsCenter.org
We are a nonprofit organization.
Editor: Rt. Rev. Hope Hewetson

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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