



PSYCHIC HORIZONS CENTER

follow your own path

Volume 15, Number 4

www.PsychicHorizonsCenter.org

June - July 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

Consciousness Change

We are in an amazing time of transformation on the planet on so many levels that it's hard to remember that the main point of it is a consciousness change versus all the physical shifts going on!

It's easy to get distracted by the physical wake-up calls. Now is the time to treasure and validate your spiritual practice, because that is the currency you draw on in times of intense transformation. Time spent meditating and validating your path comes in handy when you are in the kind of consciousness change that causes you to doubt your value, or wonder what the point is. Deep within you is the awareness of the truth of you, despite what the fear in the world is trying to make you believe.

Part of having a consciousness shift on any level involves letting go of old concepts that no longer resonate with you. As they come up to be released, you don't always feel that good, because the energy you are releasing isn't generally that happy! It's helpful to remember that you can un-match from the energy you are releasing.

Of course one of the tricks is seeing and noticing the energy that wants to bring you down so that you can choose to see that you are separate from it. Get quiet, meditate, and look within when it all gets overwhelming. See what is really trying to happen in your space.

Huge paradigm shifts are occurring, and the parts of each of us that helped

create them have to be released in order for the shifts to occur. We each are returning to love as a guide on all levels.

When you find yourself in spiritual or psychic confusion, start seeing it as a time to release and to choose your vision and what you believe in. That is what you will replace the energy that you are releasing with. Celebrate it!

Energies that you are releasing do not resonate with the new vibration of extra love that you are transforming into, and they are not in the balance of Divine Masculine and Feminine that you are embodying. So let them go!

There are three aspects of this transformation process that we can validate and clear spiritually in our space. They help you navigate and find your space when things seem overwhelming, and the love that you know is real seems really far away.

First is Oneness. When we are in a big change or triggered we tend to look outside of ourselves to see what we can blame for our discomfort. But if you remember that we are all one, whoever or whatever we want to blame is an extension of ourself. The first place to look to is within. Find your space of stillness, and bring some love to yourself. Like attracts like in the metaphysical world. What you are being you are creating, so remember to look to yourself first, validate yourself, love yourself, and then the answers you find to what ever you are working on will be

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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. ☺



**SPECIAL WORKSHOPS
IN JUNE - open to all**

Spiritual Parenting

Learn fun meditation skills to teach your child, to help them with concentration, focus and offer them a sense of empowerment from within. Bring your questions!

Wednesdays, June 23 and 30
7-9pm, \$50

Taught by Mary Bell Nyman

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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Special Mini -Workshops in July

*Don't miss visiting teacher **Shelly Hodgen's** workshops!
A cohort of **Mary Bells**, Shelly has been teaching
and reading for 30 years.*



THE ENERGY OF ENDING RELATIONSHIPS

Wednesday, July 28, 7-9pm

Is there someone in your life that you have made a physical separation from but are having a hard time separating from energetically? Get your energy back, end the karma and take back your power!

PROSPERITY CONSCIOUSNESS: THE MILLIONAIRE MIND

Thursday, July 29, 7-9pm

What is your blueprint for financial prosperity? Heal the concepts that control your ability to manifest prosperity and create financial goals.

Cost: \$35 each or \$60 for both.

Call **303-440-7171**

or email hello@psychichorizonscenter.org
for more info

Calling All Healers!

*Especially Trance Medium and
One-to-One graduates and participants, but
anyone from our classes is welcome!*

Heaven only knows where it will take us! Let's use our talents and be the bridge the masters can use. They don't have bodies and we do! Love your body and appreciate all it can do. Join me please.

Look at your life. Where can you make a difference? Listen to the calling of your heart. I discovered 30 years ago it wasn't about making money, but living your life's passion that makes life worth living. There isn't time to waste thinking. It's time to do it and let the Universe support you.

You can make a difference.
Stand up and shine!

**We will meet the first Friday
of each month. Free.**

**Fridays, June 4 and
July 2, 7-8:30pm.**

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



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. July 6
			Tues. Aug. 17
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. June 12 Sat. July 10

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. July 7 and Wed. Aug. 18
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.	June 26-27 July 24-25
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	Male/Female Energies begins Monday, June 14 and meets for 6 weeks here at the center. Astral Travel begins July 26. For Peeling The Onion telephone schedule see page 6. Taught by Mary Bell Nyman and Sydney Power.	Mon: 7-9pm	Mon., June 14
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

Special Master Reading Phone Class



If you are in a clairvoyant program or have graduated, this is a chance to fine tune and expand your reading skills as you read with Mary Bell and Hope. As part of the class you will also receive a mini-reading. Class size limited, so register early!

THIS 6-WEEK CLASS IS \$150
Wednesdays, 6-7pm MST, July 7-Aug 11

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.



SATURDAY, JUNE 12

Join us for our 1-1 RETREAT! See pg. 7

SATURDAY, JULY 10

Change and How to Flow With It

SATURDAY, AUGUST 14

Using the Energy of Conception to Help Your Life

2ND SATURDAY OF EACH MONTH

10-11 am MDT

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

birthed in the love and awareness that you are all. Then, we create solutions that benefit all, not just a few.

Next, validate the natural rhythms and cycles of nature and how they translate into your life. When we are in a big shift, and don't feel like we have a solid foundation, we want to control and make things happen. We forget to validate the ebb and flow of our lives, and remember that what we are experiencing is somehow perfect and part of our chosen plan. Otherwise it wouldn't have happened. Life is constantly carrying us from one side of a dichotomy to another and all points in between.

Meditate, find that loving space of stillness within you, and find some comfort in that which you believe is eternal. You are not the situation you find yourself in, it is just that, a situation. See the true you observing

the event, and remember that this too shall pass. Use your freewill to perceive

it in a different way, and set your space for the outcome that has a spiritual solution for you.

Thirdly, remember to draw upon your comfort with the mystery and the unknown. Whatever you see going on with the planet—the economy, careers, environmental disaster—being comfortable with the mystery means that you have a trust in a greater power and you can admit that you may not be able to comprehend it in the physical body. For example, you have the power as a spirit to create a solar system. But you may not have a sense of how to go about it or why you would want to! There are some things our rational mind has a hard time grasping. But the rational mind is not your Self.

Who are you? Well, not knowing that is the reason we are having discomfort in this time of shift. Who we thought we were, and how we thought we fit into this world are not longer working. Our concept of safety is being challenged and all frameworks in our society that

were not birthed from love are falling to pieces.

We teach energy tools here at Psychic Horizons Center that help you in this process of uncovering the soul essence of you and living from that spiritual awareness 24 hours a day.

The key, of course is love. Loving yourself, because we treat others the way that we feel about ourselves. When we live from the awareness of Oneness, rhythms and trust in the mystery, it becomes easier and easier to live from the heart, no longer finding anyone outside of you to blame, change or judge.

Join us for a class or free healing. 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

Graduate Classes Available on the Phone



Male/Female Energies

Validate and clear your male & female energies. Own them in relationship to your career, relationships, creative space & more.

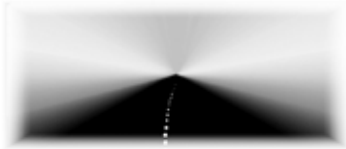
Monday, June 21 - Monday, July 26

Meets for 6 weeks

Astral Travel

Begins Monday, August 2

Meets for 10 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

Male/Female Energies - June 14-July 19

Astral Travel - Begins July 26

\$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



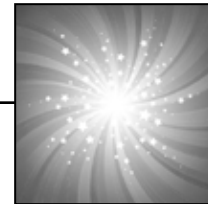
If you can't learn here in Boulder, learn from wherever you are! These classes are fun and amazing! Read auras, past lives, access the Akashic Records, discover your own answers. Heal yourself and others without giving away your energies.

Begins Monday, July 12

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, AUGUST 7
10AM-5PM

Cost is \$150 a month

Taught by Hope Hewetson and Brijanna Carbone

JUNE ONE-TO-ONE RETREAT

(Open to graduates and students of the One to One Program only)



BE YOUR TRUE ESSENCE

Hello One-to-One students! Embrace the consciousness change we are in on a level that only you can from the *threshold*. Now is the time, who are you being? Clear and own the essence of you - all the love that you truly are. Heal doubt, self esteem issues, karma and end agreements with people in and out of bodies so that you can really be you. You are enough, and now is the time!

SATURDAY, JUNE 12, 1-4PM

\$50

Taught by Mary Bell Nyman and Hope Hewetson

CALL 303-440-7171 FOR INFO & REGISTRATION

July Workshop - Open to all

How to do House Healings and Business Healings



This is a wonderful skill to have for your own home and business or to help another! Use simple energy tools to clear a space of foreign energies, beings or an energy vortex. Learn to set the space of calm, abundance, joy, to sell, whatever you choose!

Saturday July 10, noon-4pm \$50

Taught by Hope Hewetson

Call 303-440-7171 or
email hello@psychichorizonscenter.org
to sign-up!

**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.

**Love
Yourselves,
People!**

Be in gratitude for your life. Love one another. Bless all. Thanks for being here!

Contact us

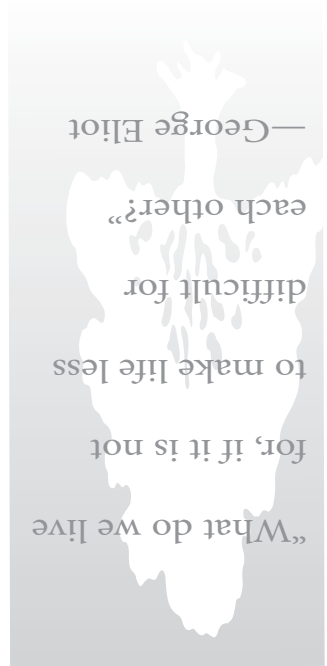
450 Ord Drive, Boulder, CO 80303
Phone: 303-440-7171
Email: psychic@frii.com,
Website: www.PsychicHorizonsCenter.org
We are a nonprofit organization.
Editor: Rt. Rev. Hope Hewetson

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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