



PSYCHIC HORIZONS CENTER

follow your own path

Volume 16, Number 3

www.PsychicHorizonsCenter.org

April 2011 - May 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
(right) and Hope Hewetson (left).

A View of Hope

The wisdom of spirit

I have written much lately about the new universe we are birthing, and wondered if people were wishing they had their epidural about now. Well, welcome to the thick of it! We are birthing it now. It is time to let your inner wisdom guide your awareness of what is really going on versus getting pulled into the fear.

Earthquakes are Mother Earth's labor pains. The old cracks up to make room for the new. Just as in our own lives we release to allow room for something new. It is the way creation finds a balance. The earth gives way, pushed from the strain of trying to uphold a world that is outdated and lacking in the loving kindness needed to sustain humanity for eternity. I often ask a person, "Knowing you are an eternal being, what do you wish to live with forever?" That which can't be lived with forever is cracking up and leaving.

Take a deep breath, and let it go. You may not be in the middle of one of the many catastrophes going on all over the earth, but you can take care of the earthquake within. You can release the parts of you that are ready to go: your judgments and fears, any need to be critical or blame. When you see things going on around you that you don't like, it's time to look at them from your compassion, so that the action you take to remedy your life and the world is birthed from the passion of compassion—an energy that is pro life and love for all, versus an energy that is against someone or something. It is a subtle yet powerful difference. Explore it now!

We teach here, at Psychic Horizons Center, how to do this - live life from the awareness of an eternal, spiritual being. We teach simple tools that help you maintain this perspective. Mary Bell's article on page two gives you two of these tools that will help you enormously right now.

Anything not birthed from love cracks apart. Any system that benefits the good of the few versus the good of all will thrive no longer. People are waking up. The earthquakes are a physical example of this. Mother Earth has not been treated in ways that take her best interests at heart as a physical being. She is cracking, we are cracking, the paradigms birthed from fear and greed are cracking—financial and health systems that benefit only those who can afford it, education and religious systems that numb and bore the bright, creative spirit of people right out of their bodies. The results are shells of people who lack feeling and insight, who fear connection, differences and creativity. I think the young are trying to tell us something through their obsession with zombies!

People have allowed these systems to stay in place and quietly turned away from the facts of starvation, sexual slavery, child soldiers, people dying because of the lack of basic healthcare, and financial systems which exploit people, to name only a few.

Those people are all of us. All of us are responsible for what is happening,

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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. ☺

FOR EVERYONE!
THE ARTIST'S WAY

EXPLORE YOUR SPIRITUAL PATH AND USE ENERGY TOOLS TO UNBLOCK YOUR CREATIVITY! WE'LL USE JULIA CAMERON'S THE ARTIST'S WAY, SHARING OUR PROCESS AS WE WRITE THE MORNING PAGES, DO LIGHT ART PROJECTS AND GO ON ARTISTS'S DATES. THIS IS A FUN WAY TO SHUSH YOUR INNER CRITIC AND DISCOVER NEW DREAMS. BUY YOUR COPY OF THE BOOK (LOTS OF SECOND-HAND AVAILABLE) AND READ THE FIRST CHAPTER BEFORE CLASS.

MEETS THE 2ND AND 4TH FRIDAYS OF EACH MONTH
APRIL THRU SEPTEMBER, 7-8:30, \$10 PER SESSION
FACILITATED BY CATHY CASPER
Call 303-440-7171 to register. Begins Friday, April 8th.

Words to Grow by

How to have your own space

Many people respond to life by getting drawn into it, making it hard to find their neutrality and separate from what is happening around them. When you're in the middle of a situation, you begin to take on the emotions of everyone in the group. It is hard to even know what you feel, much less how you want to respond. Sometimes we have the luxury of being able to walk away and get space from it but most of the time it is happening so fast, we just get pulled along.

When I find myself in this kind of situation I use energy tools to make separations from the group agreements so I can discover my own truth and response. What do I really feel? How do I want to respond? What am I learning by being with this group?

The two tools I use the most are a grounding cord and an energy rose. The grounding cord attaches from the base of my spine and goes to the center of the earth. It is as big around as my hips and anchors my body to the earth. When you ground, your spirit immediately comes into the body. Your awareness increases and you have space to see and know what is going on around you, separate from everyone. Grounding is instant and it takes no effort. It's similar to dropping a rock to the earth by letting gravity do its job. I Grounding instantly allows me to listen objectively instead of being drawn into something unconsciously. All of a sudden, I am more awake, my mind is clear, and from there it is easy to make decisions.

An energy rose is like having a huge beautiful rose that is four feet tall in front of you. The rose is connected to the center of the earth and absorbs energy. I can use it to define my aura or space and it helps to hold an energy boundary. Inside my aura I have my own energy, thoughts

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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 releasenourishing body and spirit.

Please notify us to reserve your space!

Offered at 4pm at Psychic Horizons Center on Saturday, April 2 and Saturday, May 7

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, April 1 and May 6

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 10:30am		
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. April 5
			Tues. May 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. April 9 Sat. May 14

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. April 6 and Wed. May 18
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	April 23-24 May 28-29
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	Advanced Chakras This 8-wk class begins Monday, April 18. Spend a class on each chakra, 1-12. Learn the parts of the chakras, clear each one and increase their function! 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. April 18
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 if 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	TBA

TELEPHONE CLASSES FOR ALL!

Living with Chronic Pain or Illness

Create space for a fulfilled life no matter what you are experiencing.

This phone class meets
Wednesdays, APRIL 8, 13, 20 and 27
6-7MST, Cost is \$150.

Create it Now!

Bring your mock ups into reality!

This phone class meets
Wednesdays, May 4, 11, 18 and 25
6-7MST, Cost is \$150.

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 daily life.

2ND SATURDAY OF EACH MONTH | 10-11 AM MDT

APRIL 9th: Love

MAY 14th: Energy Tools In Everyday Life

JUNE 11th: Health

(See website for more detailed descriptions)

Taught by *Mary Bell Nyman*

To Register please call **303-440-7171** or email

New TRANCE MEDIUM Phone class

 begins **Thursday, April 7th** 

Learn to navigate your world at white, work with beings, do distance healings and more! This is an exciting next step in your clairvoyant awareness and building of your light body.

Must have graduated from a clairvoyant program!

**Class meets once a month, the first Thursday of the month
for 6 months | 6-7pm MST | \$75 a month**

Taught by *Mary Bell Nyman*

A View of Hope continued from page 1

from lifetimes of looking the other way. Now, if you are able to let go and heal your own inner fears, and see yourself coming from love, you are birthing the new consciousness.

After the earthquake comes the tsunami. In case you didn't let enough go, now you have to. This can be experienced within us as our emotional body releases the pain and fear we have stored within. The emotion allows us to cleanse, and takes with it the concepts and attitudes that enslaved us with fear and lulled us into unconsciousness.

The earthquake in Japan lets us know that it's not about being physically prepared, because Japan was. It reminds us that it's our spiritual currency that is most important. As we send aid, love and compassion to our brothers and sisters who are being so challenged, we can also clean up the mess in our own lives and backyards to facilitate the birth of this new paradigm. Choose to love again, in a whole new way.

Every time you remember that you are an eternal spirit, and react from love versus fear, you are birthing an energy that feeds what we are creating.

Knowing you are a spirit allows you to respond to life with love. As spirit, you know that we are all one. The Golden Rule: "Do unto others as you would have them do unto you." No explanation is necessary. Examine this truth each morning especially when you are challenged.

As a spirit you don't get controlled by time in the same way someone does who thinks they are only the body, because you know you are eternal.

All the wisdom you learn this life is yours. Next life, you will pick up where you left off. No worries! I used to feel regret about not traveling as much as I thought I wanted to. But then I realized I have eternity to get there. I'm being and experiencing all that I need wherever I am, which is perfect for my life, right now.

As a spirit, we remember that we are infinite, and there is plenty. We shall not want. There is no need to hoard, be greedy, or live in fear. And best of all, when we live as a limitless spirit, there is no fear of sharing the ultimate that you have to offer: You! Your time, help, healing, joy, love, creativity, just you. The ultimate goal of each of us is to feel the joy of sharing and giving and being of service.

This spiritual self IS you. You just happen to have a body for it to play in this lifetime! Check us out and learn simple ways to see and release the limitations and lies that limit this awareness. See and feel the truth of who you are. You are your own spiritual master!

You are limitless. You never die. What do you choose to live with forever? 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 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

\$20

(discount for siblings)

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

Ages 9 thru 12 years old, 11:00-11:50

April 16th Topic: Earth & Cosmic Energy

May 21st Topic: Chakras for Kids

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

~ OPEN TO ALL ~

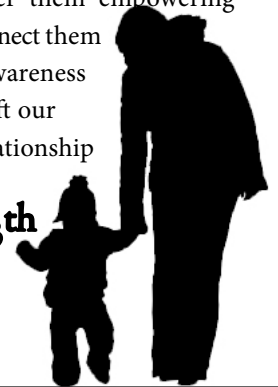
PARENTING WORKSHOP VALIDATING YOUR CHILD'S SPIRIT

It's so easy to get caught up in day-to-day events and the stories of our busy lives that we often forget that we're spiritual beings having a physical experience. Our children, who are still closely connected to this knowledge, crave to be seen in this light. They're also here to teach us how to reconnect to this within ourselves. In this experiential workshop you'll learn the power of recognizing and validating your child's intuition (which sometimes shows up in surprising ways); how being in the present moment is a simple, yet powerful, way to say hello to the spirit within your child's body; and how to offer them empowering choices (in everyday situations) that connect them to their higher selves. By bringing awareness into these aspects we can help to shift our overall parenting experience and relationship with our children.

WEDNESDAY, APRIL 13th

7-9 pm | \$25

Taught By Stacia Synnestevedt



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.

Meets Mondays. Starting soon, call, you may be able to join!

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 Part Two

This class meets for
6 weeks, beginning
Tuesday, April 5, 7-9pm

TAUGHT BY MARY BELL NYMAN AND HOPE HEWETSON

*For info/registration:
303-440-7171 or
hello@psychichorizonscenter.org
for more information
and to sign up.*

artwork by: Hope Hewetson

Take your female energy awareness on a next step. We are birthing a new paradigm of female energy on the planet. How do you use your soul's essence and hold sacredness for yourself and others as we transform our world? Your female body holds a key to this transition. Have your power and awareness through these times at home, at work, in your relationship, as you heal yourself and more.

and seniority. Instead of being controlled or influenced by the world around me, I have the necessary space to be able to think and decide what I want to do and how I want to respond. Like the grounding chord, the rose creates an instant separation from a group, helping you listen to your own inner voice and guidance.

Energy tools take a little bit of practice before you remember to use them in everyday life, but they make a world of difference. My husband Keith once said, "Would you rather walk into a burning building in street clothes or with the equipment firemen use?" It comes down to using your common sense. When the energy at work or in your relationship is what is impacting you, then you need energy tools to help resolve it. As the energy awareness continues to grow on earth, more people are learning how to become more aware of their own abilities and use energy tools to help make a difference.

I recently taught a two-week phone class on using your telepathic abilities to communicate and hear spirits, as well as cleaning out your transmedium channels. We use our telepathic ability to tune into what our children and animals need from us. Our telepathic channels, at the temples and around the eyes and ears, also get affected by the media and worldviews. The transmedium channels are in the back of the head and flow down to the throat chakra, kind of like a vase. If you would like to get some more certainty on these abilities please join us for a class! Energy work is always exciting and can help change the way you walk in the world. 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.

FRANKLIN METHOD[®]

USE IMAGERY TO EMBODY YOUR CORE MOVEMENTS

Gain more strength, flexibility and ease in your body overall. If you have a spine, this workshop is for you! First class is Pelvic Power, second is Imagery for a Healthy Spine. Wear loose clothing.

**MEETS TWO SUNDAYS:
APRIL 10 & MAY 8, 2-4PM
\$50 FOR BOTH OR \$30 EACH**

*Taught by Jennah Synnestvedt
call 303-440-7171 or*

email hello@psychichorizonscenter.org to register

Illustration ©Eric Franklin

April Workshop (open to all)

HANDLING MAJOR SHIFTS AND CHANGES!

Learn how to use your energy and psychic abilities to navigate through world and personal shifts such as money, career, relationships and catastrophies. Separate from the drama and be the solution.

**SATURDAY, APRIL 9TH
NOON-4PM - \$55**

Taught by Hope Hewetson

To sign-up: 303-440-7171 or hello@psychichorizonscenter.org



Brand New Class!

EXPLORE YOUR INTERDIMENSIONALITY

There is an amazing amount of information ready to be accessed by you, consciously, right now! We will look at 12 ways you have God within you. Say hello to these aspects and have your power, creativity, healing abilities and more. *Pre-req: How To Heal Yourself*

Wednesdays for 12 weeks, beginning
Wednesday, April 20th
\$150/mo for 3 months

Call 303-440-7171 or email us
Taught by Hope Hewetson

MAY WORKSHOP

OPEN TO ALL

TANTRA FOR WOMEN

Clear and own your sexual space. Release energies such as invalidation, fear and the commercial world. Return it to the sacred space that it is! This will help you heal yourself, and deepen your relationship space within yourself and with others.

Saturday, May 14
Noon-4, \$55

Taught by Hope Hewetson

To sign-up: 303-440-7171 or hello@psychichorizonscenter.org

**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, April 15 (Chap. 14) and May 20 (Chap. 15), 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, April 17 and May 15, 10am-11am at Psychic Horizons Center. Facilitated by Mary Bell Nyman and Meg Lorio. Free.

**Boulder
Creek Festival
May 28th, 29th &
30th!**

Join us at the Boulder Creek Festival for \$10 readings and \$1 healings! We will be there from 10am-7pm each day. Thank you for your past support on all levels, whether you come by for a healings or to help out! We will be near the Boulder Public Library. See you then!

Contact us

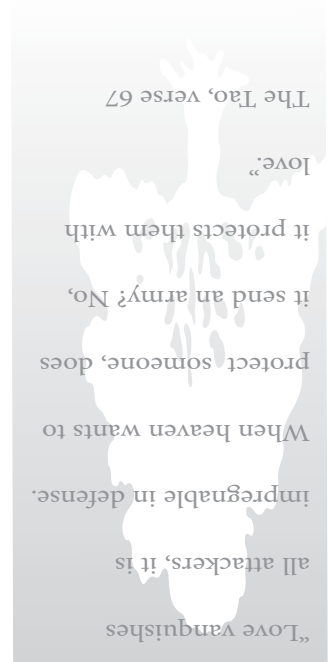
450 Ord Drive, Boulder, CO 80303
Phone: 303-440-7171
Email: hello@psychichorizonscenter.org
Website: www.PsychicHorizonsCenter.org
We are a nonprofit organization.
Editor: Rt. Rev. Hope Hewetson

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

Church of Inner Light
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Boulder, CO 80303

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