

CURRENT SEE COURSES OF STUDY

- HTS 100 Foundations of Unity
- Covering two books: **Discover the Power Within, Eric Butterworth and Lessons in Truth, H. Emilie Cady**, we will explore Unity's fundamental principles and how to integrate them into everyday life.
- HTS 105 Metaphysics I
- Using **Heart-Centred Metaphysics by Paul Hasselbeck**, for this and all 4 classes, we will dive more deeply into Unity's fundamental principles. This course includes the highest action of mind action: prayer
- HTS 110 Metaphysics II
- HTS 115 Metaphysics III
- HTS 120 Metaphysics IV
- HTS 125 Twelve Powers
- In this advanced course, we will review the book **The Twelve Powers by Charles Fillmore alongside Power Up! By Paul Hasselbeck and Cher Holton**. We will review Unity's basic principles and how to make them practical in our lives: This to learn the truth and power of our divinity.
- HTS 130 Prosperity
- This course teaches the prosperity teachings of **Charles Fillmore, Prosperity, and Eric Butterworth, Spiritual Economics**, exploring the broader meaning of prosperity, not just material things. This to discover our own beliefs about money, abundance or lack to create more abundant living and thinking.
- HTS 135 Healing and Wholeness
- We will be working with Myrtle and Charles Fillmore's interpretation of healing and wholeness that support the expression of healing, health and wholeness in student's minds, bodies and lives.
- HTS 140 History of New Thought and Unity
- We will explore the background of the 'New Thought Movement' from which Charles and Myrtle built Unity, alongside the development of the Unity movement. Students will have the opportunity to consider the possibilities of Unity being an evolving cultural phenomenon.
- SPD 100 Unity Prayer
- We explore Unity's five-step prayer process, to have a deeper experience of our divine potential and reality.

- SPD 105 **Meditation Practices**
- We will explore the practice and experience of many forms of meditation, alongside the many benefits and ways of dealing with our resistance to it. Using book, **Meditation for Dummies by Stephen Bodian**
- SPD 110 **Self-awareness**
- Students will explore the dimensions of self by studying various systems and techniques for self- awareness. This to become more conscious of: attitudes, beliefs and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being.
- SPD 111 **'I' of the Storm**
- Using the book, **The 'I' of the Storm by Gary Simmons**, students will explore the principles of embracing conflict and creating peace in everyday life. This course is designed to help students function from their heart center, demonstrate Unity principles in times of conflict, and complete a 21-day reconciliation process.
- SPD 115 **Self Care**
- This course will provide guidelines and action plans for instilling practices of self-care in the areas of awareness, mindfulness, setting boundaries, letting go, forgiveness and self-love.
- SPD 120 **Discerning Your Purpose**
- Discerning Your Purpose provides a process for challenging your thoughts and desires along with accountability steps to manifest that achievement. Students will explore their skills, abilities and spiritual gifts while discovering the 'next steps' for progressing to the desired outcome. This course was created and designed by Unity minister Rev Douglas Duerr, after years as a personal coach, trainer, and mentor to many on the path of self-discovery. "Discerning the sacred in any path is our greatest point of awareness. Invite your inner wisdom teacher to emerge. It knows the way."- Rev Doug Duerr
- TAS 100 **Conversation Skills**
- Based on the work, **Non-Violent Communication by Marshal Rosenberg**, we will look at effective communication that provides knowledge and tools for listening, creating connection and facilitating dialogue in tough, emotional situations. The principles and models taught are aligned with spiritual practices.

NOTE: For Bible classes we use NRSVA version with Apocrypha

For metaphysical interpretation, we use Metaphysical Bible Dictionary (MBD) and Revealing Word by Charles Fillmore.

SCS 100 Overview: Hebrew Scriptures

The Hebrew Scriptures (known as the “Old Testament” in the Christian world) are at the root of three major world religions—Judaism, Christianity and Islam. Hebrew Scriptures are a collection of fascinating and sometimes confusing stories, poetry, wisdom sayings and inspired visions. While some stories in Hebrew Scriptures are little known outside scholarly circles, others have become commonplace in conversation, e.g. “David vs. Goliath.” Students will explore the history and development of Hebrew Scriptures, thereby acquiring a solid foundation for continuing study and exploration.

SCS 105 Overview: Christian Scriptures

This course explores the Gospels, letters, history (Book of Acts), and apocalyptic literature (Book of Revelation) that comprises what is more commonly known as the “New Testament” of the Judeo-Christian Bible. This course examines the Christian Scriptures as a testament *about* Jesus by early Christian communities.

SCS 110 Bible Interpretation: Hebrew Scriptures

Beneath the literal sense of the Bible, interpreters have for over 2,000 years discerned allegorical meanings related to divine truths and spiritual realities. Unity’s approach to scripture is connected to that stream of thought, which has at times been “mainstream” but more often “esoteric” and mystical. Students will experience the rewarding and surprisingly practical process of the Unity way of Bible interpretation. They will learn a step-by-step method for metaphysical interpretation and application of the meanings to their lives. Students will metaphysically interpret selected passages from Hebrew Scriptures.

SCS 115 Bible Interpretation: Acts to Revelation

Unity’s “maieutic” and metaphysical approach to interpreting scriptures aims to help the interpreter cultivate self-knowledge and make contact with the Higher Spiritual Self commonly called “Christ within” and “Christ consciousness.” Students discover inner spiritual meanings of Christian Scriptures (Acts through Revelation) as they continue to apply the Unity method of interpretation to “the New Testament.”

SCS 120 Jesus’ Teachings

Teachings about the Gospels have usually portrayed Jesus Christ as the “*Great Exception*” to being human. However, by focusing upon his sayings, we can

see Jesus as the “*Great Example*” for Spiritual Awakening, Empowerment, and Transformation. By exploring the teachings *of* Jesus, rather than the teachings *about* Jesus, we can follow that example. Students will develop a deeper and more practical understanding of Jesus as Master Teacher and Wayshower through reflection upon his sayings and methods. In this way, they will learn to build a strong spiritual foundation for “Christ Consciousness.”

SCS 125 The Christ

What is the significance of the word “Christ”? The idea of “the Christ” has various meanings in various spiritual traditions and even more meanings in the context of individual belief systems. For some, “Jesus” and “Christ” are synonymous, yet even so interpretations of “Jesus Christ” vary for those believers. “Christ” as the Greek form of the Hebrew “Messiah” has an entirely different meaning for Judaism. In metaphysical teachings, “Christ” signifies an innate Spiritual principle and/or potential in every person. Students will experientially engage their own beliefs about “Jesus Christ” and the Christ idea using the Bible as the primary text.

TOTAL 220 credits (22 classes, 10 credits each)

Classes in red – these are not required if the student is moving straight into ministerial training. They are required for those who wish to train as a Licensed Unity teacher and be qualified to teach SEE classes

Required books are marked **BOLD**

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