

Foundations in Unity – Spiritual Education and Enrichment class (SEE) SDP-100 - SYLLABUS

Course Instructor

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Course dates

Wednesday 2nd, 9th, 16th, 23rd and 30th November, 7-9pm GMT
On Zoom only: 739 579 4060

<https://zoom.us/j/7395794060?pwd=aWJUMXprOTBnS2RtU3ByUkRtSldTUT09>

Course cost

For Unity SEE students: £35 (to receive 10 credits within the SEE programme)
For interest only: £25

Course description and aim

Affirmative meditative prayer is at the heart of the Unity spiritual path. The aim of the Unity way of prayer is to enable students to have a personal experience of the Divine and Realization of their Divine Potential. Along the way, there are practical benefits, including guidance, healing and abundance. In this course, students are introduced to Unity's Five Step Prayer Process and supported in developing their own daily prayer practice.

Course learning objectives

By the end of the course, students will have:

- Identified their current prayer method and contrast with Unity prayer
- Experienced the five steps of prayer individually and together in one smooth process
- Be able to describe the five steps and apply them in their practice
- Create a prayer practice that the student will be able to maintain

Required reading

- Effectual Prayer, Frances Foulkes
<https://www.truthunity.net/books/frances-foulks-effectual-prayeres>

Recommended reading

- The Five Principles, Ellen Debenport
- Handbook of Positive Prayer, Hypatia Hasbrouck
- Myrtle Fillmore's Healing Letters
<https://www.truthunity.net/audio/myrtle-fillmore/healing-letters>
- Lessons in Truth, H Emilie Cady
- Dare to believe, May Rowland
<https://www.truthunity.net/books/may-rowland-dare-to-believe>
- Meditation in the Silence, EV Ingraham:
<https://www.truthunity.net/books/ev-ingraham-the-silence>