



S.E.E. (SPIRITUAL EDUCATION & ENRICHMENT)

** Minimum suggested love offering - \$10 to \$20 per class session*

April - August 2019

Class	Day & Date	Time	Teacher	Location
Kundalini Yoga	Thursdays	Thursdays, 7:00 pm - 8:15 pm	Dr. Mary Fehr/ Charansev Kaur	Pyramid
Biblical Power for Your Life	Sundays	10:00 am - 10:50 am	Licensed Unity Teachers	Welcome Center
*Meditation Practices	Thursdays, April 4th - May 2nd	11:00 am - 1:00 pm	Rev. Karen Tudor	Wallet Hall
*Silent Walking Meditation Retreat	Saturday, April 13th	8:30 am - 11:30pm	Mary Cesaratto, LUT	Chapel
*Metaphysics 3	Thursdays, May 9th - June 6th	11:00 am - 1:00 pm	Rev. Jeanmarie Eck	Welcome Center
Family Constellations	Saturday, May 25th	1:30 pm - 4:30 pm	John Harold Moore	Pyramid
*Be Mindful of Your Words	Mondays, June 3rd - 24th	11:30 am - 1:00 pm	Donna Fisher	Welcome Center
Prosperity Plus II	Sundays, June 23rd- August 25th	1:30 pm - 3:30 pm	Rev. Shirley Knight	Annex 105
Prosperity Plus III	Sunday, June 23rd - August 4th	1:30 pm - 3:30 pm	Rev. Jeanmarie Eck	Wallet Hall
Sound, Alchemy & Your Divine Blueprint	Thursday, June 27th	7:00 pm - 8:30 pm	Joshua Inacio	Pyramid
*Metaphysics 4	Thursday, August 15th - September 19th	11:00 am - 1:00 pm	Rev. Jeanmarie Eck	Welcome Center



Please contact Associate Minister Jeanmarie Eck in the Unity office at 713-782-4050 for information on becoming a Licensed Unity Teacher or if you have any further questions about the classes.

Kundalini Yoga: A beautiful physical and spiritual practice, Kundalini Yoga blends movement, breath, meditation, and mantra, guiding us to our Higher Selves and Oneness consciousness. Beginners welcome!

Biblical Power for Your Life: Exploring spiritual principles in the Bible to power up your life! Each week we will look at the metaphysical meaning of a specific verse and identify practical and contemporary applications. All are welcome!

Meditation Practices: This course focuses on the practice and the experience of various forms of meditation. Benefits of the various forms of meditation will be explored as well as methods to deal with resistance to it. There will also be helpful tips for developing a regular meditation practice. Practicing the Silence, Unity's meditation practice, is fundamental and foundational to Unity teachings. Therefore, it will be the primary meditation practice for the duration of the course. **Required Text:** *Meditation for Dummies. 2nd or 3rd Edition by Stephan Bodian* (Available for SEE credit)

Silent Walking Meditation Retreat: The session will begin with instructions on how to do a walking meditation followed by a 2-hour silent walking meditation, held here on the grounds of Unity. This is an opportunity to retreat from the world and find inner peace as you walk the grounds of Unity. No experience necessary. **Love Offering.**

Metaphysics 3: The third phase in metaphysical study is cultivating dominion over the ego/personality. To that end, students will be encouraged to investigate, analyze and use basic metaphysical tools for living. By developing dominion over the ego/personality, the way is opened for greater expression of the student's innate Divine Potential. **Required Texts:** *Heart -Centered Metaphysics* by Paul Hasselbeck and *Applying Heart-Centered Metaphysics Workbook* by Paul Hasselbeck and Cher Holton. (Available for SEE Credit)

Family Constellations: Family. We all have one. No matter how we feel about them our ties to our families are strong. You might be surprised to learn that not only can we inherit their physical characteristics and beliefs, but also their sadness or the pain of their past traumas and life experiences. Family Constellations is a powerful healing tool that reveals the unconscious loyalties to our family system that often keep us trapped in recurring patterns and keep us from the happy and prosperous lives we were meant to live. The results of this workshop can be life-changing. **Cost: \$40 Tickets available online or in the bookstore.**

Be Mindful of Your Words: You have a super power which is your ability to generate energy for yourself and others with your speaking. In this class you will increase your awareness as you experience high-energy and low-energy word choices. You will discover commonly used words that self-sabotage and practice replacing them with words that are life affirming.

Required book: *Conscious Language* by Robert Tennyson Stevens

Recommended reading: *Every Word Has Power* by Yvonne Oswald.

Prosperity Plus II: Our world is governed by invisible laws and these laws are always at work whether we are aware of them or not. When we begin to live in harmony with them we will shift the circumstances of our life and create a life we love. This class is open to all students and is available for SEE elective credit. **Pay for class material in the bookstore.**

Prosperity Plus III: Would YOU Love to Live the Life of Your Dreams? In this 7-week tithing program, you will learn:

- The art and science of true transformation.
- Techniques to dissolving the blocks that are sabotaging your life.
- How giving of your time, talent and treasure unleashes the flow of your highest good and abundance.

This program is all about discovering and developing tools that will support you in building *A Life YOU Love Living!* Available for SEE elective credit. Class materials available for purchase at first class session. **Pay for class material in the bookstore**

Sound, Alchemy & Your Divine Blueprint: Our universe is built from resonance, and for us as humans, vibration is an aspect of every breathing moment. When we apply ourselves through conscious use of sound, the effects are truly transformative and can be felt for days! We will begin with a sound clearing with the gong and didgeridoo, to remove the static and blockages from your energy field. Joshua will then channel the angelic tones and energetic frequencies to connect you with your divine blueprint. Come join us and ignite your inner flame! **Cost: \$25 Tickets available online or in the bookstore.**

Metaphysics 4: In this advanced course, the student will further investigate and apply the Truth that they have learned in the previous metaphysics courses; Metaphysics 1, 2 and 3. This course summarizes and organizes metaphysical teachings so that Truth may be demonstrated in their life. Through the consistent use of these practical principles, the student will consciously transform their life and realize more of their spiritual potential. **Required Prerequisite** is HTS 105 Metaphysics I and recommended Prerequisites are HTS 110 Metaphysics 2 and HTS 115 Metaphysics 3. **Required Texts:** *Heart -Centered Metaphysics* by Paul Hasselbeck and *Applying Heart-Centered Metaphysics Workbook* by Paul Hasselbeck and Cher Holton. (Available for SEE Credit)