



**Spiritual Education and Enrichment  
HTS105 – Metaphysics 1  
10 Hours  
Unity of Houston**

<b>Instructor</b>	Rev. Jeanmarie Eck, <a href="mailto:jeck@unityhouston.org">jeck@unityhouston.org</a>
<b>Required Texts</b>	<i>Heart-Centered Metaphysics, by Paul Hasselbeck</i> <i>Applying Heart-Centered Metaphysics Workbook, by Paul Hasselbeck and Cher Holton</i>
<b>Recommended Reading</b>	<i>Lessons in Truth, by H. Emilie Cady</i> <i>Point of Power, by Paul Hasselbeck</i>

**Course Description:**

This course explores some of Unity’s fundamental Principles as well as the highest form of mind action, prayer. Students will be encouraged to awaken your awareness and understanding of spiritual Truth in order to employ It in your everyday life.

Topics explored in this class are:

- Metaphysics and Truth
- Life Is Consciousness
- Spiritual Evolution, Building Consciousness
- Our Purpose, Divine Will, Divine Plan, Divine Guidance
- The Silence
- Meditation
- Prayer
- Praying with Others

**Learning Objectives:**

Students will be able to:

- Articulate and use Unity’s affirmative prayer process.
- Explain the significance of the Silence and meditation and their relationship to each other.
- Compare and contrast Unity’s view and the traditional view of Divine Purpose, Will, Plan and Guidance.
- Illustrate some of the key aspects and processes of building Christ Consciousness.
- Differentiate the Absolute Realm (the Absolute) from the relative realm (the relative) including the analysis of Cause and Effect/cause and effect.

- Explain the essential Unity concept, “life is consciousness,” and its relationship to self-awareness and self-knowledge.

### **Instructor**

**Rev. Jeanmarie Eck, M.Div., MFA, LUT** is an ordained Unity minister (2014) serving as associate minister at Unity of Houston since 2014. She holds a Master of Divinity from Unity Institute & Seminary and is a Licensed Unity Teacher in Adult Education. She is a spiritual director and graduate of the Certification in Spiritual Direction program at Perkins School of Theology and is a trained SoulCollage® Facilitator. She is a Board Member for Unity Worldwide Ministries.

Jeanmarie has served at Silent Unity, Unity Village Chapel, and Unity of New York. She is a regular contributor to Unity booklets. A lifelong professional performing artist, she also holds a Master of Fine Arts from the University of Mississippi, where she was an instructor and course coordinator, and a B.A. *summa cum laude* in Theatre Arts and Music from Rollins College. In addition, she has held management positions in both the arts and U.S. government.

Jeanmarie is passionate about sharing the power of Unity principles to awaken heart-centered consciousness and an awareness of our innate wholeness. She lives in Houston with her husband David, their daughter Felicity and their rescue dog, Duchess.

### **Assignments and Expectations:**

1. Read chapters in the books prior to class and complete weekly assignments.
2. Attend all classes and participate in the classroom discussions.
3. Write a 500-800 word paper based on your selecting one idea from section 1 of *Heart-Centered Metaphysics* and putting it into practice for 21 days. Due [August 27, 2021](#).
  - You will receive a handout on the last day of class describing the requirements for the paper.

### **Grade Scale:**

- AU Audit – student is not seeking credentialing (no assignments required).  
 I Incomplete – waiting for final assignment.  
 NC No Credit – did not complete final assignment within three months of end of course and/or did not meet attendance requirements.  
 S Satisfactory – met all requirements.

10 course credits are granted on successfully completing the course.

### **Instructor's Commitment:**

I will come to class prepared to engage the class in the discussion of our metaphysical principles and ideas. I will create a positive and encouraging environment for the learner to grow and explore. I will read and comment on the papers. Please understand that this takes time and will be completed in a timeframe as my other work responsibilities allow.

<p><b>Class 1</b></p>	<p><b>1<sup>st</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Opening Meditation</li> <li>• Introductions and course overview.</li> <li>• This is a course on Unity Metaphysics. While each individual's right to "their own beliefs" is supported and accepted, these beliefs are not the purpose of this course. Other points of view may be shared to help create an understanding of Unity's metaphysics. However, students should not be disappointed if their beliefs are not explored in this class. Further, students should not be surprised if Unity Metaphysics, as presented in this course, differs from their current belief system and what is popularly understood in some Unity churches and centers.</li> <li>• The language of Oneness – Read the essay on page ix entitled, "The Language of Oneness." We will be finding new ways to communicate Unity's theology and why.</li> <li>• The Adjacent Possible</li> </ul> <p><b>2<sup>nd</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Continue leftovers from previous hour. Begin developing the concepts around the relative and Absolute realms.</li> </ul> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>• Holy Cow Technique Exercise</li> <li>• Read the following chapters to discover the teaching, discover what you agree and disagree with and why, as well as to discover if you have any questions about the material.</li> </ul> <p style="padding-left: 40px;">Chapter 1 – Metaphysics &amp; Truth Chapter 2 - Life is Consciousness</p>
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<p><b>Class 2</b></p>	<p><b>1<sup>st</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Opening Meditation</li> <li>• 10 – 15 minutes - Discussion of how the practice went (sharing of a few of the experiences with the entire class)</li> <li>• Leftovers from the previous class</li> <li>• Discussion: Chapter 1 – Metaphysics &amp; Truth</li> </ul> <p><b>2<sup>nd</sup> Hour</b></p> <ul style="list-style-type: none"> <li>• Discussion: Chapter 2 - Life is Consciousness</li> </ul> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>• Innie or Outie? Exercise</li> <li>• Read the following chapters to discover the teaching, discover what you agree and disagree with and why, as well as to discover if you have any questions about the material. Chapter 3 - Self-Knowledge Chapter 4 - Evolving Spiritual Awareness; Building Christ Consciousness</li> </ul>
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<b>Class 3</b>	<p><b>1<sup>st</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Opening Meditation</li> <li>• Leftovers from the previous class</li> <li>• 10 – 15 minutes - Discussion of how the practice went (sharing of a few of the experiences with the entire class)</li> <li>• Class discussions: Chapter 3 - Self-Knowledge</li> </ul> <p><b>2<sup>nd</sup> Hour</b></p> <ul style="list-style-type: none"> <li>• Class discussions: Chapter 4 - Evolving Spiritual Awareness; Building Christ Consciousness</li> </ul> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>• Take the Fillmore Challenge Exercise</li> <li>• Read the following chapters to discover the teaching, discover what you disagree with and why, as well as to discover if you have any questions about the material.</li> </ul> <p>Chapter 5 - Our Purpose, Divine Will, Divine Plan, and Divine Guidance</p> <p>Chapter 6 - The Silence</p> <p>Chapter 7 - Meditation</p>
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<p><b>Class 4</b></p>	<p><b>1<sup>st</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Opening Meditation</li> <li>• Leftovers from the previous class</li> <li>• 10 – 15 minutes - Discussion of how the practice went (sharing of a few of the experiences with the entire class)</li> <li>• Class discussions:  Chapter 5 - Our Purpose, Divine Will,  Divine Plan, and Divine Guidance  Chapter 6 - The Silence</li> </ul> <p><b>2<sup>nd</sup> Hour</b></p> <ul style="list-style-type: none"> <li>• Class discussions:  Chapter 7 - Meditation</li> </ul> <p><b>Assignment:</b></p> <ul style="list-style-type: none"> <li>• Preparing for the Silence Exercise</li> <li>• Read the following chapters to discover the teaching, discover what you disagree with and why, as well as to discover if you have any questions about the material.</li> </ul> <p>Chapter 8 - Prayer  Chapter 9 – Praying with Others</p>
<p><b>Class 5</b></p>	<p><b>1<sup>st</sup> hour</b></p> <ul style="list-style-type: none"> <li>• Opening Meditation</li> <li>• Leftovers from the previous class</li> <li>• 10 – 15 minutes - Discussion of how the practice went (sharing of a few of the experiences with the entire class)</li> <li>• Class discussions:  Chapter 8 - Prayer</li> </ul> <p><b>2<sup>nd</sup> Hour</b></p> <ul style="list-style-type: none"> <li>• Class discussions:  Chapter 9 – Praying with Others</li> </ul>

Class Affirmation:

*All that God is, I AM!*