



Spiritual Education and Enrichment
HTS115 – Metaphysics 3
10 Hours
Unity of Houston Hybrid Course

Instructor	Rev. Jeanmarie Eck, jeck@unityhouston.org
Required Texts	<i>Heart-Centered Metaphysics</i> , by Paul Hasselbeck <i>Applying Heart-Centered Metaphysics Workbook</i> , by Paul Hasselbeck and Cher Holton
Recommended Reading	<i>Lessons in Truth</i> , by H. Emilie Cady <i>Point of Power</i> , by Paul Hasselbeck
Recommended Pre-requisites (not required)	HTS105 (Metaphysics 1), HTS110 (Metaphysics 2)

Course Description

This course identifies basic metaphysical tools for living. Students will be encouraged to investigate, analyze, and use these tools to cultivate dominion over the ego/personality and to express more of their innate Divine Potential.

Topics explored in this class are:

- The Four Functions of Consciousness
- Thoughts/Feelings
- The Word
- Denials and Affirmations
- Creation
- The Twelve Powers
- Developing the Twelve Powers

Learning Objectives

Students will be able to:

- Identify the four functions of consciousness and give examples from their own lives.
- Examine and interrelate the Word, thought/feeling, and denials and affirmations.
- Identify and discuss each of the Twelve Powers and give examples.

Course Presentation

This class will be conducted in a discussion format, sometimes in small groups while mostly in the large group. There will also be individual and group activities to engage your creativity and to support all learning styles. The intention is to provide a safe environment to explore and even actively disagree with the ideas and principles as presented.

Instructor

Rev. Jeanmarie Eck, M.Div., MFA, LUT is an ordained Unity minister (2014) serving as Lead Associate Minister at Unity of Houston. 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 SoulCollage® Facilitator. She served as a member of the Board of Trustees for Unity Worldwide Ministries for over 3 years and is on their Spiritual Direction Advisory Council.

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 has performed at regional theaters around the U.S. as well in film and TV. She 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 dogs, Duchess and Bentley.

Course Requirements and Assignments

1. Read chapters in the books prior to class.
2. Participate in the classroom discussions. You must attend all 5 classes in order to be eligible for course credit.
3. Write a 500-800 word reflection paper sharing your insights and learnings from section 3 of *Heart-Centered Metaphysics*. Due Thursday, June 27, 2024.
 - You will receive a handout on the last day of class describing the requirements for the paper.

Send your paper electronically as a Word Document. Please make the paper double-spaced and at least 12 pt. type. ***Remember you must put your name, email address as well as the class name on the paper.***

Email address: jeck@unityhouston.org

IMPORTANT:

1. Papers not in the requested format or not with the requested personal information will be returned.
2. Papers unreasonably exceeding the word limit will be returned for editing.
3. If you have written your paper using Word, please feel free to put it as an attachment to your email. IF YOU DO NOT USE WORD please copy and paste your paper that includes your contact info into the body of your email.

Student Evaluation**Grade Scale:**

- S Satisfactory – met all requirements: attended all 5 classes, completed all coursework and passed final assignment.
- 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.
- W Withdrawal - For individuals that have withdrawn from a class.

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 safe 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>Class 1</p>	<p>1st hour</p> <ul style="list-style-type: none"> ➤ Opening Meditation ➤ Introduction and course overview. ➤ 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 differ from their own beliefs and what might be commonly understood in their home church or center. ➤ Understanding and Believing ➤ 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. ➤ The Adjacent Possible <p>2nd hour</p> <p>Review the Realms Model</p> <p>Assignment:</p> <ul style="list-style-type: none"> ➤ God Is...; I am... Exercise (handout) ➤ Read: Chapter 19 - The Four Functions of Consciousness Chapter 20 - Thought/Feeling <p>Focus on discovering:</p> <ol style="list-style-type: none"> 1. The teachings. 2. What you agree and disagree with and why. 3. Any questions about the material.
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<p>Class 2</p>	<p>1st hour</p> <ul style="list-style-type: none"> ➤ Opening Meditation ➤ Leftovers from the previous class ➤ Optional: 10 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) ➤ Explore Chapter 19 The Four Functions of Consciousness <p>2nd Hour</p> <ul style="list-style-type: none"> • Explore Chapter 20 Thought/Feeling <p>Assignment:</p> <ul style="list-style-type: none"> ➤ I Choose Joy! Exercise (handout) ➤ Read Chapter 21 – The Word Chapter 22 – Denials and Affirmations <p>Focus on discovering:</p> <ol style="list-style-type: none"> 1. The teachings. 2. What you agree and disagree with and why. 3. Any questions about the material.
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<p>Class 3</p>	<p>1st hour</p> <ul style="list-style-type: none"> ➤ Opening Meditation ➤ Leftovers from the previous class ➤ 10 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) ➤ Explore Chapter 21 – The Word <p>2nd Hour</p> <ul style="list-style-type: none"> ➤ Explore Chapter 22 – Denials and Affirmations <p>Assignment:</p> <ul style="list-style-type: none"> ➤ Working with Denials and Affirmations (handout) ➤ Read Chapter 23 - Creation Chapter 24 – The Twelve Powers <p>Focus on discovering:</p> <ol style="list-style-type: none"> 1. The teachings. 2. What you agree and disagree with and why. 3. Any questions about the material.
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<p>Class 4</p>	<p>1st hour</p> <ul style="list-style-type: none"> ➤ Opening Meditation ➤ Leftovers from the previous class ➤ 10 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) <p>Explore Chapter 23 - Creation</p> <p>2nd Hour</p> <p>Explore Chapter 24 – The Twelve Powers</p> <p>Assignment:</p> <ul style="list-style-type: none"> ➤ Know NO! Spiritual Practice (handout) ➤ Read Chapter 25 – Developing and Expressing the Twelve Powers <p>Focus on discovering:</p> <ol style="list-style-type: none"> 1. The teachings. 2. What you agree and disagree with and why. 3. Any questions about the material.
<p>Class 5</p>	<p>1st hour</p> <ul style="list-style-type: none"> ➤ Opening Meditation ➤ Leftovers from the previous class ➤ 10 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) ➤ Explore Chapter 25 – Developing and Expressing the Twelve Powers <p>2nd Hour</p> <p>Class wrap-up</p> <p>Final Assignment:</p> <ul style="list-style-type: none"> ➤ See handout.

What You Need to Know

- What is the Word and what is the Power of the Word?
- What is the Word empowered from?
- What is sensing?
- What is intuiting?
- What is feeling?
- What is thinking?
- "C" Cause is the realm of?
- What are thoughts and how do they work?
- What is the Power of Thought?
- What is collective consciousness?
- What is Cause and Effect?
- What is the primal world of causes?
- What is Dominion and what do we have dominion?
- Thoughts held in mind.....
- What are denials?
- What are affirmations?
- What is regeneration?
- What are the 12 Powers and know each Power and what is it?
- What are the Superconscious, subconscious, and conscious minds?
- What is everything in the physical universe based upon?
- What is Divine Order?
- What is temptation?
- The chief goal of developing the 12 Powers.
- What is degeneration?
- What is generation?