**SEE in the Field Classes May 19 – 23, 2014**

*Unity of Savannah*

**MS815 - Myrtle & Charles Fillmore on Healing & Wholeness - Part 1**

**Rev. Lynn Holland, LUT**

**Description**

This course is based on the spiritual laws and universal principles that support the expression of health and wholeness in our minds, bodies, and affairs. We will be working with Myrtle and Charles Fillmore’s interpretation of how Jesus used and demonstrated those in his own life. Such laws and principles will be presented to support participants in developing a practical understanding of Myrtle and Charles' theology as heart-centered metaphysicians. It is our expectation that through the development of such practical understanding, participants will be inspired to also become heart-centered metaphysicians. We also expect them to develop a “tool kit” for using healing principles in their daily lives and in supporting other people in their own healing process.

**Required Text:** How to Let God Help You (Myrtle Fillmore), Myrtle Fillmore’s Healing Letters, Christian Healing (Charles Fillmore), Jesus Christ Heals (Charles Fillmore)

### PR800 - Life of Prayer, Rev. Dale Worley

#### Description

The course introduces the Unity way of affirmative prayer. It will also provide traditional Unity definitions of prayer and will assist you in creating your own prayer definition; furthermore, you will be supported in your actual prayer discipline. You will be given the opportunity to explore your own prayer life and attitude. **Required Text:** How to Pray Without Talking to God, Linda Martella-Whitsett.

### MS801 - The Twelve Powers, Evelyn Wilson, LUT

#### Description

In this course we will review review many of our basic Unity principles. Our working knowledge of our Truth Principles will then be put into practical application in our own lives. Through the use of these Truth Principles, you have the opportunity to create a new you and a new destiny as you choose to stay the course of your new destiny. **Required Text:** The Twelve Powers by Charles Fillmore and Cora Fillmore. Suggested Text: PowerUp by Paul Hasselbeck and Cher Holton.

### PR801 - Meditation Practices, Rev. Arlene Meyer

#### Description

Practicing meditation and entering into the Silence is a part of the prayer process and is fundamental to Unity teachings. It is an essential spiritual practice, as it is the foundation for uncovering that which veils spiritual understanding. The course is focused on the meditation process and experience, thus, it will be experiential in nature. Meditation will be defined and discussed, however, that is secondary to the experience of meditation. Thus, we will practice various meditation techniques. This course will describe not only the benefits of meditation but also all of the different types of resistance we encounter as we enter this journey called meditation. Methods of creatively dealing with resistance will be shared also. In joy and with enthusiasm, you will desire to design a daily spiritual practice around meditation.