



**Spiritual Education and Enrichment**  
**HTS 105 Metaphysics 1**  
**10 Hours**

<b>Required Text</b>	<i>Heart-Centered Metaphysics</i> by Paul Hasselbeck <i>Heart-Centered Metaphysics Workbook</i> by Paul Hasselbeck and Cher Holton
<b>Recommended Reading</b>	<i>Lessons in Truth</i> by H. Emilie Cady <i>Point of Power</i> by Paul Hasselbeck

**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.

### **Assignments and Expectations:**

1. Read chapters in the books prior to class.
2. Participate in the classroom discussions.
3. Write a 500-800 word paper based on your selecting one idea from the class or book and putting it into practice for 21 days.

In the paper, describe the idea, what happened, what you learned, and how this will change your life.

### **Grade Scale:**

- AU    Audit – student is not seeking credentialing (no assignments required).  
EX    Expired – for administrative use only.  
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.

Session	Topic	Reading Assignments
One	<ul style="list-style-type: none"> <li>• Unity Metaphysics</li> <li>• Language of Oneness</li> <li>• The Adjacent Possible</li> <li>• The Absolute and relative realms</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Chapter 1</u> Metaphysics &amp; Truth</li> <li>• <u>Chapter 2</u> - Life is Consciousness</li> <li>• <u>Chapter 3</u> - Self-Knowledge</li> </ul>
Two	<ul style="list-style-type: none"> <li>• Discussion of Chapter 1 - Metaphysics and Truth</li> <li>• Discussion of Chapter 2 – Life is Consciousness</li> <li>• Discussion of Chapter 3 – Self-Knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Chapter 4</u> - Evolving Spiritual Awareness, Evolving Christ Consciousness</li> <li>• <u>Chapter 5</u> - Divine Purpose, Divine Will, Divine Plan, Divine Guidance</li> </ul>

Three	<ul style="list-style-type: none"> <li>• Discussion of Chapter 4 - Evolving Spiritual Awareness, Evolving Christ Consciousness</li> <li>• Discussion of Chapter 5 - Divine Purpose, Divine Will, Divine Plan, Divine Guidance</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Chapter 6</u> – The Silence</li> <li>• <u>Chapter 7</u> - Meditation</li> </ul>
Four	<ul style="list-style-type: none"> <li>• Discussion of Chapter 6 - The Silence</li> <li>• Discussion of Chapter 7 - Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Chapter 8</u> - Prayer</li> <li>• <u>Chapter 9</u> – Prayer with Others</li> </ul>
Five	<ul style="list-style-type: none"> <li>• Chapter 8 - Prayer</li> <li>• Chapter 9 - Meditation</li> </ul>	No reading assignments