

Health & Wholeness the Unity Way

Sharon Lewis, LUT Candidate, Class # 2

Facilitator	Sharon Lewis, BS, MA sharon@unityroyaloak.org
Meeting Dates/Location	Unity of Royal Oak, 2500 Crooks Rd., Royal Oak Michigan January 10, 17, 21, & 31 2019; 1:00-3:30 p.m.
Required Material	Healing Letters, Myrtle Fillmore
Background Material	<i>How to Let God Help You</i> , by Myrtle Fillmore <i>Christian Healing</i> by Charles Fillmore <i>Jesus Christ Heals</i> by Charles Fillmore <i>Open Your Mind and Be Healed</i> by Johnnie Colemon The instructor will use these books to supplement her teachings. Handouts will be provided.
Recommended Prerequisite	Interest in knowing more about Health & Wholeness
Course Requirements	Participants are encouraged to take part in class discussions, lovingly listen, keep an open mind, and heartfully explore the principles taught.
Course Presentation	The materials will be presented in various ways -- lectures (PowerPoint) , small group discussions, and fun activities.
Course Grades/Credits	Not Applicable

Facilitator/Leader Description:

Sharon Lewis is a Licensed Unity Teacher Candidate, having completed 250 hours of field study in Unity's Spiritual Education and Enrichment (SEE) program. She served as co-chair of Unity of Royal Oak's Outreach Team and is currently assisting in the revitalization of the center's Prayer Partner Program. She is blessed to have participated in many of the church's programs and activities and is looking forward to teaching and learning more about Unity principles. She is a retired educator, administrator, and researcher. Sharon has a loving husband, two children, and three perfect grandchildren.

Course Description:

Participants will be asked to explore and expand their thinking about health and wholeness. The course will discuss Myrtle Fillmore's 5 steps -- Know the Truth of You, Notice Your Thoughts and Actions, Use Your Creative Power, and See Health as Your Natural State -- to healing. Participants will also review the spiritual, mental, and physical aspects of their healing; the difference between healing and curing; and the significance of prayer and meditation in relationship to health and wholeness. Myrtle's and Charles' theology will be supplemented by current research on healing and thinking from New Thought Leaders Wayne Dyer and Deepak Chopra. Participants will see and be encouraged to join in deep breathing exercises from the Hindu tradition and address the question, "Can the Mind Heal the Body?". More importantly, everyone will be encouraged to identify and work on a healing issue throughout the month.

Learning Objectives:

Students will be able to:

- Interpret Myrtle Fillmore's 5 steps to healing.
- Understand the difference between healing and curing
- Develop an understanding of how to use these principles to promote healing.
- Explain the significance of prayer, the Silence and meditation in relationship to health and wholeness.
- Review the benefits of deep breathing to health.

Session	Date	Topic and Themes	"Throughout The Week"
1	1/10/19	<ul style="list-style-type: none"> ● Introductions/Overview of Class/Creating a Safe Space ● Adjacent Possible ● Identify healing need to be addressed for the next month ● 3-fold Health Law 	Use the principles to address a current healing need.
2	1/17/19	<ul style="list-style-type: none"> ● Background of Mind-Cure ● Can the Mind Heal the Body? ● Can't Change DNA (Yes you can!) ● Epic Genic Control - Control Above the Genes 	Use the principles to address a current healing need.
3	1/24/19	<ul style="list-style-type: none"> ● No incurable disease ● Myrtles 5 Steps ● Oneness 	Use the principles to address a current healing need.
4	1/31/19	<ul style="list-style-type: none"> ● Discuss what was learned in the first three sessions ● Participate in traditional breathing exercises 	Use the principles to address a current healing need.

		<ul style="list-style-type: none">○ Easy Tai Chi - join in - a 9-minute Daily Practice○ 5-minute daily routine: Super Brain Yoga + a Donna Eden short version○ Mindful Chair Yoga: A 15 Minute Beginner Practice○ Understanding Essential Oils○ Reiki	
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