

Spiritual Education and Enrichment
Unity of Gaithersburg
HTS105– Metaphysics I
10 Hours

June 29 - July 3, 2026

Faculty	Rev Airin Wolf
Required Text	<i>Heart-Centered Metaphysics, by Paul Hasselbeck</i> <i>Heart-Centered Metaphysics Workbook, by Paul Hasselbeck and Cher Holton</i>
Recommended Reading	<i>Lessons in Truth, by H. Emily Cady</i> <i>Point of Power, by Paul Hasselbeck</i>

Course Description:

Embark on a transformative adventure with our course, a tantalizing exploration into the depths of existence. Uncover the secrets of Metaphysics and Truth, unravel the profound truth that Life is Consciousness, and unlock the key to Self-Knowledge. This course is not just an exploration; it's an invitation to a life-altering voyage. Are you ready to embrace the Silence, unlock your innate DIVINITY, and connect with others on a spiritual journey? Enroll now for a juicy, soul-stirring experience!

Topics explored in this class are from Chapters 1 - 9:

- 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 what you learned – you’re “a-has” and your “duh-has!” Include how you might use this new awareness of the Unity teachings.

Send the paper electronically. Please make the paper double-spaced between the lines and at least 12 pt. Type. The paper is due _____. **Remember to put your name, address, phone number, email address as well as the class and when you took the class on the paper.**

Email address: kindredmates@gmail.com

- If you have written your paper using Word, Google Docs or as a PDF please feel free to put it as an attachment to your email.
- IF YOU DO NOT USE Word, Google Docs or PDF, please copy and paste your paper that includes your contact info into the body of your email.

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.

<p>June 29th</p>	<p>1st hour</p> <ul style="list-style-type: none"> • Opening Meditation • Introductions and course overview. • Metaphysics and Mysticism • 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. • Understanding and Belief • The Adjacent Possible • The language of Oneness – finding new ways to communicate Unity's theology and why. (Read pages ix – xii in <i>Heart-centered Metaphysics</i>). Students and instructor engage in a "game" during the entire 10 hours of course. During the class observe your own use of language and notice when other people use traditional language. Ask yourself how you heard what was said. Tweak the use of language as the class proceeds. For example: when another student uses the term "God," ask yourself if you heard an "outside, anthropomorphic Being" when the term was used. <p>2nd hour</p> <ul style="list-style-type: none"> • Continue leftovers from previous hour. Begin developing the concepts around the relative and Absolute realms. <p>Assignment: 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:</p> <p>Chapter 1: Metaphysics and Truth Chapter 2: Life is Consciousness Chapter 3: Self-Knowledge</p>
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Commented [PH1]: Start here followed by Realms Model

June 30

1st hour

- Opening Meditation
- Leftovers from the previous class
- 10 – 15 minutes - Discussion of how the practice went (in dyads or triads and then a sharing of a few of the experiences with the entire class)
- Discussion:
Chapter 1 – Metaphysics & Truth
Chapter 2 - Life is Consciousness

2nd Hour

- Discussion:
Chapter 3 - Self-Knowledge

Assignment: 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 4 - Evolving Spiritual Awareness,
Evolving Christ Consciousness
Chapter 5 - Divine Purpose, Divine Will,
Divine Plan, Divine Guidance

<p>July 1</p>	<p>1st hour</p> <ul style="list-style-type: none"> • Opening Meditation • Leftovers from the previous class • 10 – 15 minutes - Discussion of how the practice went (in dyads or triads and then a sharing of a few of the experiences with the entire class) • Class discussions: Chapter 4 - Evolving Spiritual Awareness, Evolving Christ Consciousness <p>2nd hour</p> <ul style="list-style-type: none"> • Class discussions: Chapter 5 - Divine Purpose, Divine Will, Divine Plan, Divine Guidance <p>Assignment: 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.</p> <p style="text-align: center;">Chapter 6 - The Silence Chapter 7 - Meditation</p>
<p>July 2</p>	<p>1st hour</p> <ul style="list-style-type: none"> • Opening Meditation • Leftovers from the previous class • 10 – 15 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) • Class discussions: Chapter 6 - The Silence <p>2nd hour</p> <ul style="list-style-type: none"> • Class discussions: Chapter 7 - Meditation <p>Assignment:</p> <ul style="list-style-type: none"> • Choose a specific principle or idea is to apply until the next class. • 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. <p style="text-align: center;">Chapter 8 - Prayer Chapter 9 – Prayer with Others</p>

Day 3	<p>1st hour</p> <ul style="list-style-type: none"> • Opening Meditation • Leftovers from the previous class • 10 – 15 minutes - Discussion of how the practice went (in dyads and then a sharing of a few of the experiences to the entire class) • Class discussions: Chapter 8 - Prayer <p>2nd hour</p> <ul style="list-style-type: none"> • Class discussions: Chapter 9 – Prayer with Others
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What You Need to Know

- What is metaphysics?
- What is God
- What is Principle?
- What is Absolute Good/
- What is Divine Mind?
- What do we mean by Creator?
- What is Spirit?
- What is the difference between “M” Mind and “m” mind?
- What is chemicalization?
- Everything begins with _____
- Life is _____. Why do we say that?
- What is self-knowledge?
- What is self-observation?
- What are degeneration, generation and regeneration?
- What is non-resistance?
- What does it mean when we say the mind is pivotal?
- What is God-Will?
- Do we believe in predetermination in Unity? Why or why not?
- What is Divine Guidance?
- What are evolution and involution?
- Does God have a specific will and plan for your life? Why and why not?
- Everything in the Spiritual and material universes are based on _____.
- What is the Silence?
- What is the five step prayer process and define each step?
- What is meditation?
- Why is it useful to work with our habitual nature when beginning a meditation practice?
- What is prayer?
- Unity prayer is called _____ prayer.
- In Unity we pray _____ God.
- In Unity we do not pray for healing, because we _____ Life expressing as wholeness and health.
- What we praise and bless _____.