



Syllabus

HTS 135 Healing & Wholeness

Course Instructor

Name: Rev. Edith Washington-Woods, MDiv

Virtual Office Hours: 12-2pm EST

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Response Time Policy: within two business days

Class meets: *Monday June 23 – Friday June 27, 10am – 12pm*

Course Description

Unity began with a spiritual healing that was mediated through mind by application of principles. The first healing was followed by others and eventually Silent Unity and Unity Centers emerged. The healing practices and principles developed and applied by Myrtle and Charles Fillmore are the basis of this course. Students will be working with the Fillmore's teachings on healing and wholeness, as well as with historical and contemporary master teachers. The principles will be presented to support students in developing a practical understanding of Unity theology as "heart-centered meta-physics."

Course Learning Objectives

Upon completion of this course, learners will be able to:

1. Analyze, interpret, and explain the essential elements of Myrtle and Charles Fillmore's theology while developing a personal understanding of healing, wholeness, curing and health.
2. Examine and use current language to express concepts of healing and wholeness.
3. Illustrate key aspects of the Source of Healing.
4. Explain the significance of prayer, the Silence and meditation in relationship to healing and wholeness.

Required Text/Readings

- *How to Let God Help You* by Myrtle Fillmore (HGHY)
- *Healing Letters* by Myrtle Fillmore (HL)
- *Christian Healing* by Charles Fillmore (CH)

Recommended Text/Readings

- *Jesus Christ Heals* by Charles Fillmore
- *The Quest for Wholeness* by Robert Brumet
- *Mind Over Medicine* by Lissa Rankin, MD

Academic Performance: Progress Evaluation

Grade Scale

- **S: Satisfactory** = 75 - 100%
- **NC: No Credit** = 0 - 74%

Other possibilities:

- **AU: Audit** – student is not seeking credentialing (no assignments required).
- **I: Incomplete** – waiting for completion of one or more assignments. Given by approval of the instructor due to urgent and unusual circumstance in the life of the participant

Graded Assignments

It is important to complete your assignments on or before the due dates.

NOTE: If you experience an emergency and are unable to complete your assignments on time, Contact your instructor.

Assignments:	Possible Points	Percentage
Classes (5 @ 14 pts)	70 points	17.5%
Reflections (5 @ 14 pts)	70 points	17.5%
Lifework Exercises <ul style="list-style-type: none">• Threefold Healing (30 pts)• Body Counseling (30 pts)• Paradigms (30 pts)• Spiritual Pain (50 pts)	140 points	35%
Weekly Healing & Wholeness Journal	20 points	5%
Final Reflection Paper (1 @ 110 pts)	100 points	25%
Total Points	400 points	100%

Module One

“Your Source of Healing”

Date: Monday, June 23, 2025

Learning Objectives

By the end of this class learners will be able to:

- Understand where the power of healing lies
- Begin thinking about how we harness that power for ourselves
- Become familiar with Ken Wilber’s Three Faces of God

Preparation for Module 1: Learning Assignments	Due Dates
Preview <ul style="list-style-type: none">• Preview Video [5:50 minutes]• MYRTLE FILLMORE’S HEALING STORY	Watch prior to class one
Reading(s) <ul style="list-style-type: none">• Chapter 2 – Being’s Perfect Idea (<i>Christian Healing</i>)• Chapter 9 – No Incurable Disease (<i>Healing Letters</i>)• Chapter 14 – Spiritual Understanding (<i>How to Let God Help You</i>)• Chapter 15 – The Way to Health (<i>Healing Letters</i>)• Article: “Three Faces of God” (PDF)	Read prior to class one
Class Preparation <ul style="list-style-type: none">• Our first Class Session will take place on Monday, June 23, 2025• Complete each of the assignments (above) prior to our first session.	

Module One: Graded Assignments	Dates
<ul style="list-style-type: none">• Welcome/Introductions• Course Overview / Syllabus Review• Introduction on Healing and Wholeness• Reflections <p>Video(s)</p> <ul style="list-style-type: none">• Myrtle Fillmore Healing Story [4:33 minutes] The Myrtle Fillmore Healing Story• Deepak Chopra – Can the Mind Heal the Body? [9:00 minutes] http://www.youtube.com/watch?v=BJFrZ6Z4l6w <p>Weekly Healing & Wholeness Journal</p> <ul style="list-style-type: none">• Identify one specific area you would like to have healing in or on. Make note of it in the Journal Entry in week #1. What are your thoughts about it: your desire for healing, the likelihood of it, any emotions you have around this healing need? Each week apply the principles and practices to the healing desired and make notes of what you are noticing.	Monday

Module 2: “Can Death Heal?”

Date: Tuesday June 24, 2025

Learning Objectives

By the end of this module learners will be able to:

- Understand concepts of healing beyond the physical body
- Construct definitions for healing, curing and wholeness.

Homework for Module 2: Learning Assignments	Due Dates
Preview: Preview Video [1:29 minutes] <ul style="list-style-type: none">○ Myrtle Fillmore Leads the Prayer of Faith	
Reading(s) <ul style="list-style-type: none">• Chapter 2 - Jesus Christ (<i>Healing Letters</i>)• Chapter 3 – Manifestation (<i>Christian Healing</i>)• Chapter 12 - Threefold Healing (<i>Healing Letters</i>)• Chapter 24 – Be Made Whole (<i>How to Let God Help You</i>)	Prior to class time
Healing and Wholeness Exercise <ul style="list-style-type: none">• Write your definitions of healing and wholeness.	Prior to class time
Lifework Assignment #1: Threefold Healing <ul style="list-style-type: none">• Write two or three paragraphs about how you might use spiritual, mental or physical healing for yourself. Be honest if you have neglected any of these three areas.	Prior to class time

Module 2: Graded Assignments	Due Dates
<ul style="list-style-type: none">• Threefold Healing• Class Discussion• Reflections Video(s) <ul style="list-style-type: none">• Stephen Levine: “Conscious Living, Conscious Dying” – Thinking Allowed (Part 1 complete) [27:33 minutes] https://youtu.be/HyEsMMPS_OQ	In class Tuesday
Healing and Wholeness Journal <ul style="list-style-type: none">• Apply the principles and practices to the healing desired and make notes of what you are noticing.	
Lifework Assignment #1: Threefold Healing <ul style="list-style-type: none">• Discussion about how you might use spiritual, mental, or physical healing for yourself. Be honest if you have neglected any of these three areas.	

Module 3: “Power of Thought”

Date: Wednesday June 25, 2025

Learning Objectives

By the end of this module learners will be able to:

- Understand Charles and Myrtle Fillmore’s beliefs and teachings about the power of thought in healing
- Consider the extent to which the student believes thought creates health or illness
- Understand the concept of a perfect idea behind every form.

Homework for Module 3: Learning Assignments	Due Dates
Preview Holy Now - Faith Rivera @ Agape 2019	
Required Reading(s) <ul style="list-style-type: none">• Chapter 4 - The Formative Power of Thought (<i>Christian Healing</i>)• Chapter 5 - How to Control Thought (<i>Christian Healing</i>)• Chapter 8 - Embodiment of Thought (<i>How to Let God Help You</i>)• Chapter 13 - The Christ Spirit (<i>How to Let God Help You</i>)• Chapter 21 - The Healthy Channel (<i>How to Let God Help You</i>) Recommended Reading (optional): <ul style="list-style-type: none">• Chapter 9 - Imagination (<i>Christian Healing</i>) Healing and Wholeness Journal Apply the principles and practices to the healing desired and make notes of what you are noticing.	Prior to class time

Module 3: Graded Assignments	Due Dates
<ul style="list-style-type: none">• The Power of Thought• Class Discussion• Reflection Video: <ul style="list-style-type: none">• Terry McBride - Using Your Own Power & Authority [28:42 minutes] https://youtu.be/R17KMx8FQY0 yes	In class Wednesday

Module 4: “Every Word You Say”

Dates: Wednesday June 25, 2025

Learning Objectives

By the end of this module learners will be able to:

- Understand how words reflect thoughts and also change thoughts
- Understand the Fillmores’ emphasis on words
- Consider to what extent they agree that words are powerful.

Homework for Module 4: Learning Assignments	Due Dates
Preview Everything New - LIVE - Daniel Nahmod	

Homework for Module 4: Learning Assignments	Due Dates
Required Reading(s) <ul style="list-style-type: none"> Chapter 6 - The Word (<i>Christian Healing</i>) Chapter 10 - The Power of the Word (<i>How to Let God Help You</i>) Chapter 27 - The Law of Supply (<i>How to Let God Help You</i>) Chapter 23 - Health in the Home (<i>How to Let God Help You</i>) Chapter 11 - The Subconscious (<i>Healing Letters</i>) 	Prior to class

Module 4: Graded Assignments	Due Dates
<ul style="list-style-type: none"> The Power of Words Class Discussion 	In class Wednesday
Lifework Assignment #2 – Body Counseling See Assignment and Expectations section below for details.	
Healing and Wholeness Journal Apply the principles and practices to the healing desired and make notes of what you are noticing.	

Module 5: “Why Isn’t It Working?”

Dates: Thursday June 26, 2025

Learning Objectives

By the end of this module learners will be able to:

- Understand the paradigms or limiting beliefs that keep pulling us back to familiar thought patterns
- Assess their own paradigms
- Discuss the meaning of “the fullness of time.”

Homework for Module 5: Learning Assignments	Due Dates
Preview I Feel Like Letting Go	
Reading(s) <ul style="list-style-type: none">• Chapter 1 – The True Character of Being (<i>Christian Healing</i>)• Chapter 8 – The Fullness of Time (<i>Jesus Christ Heals</i>)<ul style="list-style-type: none">○ https://www.truthunity.net/books/jesus-christ-heals-117-136○ Chapter 20 – Creature of Habit (<i>How to Let God Help You</i>)• Chapter 16 – Helping Others (<i>Healing Letters</i>)	Prior to class
Video(s) <ul style="list-style-type: none">• Why is it So Hard to Change? (Joe Dispenza) [9:23 minutes]<ul style="list-style-type: none">○ https://youtu.be/8EHoixHfgEw	

Module 5: Graded Assignments	Due Dates
<ul style="list-style-type: none">• Why isn’t it working?• Class Discussion• Reflection	In class Thursday
Lifework Assignment #3 - Paradigms See Assignment and Expectations section below for details.	
Healing and Wholeness Journal Apply the principles and practices to the healing desired and make notes of what you are noticing.	

Module 6: “Prayers for Healing – or Not”

Date: Thursday June 26, 2025

Learning Objectives

By the end of this module learners will be able to:

- Discuss an answer to the question “why pray?”
- Understand affirmative prayer methods for healing for self and others
- Discuss how to know when prayer “works”
- Analyze possible negative effects of prayer.

Homework for Module 6: Learning Assignments	Due Dates
Preview	
Required Reading(s) <ul style="list-style-type: none"> Chapter 15 – Secret Place of Spirits (<i>How to Let God Help You</i>) Chapter 3 – Prayer (<i>Healing Letters</i>) Wall Street Journal: Feb. 21, 2017 Article – “A ‘Spiritual Board’ Brings Comfort to the Critically Ill” (PDF) Recommended Reading <ul style="list-style-type: none"> Chapter 5 – Going into the Silence (<i>Healing Letters</i>) Website Articles: <ul style="list-style-type: none"> Can Prayer Harm? https://www.psychologytoday.com/us/articles/199703/can-prayer-harm 	Prior to class

Module 6: Graded Assignments	Due Dates
<ul style="list-style-type: none"> Affirmative Prayer and more Class Discussion 	In class Thursday
Lifework Assignment #4: Spiritual Pain See Assignment and Expectations section below for details.	
Healing and Wholeness Journal Apply the principles and practices to the healing desired and make notes of what you are noticing.	

Module 7: “Creating Our Future Selves”

Dates: Friday June 27, 2025

Learning Objectives

By the end of this module learners will be able to:

- Understand and discuss concept of conscious evolution
- Consider to what extent the student believes “aging is in your mind”
- Discuss the future of healing given the information from this course.

Homework for Module 7: Learning Assignments	Due Dates
Preview Thank You For This Day - YouTube	
Required Reading(s) <ul style="list-style-type: none"> Chapter 17 - Concerning Age (<i>Healing Letters</i>) Chapter 18 – Our Work (<i>Healing Letters</i>) The Great Awakening by Barbara Marx Hubbard [PDF] Recommended Reading <ul style="list-style-type: none"> Chapter 12 – Love (<i>Christian Healing</i>) Website Resource	Prior to class

Homework for Module 7: Learning Assignments	Due Dates
<ul style="list-style-type: none"> Healing Resources at Truth Unity: https://www.truthunity.net/healing 	
Video(s) <ul style="list-style-type: none"> Law of Attraction with Bruce Lipton [14:52 minutes] https://youtu.be/A8FNYcbnOaw Conscious Evolution with Barbara Marx Hubbard [7:34 minutes] https://youtu.be/SJtrNhvHLv0 Conscious Evolution: Awakening the Power of Our Social Potential [11:34 minutes] https://youtu.be/i6N7_zRI6w 	

Module 7: Graded Assignments	Due Dates
<ul style="list-style-type: none"> Creating Our Future Selves Class Discussion Reflection Final Reflection Paper 	In class on Friday
Weekly Healing and Wholeness Journal <ul style="list-style-type: none"> Continue to write in your journal 	