

Consider Offering a Spiritual Exploration

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Call for Proposals: UWM has received a grant to reach individuals outside of the Unity Movement through Unity Worldwide Spiritual Institute. Please read the informational letter below and proposal form if you are interested in offering a Spiritual Exploration. We look forward to receiving your proposal by July 1, 2018, with the expectation of offering your Spiritual Exploration this coming fall.



Spiritual Explorers

A “spiritual explorer” is one who is naturally drawn to learning about practices and beliefs that support a journey of transformation in consciousness. Spiritual Explorers have an innate sense that they are part of “something larger” that can’t be defined in mere human terms. However, they want more from this “something” than impersonal divine energy. They also want more from this “something” than the old image of God as a super being, outside of themselves. They long for intimate, genuine experiences of the sacred combined with clear explanation. They are open to ritual and want to experience the divine.

Spiritual Explorers believe that everyone is born “good.” They value openness and inclusivity. They have a deep sense of the interconnectedness of all things and seek practices that reflect that connection. They care deeply about the world, environment, and the people in it. They desire meaningful and authentic relationships. They value community, but personal growth takes precedence over community.

Often, spiritual explorers have not grown up with any religiosity (e.g., organized religion or religious doctrine/creeds, scripture). Thus, they are more like a blank canvas of potentiality versus a canvas of preconceived notions or woundings due to earlier (religious) experiences. This makes them more curious, yet don’t feel they must belong to a particular denomination. However, their inner search for life’s meaning and how they fit into the bigger picture drives them.

Spiritual Explorers seek practices that can support them in leading mentally, emotionally, and physically healthy lives. They approach situations ‘therapeutically’—as opportunities for healing—rather than as questions of right or wrong. They resist labeling things as right/wrong or good/bad because they seek to view the world from multiple perspectives.

Rather than seeking a spiritual home, they are seeking a *spiritual way of being*. They prefer to engage in exploration rather than seeking authoritative answers or one right religion. They

are excited to explore beliefs and engage in theological discussion or debate. They consider thinking and questioning to be healthy.

They are searching for a new sense of morality, integrity-driven, with a sense of responsibility toward putting spiritual gifts to use. They seek spiritual practices that “call them higher” in a positive and empowering way. They have a strong tendency towards optimism and natural gratitude.

Despite popular theories, spiritual explorers do not generally arise out of experiences of religious distress. They have little to no religious baggage to overcome. Neither are they primarily rich, female or Caucasian, though they are willing to spend money to learn. They are not shallow, nihilists or loners. They are not against having a belief system, and they are not secularists.

This is why Unity is such a powerful answer to the explorer’s quest to understand, because it respects many paths to connect to Spirit, Co-creator, Mother-Father God, and Source.

Spiritual Explorers are truly seekers.

Topics of Interest to Spiritual Explorers:

- Inspirational music with spiritual themes
- Intuition—research and practice
- Compassionate listening
- Empathy and kindness
- Forgiveness
- Generosity, flow of giving and receiving
- Inspirational people (non-celebrity)
- Environmental awareness
- Meditation practices and benefits
- Healthy relationships
- Spiritually-rooted exercise
- Mindfulness
- Happiness, joy
- Resilience
- Peacefulness and world peace
- Justice—social, economic, political
- Death and dying/grieving/afterlife
- Creativity
- Use and power of affirmations
- Dreams
- Healing
- Science and spirituality
- Spiritual development

- Creating a vision for your life
- Spiritual laws
- Spiritual practices

Guidelines for Submitting a Spiritual Exploration

1. Consider the format and length of your *Exploration*. Will it be a webinar? Of what length? A mini-series? Multiple sessions?
2. Choose your topic.
 - a. Review characteristics of Spiritual Explorers.
 - b. Review topics of interest relatable to Spiritual Explorers.
 - c. Choose a teaching topic from this list, or simply use it as a tool to stimulate ideas of your own.
 - i. Is there another UWSI offering that addresses this topic?
 - ii. We do not want to duplicate current offerings. Check the current offerings at www.unityworldwideministries.org/uwsi/academic-catalog.
 - iii. If your proposal is similar to a current offering, document why it should be included in our explorations.
3. How/why it will appeal to Spiritual Explorers as described above?
4. How does your proposal incorporate Unity teachings?
 - a. Review Unity's Five Basic Principles. Consider how your topic addresses at least one of these principles.
 - b. Incorporate Unity teachings (metaphysics, affirmative prayer, healing and wholeness, prosperity, Twelve Powers, etc.) into your exploration.
5. Define the Learning Objectives for your *Exploration*. In measurable terms, what should the learner know or be able to do after having taken your exploration? How will they be able to demonstrate what they have learned?
6. Are there any prerequisites learners should have met in order to get the most from your *Exploration*?
7. Is the *Exploration* focused around a book? If so, include the book information and whether learners should have started reading before the first class session.
8. For each session, envision activities you would like to include.
9. Are there any resources that will be needed for the activities you have envisioned? e.g., audio, video, presentations, handouts, etc.
10. Will it involve interactive online sessions?
11. Document your exploration on the Spiritual Exploration proposal form.
12. Turn your proposal in to Rev Deborah Frownfelter, UWM Executive Director Education, at DFrownfelter@unity.org