



HTS-135

Healing &

Wholeness



Syllabus

HTS-135 Healing & Wholeness

Syllabus and course materials developed by Rev. Ellen Debenport

Course Overview

Course Instructor

Name

Virtual Office Hours

Telephone

E-Mail

Response Time Policy

Course Description

This advanced course is based in the spiritual universal principles that support the expression of healing, health and wholeness in students' minds, bodies and affairs. Students will be working with Myrtle and Charles Fillmore's interpretation of healing and wholeness, as well as historical and contemporary master teachers. Such principles will be presented to support students in developing a practical understanding of Myrtle and Charles' theology as heart-centered metaphysicians.

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
Class (Face-to-Face) Sessions (7@ 30 pts)	210 points
Lifework Exercises <ul style="list-style-type: none">• Threefold Healing (20)• Body Counseling (20)• Paradigms (20)• Spiritual Pain (40)	100 points
Final Reflection Paper (1 @ 90 pts)	90 points
Total Points	400 Points

Modules Outline

Module 1: “Your Source of Healing”

Module dates: *Instructor-Insert Dates*

Module Learning Objectives

By the end of this module 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

Module 1: Learning Assignments	Due Dates
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 watching video presentations.
Video(s) <ul style="list-style-type: none">• Myrtle’s 5 Steps to Healing [15:00 minutes]<ul style="list-style-type: none">○ http://www.youtube.com/watch?v=SeStn_1XImM• Deepak Chopra – Can the Mind Heal the Body? [9:00 minutes]<ul style="list-style-type: none">○ http://www.youtube.com/watch?v=BJFrZ6Z4l6w	Prior to 1 st class session

Module 1: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none">• Welcome/Introductions• Course Overview / Syllabus Review• Introduction to Learning Module 1• Module 1 Learning Expectations.	<i>Instructor – insert date, time & place</i>

Module 2: “Can Death Heal?”
Module dates: *Instructor - Insert Dates*

Module 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.

Module 2: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 24 – Be Made Whole (<i>How to Let God Help You</i>) • Chapter 3 – Manifestation (<i>Christian Healing</i>) • Chapter 12 - Threefold Healing (<i>Healing Letters</i>) • Chapter 2 - Jesus Christ (<i>Healing Letters</i>) 	Prior to class time
Website Article: <ul style="list-style-type: none"> • “Lessons from the Edge” by Robin Goff <ul style="list-style-type: none"> o https://www.unityleaders.org/inspiration/lessons-from-the-edge 	Prior to class time
Video(s) <ul style="list-style-type: none"> • Stephen Levine: “Conscious Living, Conscious Dying” – Thinking Allowed (Part 1 complete) [27:33 minutes] <ul style="list-style-type: none"> o http://www.youtube.com/watch?v=HyEsMMPS_OQ 	Prior to class time

Module 2: Graded Assignments	Due Dates
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
Class Session <ul style="list-style-type: none"> • Module 2 Learning Activity Review • Class Discussion • Learning Expectations for Module 3 	<i>Instructor – insert date, time & place</i>

Module 3: “Power of Thought”
Module dates: Instructor - Insert Dates

Module 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 student believes thought create health or illness
- Understand the concept of a perfect idea behind every form.

Module 3: Learning Assignments	Due Dates
<p>Preview</p> <ul style="list-style-type: none"> • Module 3 Preview Video [2:23 minutes] <ul style="list-style-type: none"> o http://www.youtube.com/watch?v=ICw6HPV9gEE 	Watch prior to assignments
<p>Required Reading(s)</p> <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): • Chapter 9 - Imagination (<i>Christian Healing</i>) 	Prior to class time
<p>Video:</p> <ul style="list-style-type: none"> • Using Your Own Power & Authority [28:42 minutes] <ul style="list-style-type: none"> o http://www.youtube.com/watch?v=R17KMx8FQYo 	Prior to class time

Module 3: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • Module 3 Learning Activity Review • Class Discussion • Learning Expectations for Module 4 	<i>Instructor – insert date, time & place</i>

Module 4: “Every Word You Say”
Module dates: Instructor – Insert Dates

Module 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.

Module 4: Learning Assignments	Due Dates
<p>Preview</p> <ul style="list-style-type: none"> • Module 4 Preview Video [3:25 minutes] <ul style="list-style-type: none"> o http://www.youtube.com/watch?v=KLaA7dLnFsl 	Watch prior to assignments
<p>Required Reading(s)</p> <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 time
<p>Website Reading</p> <ul style="list-style-type: none"> • Chapter XI – Their Healing Work: The Household of Faith (<i>The Story of Unity</i> by James Dillet Freeman) <ul style="list-style-type: none"> o https://goo.gl/EzmZbu • Healing Resources at Truth Unity: <ul style="list-style-type: none"> o https://www.truthunity.net/healing 	Prior to class time
<p>Video</p> <ul style="list-style-type: none"> • The Myrtle Fillmore Healing Story [4:37 minutes] <ul style="list-style-type: none"> o http://www.youtube.com/watch?v=n-az2qWtRnE 	Prior to class time
<p>Audio</p> <ul style="list-style-type: none"> • Rosemary Fillmore Rhea Reads <i>Healing Letters</i> https://goo.gl/tvU31c 	Prior to class time

Module 4: Graded Assignments	Due Dates
<p>Lifework Assignment #2 – Body Counseling</p> <ul style="list-style-type: none"> • See Assignment and Expectations section below for details. 	Prior to class time
<p>Class Session</p> <ul style="list-style-type: none"> • Module 4 Learning Activity Review • Class Discussion • Learning Expectations for Module 5 	<i>Instructor – insert date, time & place</i>

Module 5: “Why Isn’t It Working?”

Module dates: *Instructor – Insert Dates*

Module 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.”

Module 5: Learning Assignments	Due Dates
Preview Module 5 Preview Video [3:05 minutes] <ul style="list-style-type: none"> • http://www.youtube.com/watch?v=nFd8wddB7wQ 	Watch prior to assignments
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"> o 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 time
Video(s) <ul style="list-style-type: none"> • Why is it So Hard to Change (Joe Dispenza) <ul style="list-style-type: none"> o https://youtu.be/8EHoixHfgEw 	Prior to class time

Module 5: Graded Assignments	Due Dates
Lifework Assignment #3 - Paradigms <ul style="list-style-type: none"> • See Assignment and Expectations section below for details. 	Prior to class time
Class Session <ul style="list-style-type: none"> • Module 5 Learning Activity Review • Class Discussion • Learning Expectations for Module 6 	<i>Instructor – insert date, time & place</i>

Module 6: “Prayers for Healing – or Not”

Module dates: *Instructor – Insert Dates*

Module 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.

Module 6: Learning Assignments	Due Dates
<p>Preview: Module 6 Preview Video [2:31 minutes] http://www.youtube.com/watch?v=zgHJ-G7Hjhk</p>	Watch prior to assignments
<p>Required Reading(s)</p> <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) <p>Recommended Reading</p> <ul style="list-style-type: none"> • Chapter 5 – Going into the Silence (<i>Healing Letters</i>) 	Prior to class time
<p>Website Articles:</p> <ul style="list-style-type: none"> • Prayers Don’t Help Heart Surgery Patients <ul style="list-style-type: none"> ○ https://goo.gl/Xx4kf9 (PDF Available) • Can Prayer Harm? <ul style="list-style-type: none"> ○ https://goo.gl/ZBMZCx 	Prior to class time

Module 6: Graded Assignments	Due Dates
<p>Lifework Assignment #4: Spiritual Pain</p> <ul style="list-style-type: none"> • See Assignment and Expectations section below for details. After you read the article from the <i>Wall Street Journal</i>, write and submit 200-500 words about your understanding of “spiritual pain.” <p>Thought starters:</p> <ul style="list-style-type: none"> • What is spiritual pain? • Have you experienced it? When and how? • What do you think would be effective treatment for spiritual pain? • How does this align with what we’ve talked about in this course so far? • What struck you most about this article? 	Prior to class time

Class Session

- Module 6 Learning Activity Review
- Class Discussion
- Learning Expectations for Module 7

*Instructor – insert
date, time & place*

Module 7: “Creating Our Future Selves”

Module dates: *Instructor – Insert Dates*

Module 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.

Module 7: Learning Assignments	Due Dates
<p>Required Reading(s)</p> <ul style="list-style-type: none"> • Chapter 17 - Concerning Age (<i>Healing Letters</i>) • Chapter 18 – Our Work (<i>Healing Letters</i>) <ul style="list-style-type: none"> ○ Recommended Reading • Chapter 12 – Love (<i>Christian Healing</i>) • Earth Star Article: Conscious Evolution - The Great Awakening by Barbara Marx Hubbard 	Prior to class time
<p>Video(s)</p> <ul style="list-style-type: none"> • Law of Attraction with Bruce Lipton [14:52 minutes] <ul style="list-style-type: none"> ○ http://www.youtube.com/watch?v=A8FNYcbnOaw ○ https://youtu.be/i6N7_z_Rl6w • Conscious Evolution with Barbara Marx Hubbard [7:34 minutes] 	Prior to class time

Module 7: Graded Assignments	Due Dates
<p>Class Session</p> <ul style="list-style-type: none"> • Module 7 Learning Activity Review • Class Discussion • Final Reflection Paper 	<i>Instructor – insert date, time & place</i>
<p>Final Reflection Paper</p> <ul style="list-style-type: none"> • See Assignment and Expectations section below for details. 	<i>Instructor – insert dates</i>

Assignments and Expectations

1. To prepare for the course, please read as much as you can from each one of the textbooks. As you read the books, be sure to contemplate the learning objectives.
2. You are generally free to work at your own pace and time. To keep the class on an even pace, there will be weekly deadlines to complete your reading and written assignments. Please contact your instructor if you need to be absent and will miss a weekly deadline.
3. Completion of reading assignments and written assignments are required for most modules. The reading assignment should be completed prior to the face-to-face class/session time.
4. Attendance and participation within each of the 7 class/session times is expected and valued at 60% of your total grade (240 points). Life happens and there are times when students will not be able to attend a class session. Students who make prior arrangements with the instructor may complete a designated assignment to be submitted directly to the instructor. Students who are late for a session or left a session early are expected to contact your instructor to discuss as participation points may be deducted accordingly.
5. There are four Lifework Assignments to be completed by due dates in order to discuss during class/session times. (Note the Lifework numbers do NOT correspond to the Module numbers.)
 - a. **Lifework Assignment #1: Threefold Healing (20 points)** -- After you read Myrtle's chapter on Threefold Healing (HL 12), write two or three paragraphs about how you might use spiritual, mental or physical healing for yourself. Some people emphasize one area more than the others. Be honest if you have neglected any of these three areas. This is to bring metaphysical healing practices to your awareness and apply them to your own body and life.
 - b. **Lifework Assignment #2: Body Counseling (20 points)** -- You and your body go for couples counseling. This time you're not trying to be spiritual or even tactful. You let your body have it—sick, fat, old—whatever you don't like, let it know. Reveal all the thoughts you keep private, the self-talk that no one knows about. Write down all your grievances. Then allow your body to answer. Be still and listen for its voice. Put pen to paper and let speak to you. Without judgment, arguing, or editing, simply write down what your body has to say.

- c. **Lifework Assignment #3: Paradigms (20 points)** – Write down five paradigms, which are ways of seeing the world that might be keeping you from the health you want. These limiting belief could be ideas you were taught by your family, picked up from the society around you or that you hear regularly from your inner critic. Also write down five habits you currently practice that are not in harmony with your best health.
 - d. **Lifework Assignment #4: Spiritual Pain (40 points)** – After you read the *Wall Street Journal* article, write and submit 200-500 words about your understanding of “spiritual pain.”
6. Final Reflection Paper [500-1,000 words] – This is a reflection paper, which means self-reflection. Reflect on your feelings about the content of the class or any new awareness you have. You are invited to weave the following ideas into your paper:
- a. Describe briefly the Fillmores’ teachings about healing. Do you agree with them? Did you learn anything new?
 - b. What has changed for you in relationship to your health or body because of this class?
 - c. What will you remember most about healing from this class? It could be the readings, videos or discussion. What are you sure you won’t forget?

Healing and Wholeness

Module 1: Your Source of Healing

Open With Prayer

Pick an Icebreaker/Get Acquainted Exercise

- Could ask how many are on ministerial or LUT track, and how many don't know yet
- Could ask how long they have been in Unity

Notes For Opening Class

- This class is based on the teachings of Charles and Myrtle Fillmore, Unity's co-founders, who both healed themselves of lifelong ailments. We'll talk in later weeks about their stories.
- We're assuming students have some understanding of the power of mind over body, or at least an interest in it.
- What's familiar to us now were new ideas when the Fillmores were writing.
- You will find some quaint ideas about medicine and the body. We know more now, but spiritual principles remain the same.
- Read Charles and Myrtle when you have time to focus and think; it's not beach reading.
- They include lots of Bible. If your knee jerks at that, invite them to reconsider. Remember it was the common language of their day— everyone knew the Bible. And the best healing examples we have are from Jesus.

Explain the grading system

Personal Healing Stories

Since 1890, healing has been the No. 1 prayer request to Silent Unity. Nearly everyone has a desire for healing for self or someone else. Also, nearly everyone knows a story of profound healing, such as spontaneous remission or what appeared to be a miracle. Maybe some of the students themselves are cancer survivors or have found a way to live with physical challenges. They might have family stories. It will help to focus this discussion on *physical* healing. Other types of healing are for next week.

Ask as many students as possible to share their stories with the class. You might want to open with a story of your own. (In a large class, of course, the stories can be told in pairs or small groups, but it's a great way for students to learn more about each other.

If possible, let the students know before the first class that you'll be asking for their stories of healing. Do reassure them about privacy. Throughout this class, no one will be asked to tell any personal details about their health—only what they want to share.

Myrtle's Five Steps To Healing

See separate outline on page 3 for Myrtle's Five Steps to Healing

You could show the screencast (click on link below) in class or have the students watch it beforehand. Or don't use the screencast and discuss the five steps in some other form.

http://www.youtube.com/watch?v=SeStn_1XImM

Possible questions for class discussion:

- Why are some people healed and not others?
- How much does the mind control the body?
- Do we attract illness or injury?
- How do we get medical treatment without giving energy to the illness?
- Also, Myrtle suggests releasing subconscious beliefs. Has anyone found a good way to do this? (This is a place to talk about many healing modalities – reiki, tapping, sound healing, etc.)

“No Incurable Disease” is a radical chapter! What does she mean there is no disease? People are sick all the time. And incurable? Can't we look around and see conditions that can't be changed? She says, “God would not create a person with imperfections, shortcomings and disease.” But aren't we created whole, perfect and complete?

You don't have to have ultimate answers to these questions. It's just a great discussion.

Discuss The “Three Faces Of God” Article

Unity tends to emphasize God within and God as All That Is, but not so much the God of relationship. How can you have a relationship with the divine without separation or “God out there?”

The point of reading this article at the beginning of the class is because the Fillmores wrote about all three faces of God. It will be interesting for students to spot which face of God is prominent as they read the Fillmore assignments in this class.

Possible Discussion Points From Deepak Chopra Video

<https://youtu.be/BJFrZ6Z4I6w>

- “Healing is the return of the memory of wholeness.”
- Doctors don't heal—they practice and treat
- Genes are activated in consciousness
- “When your mind is agitated, your body's agitated, because they're both the same thing.”
- You can be physically healed and still fear death; you can be dying and at peace (more on this next week)

For Next Week

Go over assignments

- Write your definitions of healing and wholeness to bring to class
- Write about threefold healing from a personal perspective.
- Readings, including Robin Goff article
- Watch Stephen Levine video (unless you're going to show it in class next week)

Invite students to make notes as they read or watch videos – what's an ah-ha, what questions do they have, what do they especially love or disagree with? This keeps them engaged with the material, and if you have extra time in any class, you can ask about the observations or questions they brought with them.

Myrtle's Five Steps to Healing

In addition to the screencast included in the syllabus, "Myrtle's Five Steps" appeared as an article in a Unity booklet called *Your Healing Journey*. The whole booklet might be useful for your class. You could order copies for all the students—it's free—or it can be downloaded here. <http://www.unity.org/publications/resource-materials/your-healing-journey>

Taken from *Healing Letters*, Chapter 9, called "No Incurable Disease." (If you use the screencast, note it mistakenly says Chapter 10.)

Myrtle's Five Steps

1. Know the Truth of You
2. Notice Your Thoughts and Actions
3. Use Your Creative Power
4. See Health as Your Natural State
5. Realize Oneness

1. Know the Truth of You

- Accept your God-given perfection
- Wave aside past mistakes and untrue suggestions
- Fix your undivided attention upon the Creator and inner pattern of perfection
- Bring all mental attitude, centers of consciousness and physical structures to the high place in mind where you see as God sees

2. Notice Your Thoughts and Actions

- Prayerfully consider all your living habits and whether they are in accord with the divine law of health
- Notice whether you are worrying or fearing anything
- Look into subconscious memories to see whether you are carrying anything from the past that has a disturbing influence today

3. Use Your Creative Power

- Myrtle says, Rejoice and remember you have the God power to change conditions
- Keep your attention centered in the Christ Mind
- Look beyond appearances to the impulses of the soul

4. Health Is Your Natural State

- Give up belief in disease as something real
- Exercise faith in *health* as the one power and presence in you.
- You are the expression of the health that God *is*, Myrtle says.

5. Realize Oneness

- This powerful conviction of oneness with divine wholeness will become abiding – nothing can take it from you.
- God as love and health reigns supreme in you.

Healing and Wholeness Module 2: – Can Death Heal?

This class is about the difference in healing vs. curing and the many forms that healing can take.

Do Something Specific To Start – prayer, song, your favorite way of focusing

Overview Of This Class

- We will talk about examples of non-physical healing
- Break into groups to define healing and wholeness
- Report from each group

Stephen Levine Video

Show in class (it's about 30 minutes) or have them watch beforehand

https://youtu.be/HyEsMMPS_OQ

You can start just by asking for their reactions to the video.

Possible discussion questions:

- How can death be considered healing?
- What's the difference in healing and curing?
- People whose bodies get well but whose hearts don't
- Embracing pain vs. fighting illness – We're conditioned to send hatred into pain.
- Being responsible TO an illness instead of responsible for it

Ask for personal stories of non-physical healing. Often the process of dying brings a family together or heals a broken relationship.

Also blend in the Robin Goff article

Pop Quiz!

Question: What did Myrtle say was the secret of her healing success?

Answer: Knowing the Source of our life

It's Step 1 of last week's 5 Steps to Healing—Know the Truth of You

Fix your undivided attention on the Creator of your perfect pattern of perfection.

Why Do We Get Sick?

Myrtle says bodily conditions reflect the spiritual state: holiness = health

Read Aloud - Healing Letters, page 64

“Weakness, or sickness, or inharmony, or imperfection in the organism, is the result of failure to identify oneself with God, the divine source, and understanding how to lay hold of and express one’s inheritance of spiritual powers; some limitation in the *soul’s* development of its riches; some ignorance of the *body’s* requirements and disregard of the divine law of health and life.”

Discuss:

- Is that unfair?
- Don’t we know some very spiritual people who are sick? Yet she says sickness is failure to identify yourself with God.
- Is she blaming people for being sick?
- In Unity, you hear, “You were created whole, perfect and complete.” Do you believe that?
- What about birth defects, mental problems, etc.?

Breakout Groups

Defining Healing and Wholeness

Students were asked to devise their own definitions of *healing* and *wholeness* and bring them to class. Break into groups of 2, 3, or 4 and ask them to compare notes on their definitions. See whether each group can come up with a joint definition. Have them report out to the group at large.

About 10 minutes for group discussion, depending on size of groups

Reports to big group – What did they come up with? Ah-has, insights, questions?

Threefold Healing

You could read aloud the first paragraph of this chapter in *Healing Letters* p62. It has a wonderful message of “heal yourself!” Talk about where the greatest responsibility lies, even with doctors, medicine and alternative healers available.

Discuss:

Students were assigned to write about the three aspects of healing and how they use each of them, or not. You could ask which of the three is most difficult for them. Ask them to commit to one change in that area. (This could be done in pairs or small groups.)

If You Need More . . .

Any questions about the difference in Jesus Christ and Christ in us? Myrtle mentions this in Healing Letters page 15. It's important to know her take on Jesus vs. the Christ.

Anything from their own notes and ah-ha's from readings?

For Next Week

- No written assignments
- Do the readings
- Watch Terry McBride video unless it will be shown in class.

Note: It is helpful before they see this video to note that Terry McBride sometimes sounds like an old-style preacher. That's a problem for some students. Invite them to set that aside and listen to what he's actually saying. It is pure, absolutist New Thought.

Also note the video is only Part 1 of his talk. Never have found Part 2, but obviously he got well.

Healing and Wholeness Module 3 – The Power of Thought

Prayer, icebreaker, whatever you do to start class.

Toss Out This Question: Does thought create or heal illness?

Possible avenues:

- If yes, why would someone create an illness even unconsciously? Soul plans?
- If no, are we just victims of fate?
- If “up to a point,” where’s the line where principle stops and fate takes over?

Overview

This class is about participating in our own health, plus the power of mind over body.

Show or Discuss Terry McBride Video

What did you think? What struck you?

This is a chance to:

- Teach a little about who Ernest Holmes was
- Talk about absolute principle vs. what’s not in our conscious control
- Talk about specificity vs. go with the flow

Provocative statements from Terry you could discuss:

- Don’t let go and let God. God has no plan for you or desire for you. (He’s quoting Ernest Holmes.)
- Whatever is true about God, declare that to be true about yourself.
- Don’t give up attachments to what you want. Life is not about doing God’s will; it’s about making your dreams come true.
- Terry says when people don’t get well, there comes a point where others advise them to give up. “Healing may not include your body” or “God has a bigger plan than what you want.” (Ever heard or said those things?) Jesus didn’t say whatever you ask in prayer is yours UNLESS you have a soul contract or karma or God has a bigger plan.
- “This is demanding mental science,” he said.

The Power Of Thought

Read Aloud – *How to Let God Help You*, page 78

“No one, not even God, can change you or your circumstances so long as you insist upon looking at and thinking of and worrying about yourself and your problems. Your problems do not exist except in your own mind. And they are there only because you have made them. As soon as you withdraw your thoughts and feelings upon the things which you have invited and built up, they will fall flat and dissolve.”

Possible discussion:

- Has Unity backed away from this confidence in the law, possibly for fear of sounding as if we are blaming the sick for being sick?
- Do you believe your problems are only in your mind?
- How do you withdraw your thoughts from a serious illness?
- How do you get treatment without giving energy to an illness?
- What have been successful ways for you to withdraw your thoughts?

Living Forever

In *How to Let God Help You*, page 115, Myrtle says you can live forever, but you might have to ignore doctors. Discuss:

- What's your relationship with doctors, given what you know metaphysically? Do you see doctors or take medicine? (A good time to point out Unity has no problem with this.)

(Note – there's more in future modules about living forever.)

Daily Practice

In *How to Let God Help You*, page 52, Myrtle suggests one spiritual practice per day. Ask for a few volunteers to try it and report back next week.

Monday – statement of being

Tuesday – deny all day

Wed -- affirm all day

Thursday – state absolute faith

Friday – declare every word a working, effectual agent for good

Saturday – declare selves perfect in sight of understanding God and praise his works

Sunday – wait in silence

For Next Week

Do the body counseling assignment before you do any reading or videos. (Teacher, note there's often pushback from students who don't want to say anything unkind to their bodies. If they truly have a good relationship with their bodies, okay. But this exercise is to make us aware of the thoughts we're holding about our bodies and how we really talk to them.) Turn in the assignment, but also bring it to class for discussion. (Again, they don't have to tell more than they want to.)

Also introduce *Truthunity.net*, where they will find some of their reading this week. It is run by Mark Hicks, an LUT in Austin who also works with Unity Archives at the Village.

This Week Is About:

- The power of words to heal or harm our bodies
- How you talk to your body
- How Myrtle talked to hers
- How to heal others

Charles And Myrtle Both Wrote About The Incredible Power Of Words

Christian Healing, p 9 -- – “Every time we speak, we cause the atoms of the body to tremble and change their places.”

Christian Healing, pp 67-68 – Charles said physical science knows there’s a creative power present but doesn’t know what moves it. Metaphysicians know thought and words move it.

Read Aloud - CH p68

“ . . . The all-penetrating ether receives our thoughts and words, like the wax cylinder of the phonograph. . . . There are no secrets and no concealments. . . . The very walls of your room, aye, even the substance of the atmosphere in that room, are proclaiming over and over the words that you have spoken there, whether you are present or not.”

Ask for examples of energy found in spaces based on words spoken there. (An office full of tension vs. a cathedral where prayers have been offered for hundreds of years.) The same is true in our bodies.

Body Counseling Exercise

This was a written exercise for the week, but students also were asked to bring their results with them to share in breakout groups.

Reminders for students:

- You don’t have to read what you wrote. You can just summarize it.
- You don’t have to share details of your personal health.
- Stay focused on your mental relationship with your body.

The point of this exercise is to become aware of how you think about your body and what you are telling it. The breakout groups are to share any insights from talking to your body or listening to it.

Meet in groups of two or three for about 10 minutes.

Debrief - Ask a few people to share their insights with the full class.

This often is a very powerful exercise. Take your time with it.

Myrtle's Healing

Show the video of Myrtle's healing if students haven't already watched during the week.

<http://www.youtube.com/watch?v=n-az2qWtRnE>

You might want to add more to Myrtle's story based on what you know – how she and Charles met, how both had battled lifelong ailments, etc.

HLGY Chapter 23, Health in the Home is a key to understanding Myrtle, Unity, and healing principles. It also describes in detail how Myrtle talked to her body.

Read Aloud - HLGY p125 -- "Life is simply a form of energy and has to be guided and directed in man's body by his intelligence."

You might want to read or have others read the whole passage. Starts p124 with "This is how I made what I call my discovery." Ends p126 with "I became very watchful as to what I thought and said."

- Appreciate her vivid vocabulary.
- Notice the affirmations and denials embedded in her writing.

If not the whole passage, be sure to point out asking forgiveness from her body and God on p126.

Discussion – What struck you about the video or this chapter that you can use in your own health?

Healing Others

Based on the James Dillet Freeman chapter in this week's assigned reading.

The Fillmores did personal healing work, not just prayer.

Discuss:

- How can you heal someone else?
- What's really going on?
- Doesn't THEIR faith make them well?
- What was Jesus doing when he healed?

Notice the story of Myrtle's healing Lucy the housekeeper. What did Myrtle *do*? HLGY p127

As far as we know, Myrtle healed without any particular modality except meditation. She was consciously directing the flow of healing energy.

Healing modalities were mentioned in an earlier module, but you could also discuss them here. What are some favorite alternative practices?

"Your problems do not exist except in your own mind." Myrtle makes it sound easy. Later she states, "The solution of your every problem lies with you and the Father."

Read Aloud - HLGY 130, last paragraph – "God's world is crammed full of health. If it is health you want, say so. God's universe is overflowing with unfailing Substance. Fill your heart and soul with it, and you will never know poverty anymore. The Great Answerer makes no mistake. We get just what we ask for."

Discuss the metaphysics of getting just what we ask for.

This is a good place to tell the **story of Myrtle's death** if your students don't already know it.

- Her obituary <https://www.truthunity.net/it/node/13385>
- *The Story of Unity*, pp 204-205

(These readings are not in the syllabus.)

Extras for Discussion

Christian Healing pp 64-65

"What we think, we usually express in words, and our words bring about in our life and affairs whatever we put into them."

"Your talking about a weak stomach will make your stomach weak. Your talking about your bad liver will fix that idea in your liver. The usual conversation among people creates will health instead of good health, because of wrong words."

". . . a vocalist can shatter a wineglass . . . Every time we speak, we cause the atoms of the body to tremble and change their places."

". . . every word brings forth after its kind."

Discuss

- Do you agree?
- Doesn't God/the universe know your intent despite your words?

Joy - HLGY p 143

“Your world is sad because you continually think sad thoughts and speak sad words. This is breaking God’s law of love and harmony and joy. You cannot feel God’s presence so long as you disregard His laws.”

Discuss:

- Are you breaking universal law not to be joyful?
- Are love, harmony, and joy the only ways you feel God’s presence?

Imagination - *Christian Healing*, p98 (from last week’s readings)

“Thus God gives to His image the power to express all that He is. This not only includes man's ability to think, but also the power to shape and form thought. This formative power of thought requires a distinctive faculty, which is called the ‘imagination.’ “

Discuss:

- Can you only get well if you can imagine it?

Preview The Paradigms Assignment For This Week (If Using):

The purpose is for students to reflect on limiting beliefs as well as any unhealthy habits that do not serve them. It’s worth explaining that you are asking about paradigms or beliefs related to healing and wholeness, not just life in general. (I don’t know why there’s confusion about this, but there often is.)

General life paradigms are things like:

Love always hurts.

There’s never enough money.

Paradigms around healing and wholeness might be:

Everyone in my family is overweight, so I’m doomed.

I’m likely to die young like my father.

And the habits are things like eating too much sugar or smoking.

You can ask them to turn this in ahead of time but also bring it to class for discussion next week.

Healing and Wholeness Module 5 – Why Isn't It Working?

This Week Is About:

- The times when spiritual principle doesn't seem to work
- Why it seems so hard to change
- The paradigms or beliefs that might keep you sick
- Understanding the fullness of time

But First . . .

If your students have a final paper or assignment coming up, this is usually when they get anxious about it. You might want to spend some time discussing it.

Do We Really Believe In Principles?

To set up discussion:

For weeks now, you've been reading the Fillmores, who say life is consciousness and ill health is some flaw in consciousness. They offer tools for how to work with the law and to understand God as the source of health. They say pay attention to your thoughts and words – this is what we've been talking about.

But are people in Unity any healthier than others? We hear people say, "I'm doing everything right but I'm still sick (or broke or alone)." They begin to wonder whether the principles are wrong or at least don't apply all the time.

Some people have backed away from Unity's traditional teachings about the inviolable power of the law because it feels cruel to suggest that someone who is sick could be well. But that's exactly what the Fillmores taught. It's how they healed themselves and how they built Unity.

We have no problem with other principles. We know $2 + 2 = 4$ and if you get 5, we don't feel cruel in suggesting you've made a mistake. It's a mathematical principle.

Charles ran into doubters in his day, too.

Read Aloud - CH p9

"You may rest in the assurance that the principles that you mentally perceive as true of God are inviolate, and that, if there seems to be error in their outworking, it is because of some misapplication on the part of the demonstrator. By holding to the principle and insisting upon its accuracy, you open the way to a fuller understanding of it; you will also be shown the cause of the errors in the demonstration."

Discuss:

So if it's really about our consciousness, why doesn't it always work?

- Are we not able to shift our consciousness to the highest level?
- Are we looking for the wrong outcomes, like a physical cure?
- Are subconscious beliefs limiting us?

(This discussion has no right or wrong answers. You can gauge the extent to which students believe consciousness plays a role in our lives. This also morphs into the Joe Dispenza video.)

Joe Dispenza Video

Show it in class or have them watch it during the week.

<https://youtu.be/8EHoixHfgEw>

Some points:

- Our bodies fight us and demand the chemicals they're used to
- "To change is to think greater than how we feel."
- Our brains tell us not to change or move forward so the chemistry will remain familiar
- The body has been conditioned that change is uncomfortable.

So our brain chemistry might be one reason the changes we want aren't happening.

Discuss: Who says it's not working?

- This is how it looks while everything is working out. Good example is any remodel on HGTV. The houses usually get worse before they get better.
- *How* it unfolds is none of your business – stay focused on the good
- Did Jesus have a bad consciousness that led to crucifixion? No, crucifixion was part of a larger story. What we label "not working" might be part of something bigger.

Paradigms

Paradigms are the frames through which we see life. They are personal and individual, and they're only a problem when they are outdated or limiting.

A great paradigm: Life always works out for me!

A limiting paradigm: I have to fight for everything I get.

Myrtle Fillmore held onto a paradigm for decades in believing she was sickly like her father and would die young. She dramatically shifted when she learned, "I am a child of God and therefore I do not inherit sickness." (Notice the affirmation and denial in that sentence.)

Breakout groups – (Suggest about 2 minutes for each person to speak.)

Share the paradigms you discovered in your assignment. See what you have in common. And answer one more question: How do you change your paradigms? (Hint: Beating yourself up for having bad habits and negative beliefs is not the answer!)

Debrief

Discuss any insights, ah-ha's, questions or thoughts with the large group.

If time, discuss: What health paradigms do you see in our society?

Possible answers:

- Everyone gets old and sick.
- You have to get sick to die.
- You're susceptible to whatever is "going around."

There are millions of these.

Fullness Of Time

from a chapter in *Jesus Christ Heals*

Discuss:

Unity says one of the goals of this class is to understand "the fullness of time."

- What does the phrase "fullness of time" mean in your life?
- What can you do in your life to engage the "fullness of time?"
- What does the idea of "fullness of time" have to do with healing and wholeness?

Fillmore says we all want to live forever. Do we? Was Fillmore talking about living in these physical bodies?

(Note: The fullness of time is always here and now. We are in it, eternally. This concept is included with *Why Isn't It Working?* to point out that it takes time. Healing/transformation can be instantaneous, but for most people it's gradual and takes practice.)

We end this class where we began, with the Fillmores' absolute certainty that life is consciousness and sickness is the result of our own failures.

"Lack of health is not prevalent in God's universe, and if such lack appears anywhere it is the work of man, and it is our duty to do away with it." p134 *Jesus Christ Heals*.

Healing and Wholeness Module 6 – Prayer

Note: See PowerPoint presentation for this module

Overview of This Class:

- Student stories about healing prayers
- Affirmative prayer
- Negative prayer
- Wholeness prayer

Share Stories About Prayer In Healing Situations

- When and how have they seen prayer work in healing?
- Miracles? Remissions? Peace even without a cure?
- Or ask, Are some types of prayer more effective than others?

What Is Affirmative Prayer?

- Discuss the definition
- Is this a new idea to anyone?

Healing Letters, p 17, Myrtle says to think of God as already within your mind, heart and body as the all-powerful healer.

On p20, Myrtle defines affirmative prayer as “positive declaration of the truth of one’s unity with God.” That’s described as your *divine identity* by Rev. Linda Martella-Whitsett in *How to Pray Without Talking to God*. (More on this book later.) You don’t have to get anything from God. You already are divine and have access to all that is.

Ask students: What was wrong with the Harvard prayer?

The prayer was “for successful surgery with a quick, healthy recovery and no complications.”

- The focus was on complications! What did they get? Complications!
- The more patients knew about the prayer, the worse the outcomes.
- Common mistake in prayer – focusing on what you don’t want.

Eric Butterworth in *The Universe Is Calling*, p69: “You may say, ‘I have prayed all night about this problem.’ But you are deluding yourself. That was not prayer. You were holding onto the problem all night. You may have commenced your prayer with ‘Dear Lord’ and concluded it with ‘Amen’—but you probably had an orgy of worry and self-pity in between.”

Our Thoughts Are Prayers

- In the chapter titled Prayer in *Healing Letters*, Myrtle said prayer is not enough. Why not? (Because our thoughts count the rest of the day.)
- Has anyone in class known people who asked for prayer then immediately plunged back into the problem?

HL p18, Myrtle says “prayer is an exercise to change our thought habits and living habits.”

Read Aloud - *Healing Letters*

p18 - We do not prove that we expect (prayers) to be answered. Almost immediately after praying, we go on doing the things we have been doing, which does not allow answers. And we think and say that which is not in accord with the prayers we have made.

p19 - We have a very decided part; we are to cease worrying, and being anxious, and thinking and speaking of the past and of the apparent lack and idleness. We are to concentrate all our attention upon the Truth of God, and the Truth of our own being, upon the very things we would see taking place in our lives. We cannot do this so long as we have negative thoughts in our hearts.

Discuss: Think about your life right now and name something you are wanting or praying for or affirming.

- Do your thoughts and actions support it?
- What could you do to “act as if?”
- Where healing is concerned, how can you keep from dwelling on the problem, especially if you are involved in hospitals, doctor visits, treatments, etc?

Important prayers

- Myrtle wrote a letter to God (p20). Was she looking outside herself for answers?
- This might be a place to discuss again the *Three Faces of God*. A letter to God is second person, a relationship.
- But notice Myrtle said YOU are the radiating center, so YOU are attracting what you need. A letter to God doesn't mean we give up our divine identity and look for a rescue.

Ask students what they do when a prayer is especially important. Some possibilities:

- Write a letter to God
- God Box, Burning Bowl, other rituals of release
- Call Silent Unity or ask a chaplain for prayer

Provocative question: If thoughts have creative power, and if illness is a problem in consciousness (as the Fillmores said), then how can our prayers for others do any good? Aren't they creating their own experiences?

Negative Prayer

Discuss the Larry Dossey article

- Can prayers harm others?
- What about hexes and curses?
- Dossey says most of us have prayed for harm to others – true?

No right answers here, but always interesting discussion. Sometimes what becomes clear is that spiritual principles are neutral. They can be used for good or ill, like Darth Vader's use of The Force.

Praying From Wholeness

Eric Butterworth says we pray from a consciousness of God. Linda Martella-Whitsett says we pray from wholeness. The slides are excerpts from her book, *How to Pray Without Talking to God*, especially concerning healing. The (S) means there's a slide, but if you don't want to use slides, these quotes could easily be on a handout. The page numbers are from Linda's book.

Here are the slides and discussion points for each:

(S) When we pray for healing, we actually seek to be reminded of our essential wholeness. (p127)

Recap definitions of healing and wholeness from Module 2.

Here Linda explains more:

(S) In moments when Jesus called forth wholeness in people who were asking for healing, he said, "You are made whole." ... Jesus was not saying, "You were sick, and now I have healed you." Chances are Jesus was saying, "You are made from wholeness. You have never been less than whole, because wholeness is your true nature. You are made whole." (p129)

This is profound:

(S) We pray with wholeness in mind. We do not pray for healing. The need for healing is a thought based upon the *false possibility of brokenness*. (p137)

Discuss:

- We don't pray for healing? Really?
- What is the false possibility of brokenness?
- We all know people who are genuinely sick. How can it be a false possibility?

Then what is healing?

(S) Healing is the activity of recovery, repair and restoration, correcting a consciousness that has veered away from wholeness. In other words, we heal ourselves by cultivating a consciousness of wholeness. (p137)

Oh, that's the same thing Myrtle said—illness stems from something awry in consciousness. We talked about this in Module 2 and whether she's blaming people for being sick. Linda is also saying we have consciousness development work to do.

(S) Shall I say it outright? God does not heal! God is wholeness! How then shall we pray? (p137)

- Back to affirmative prayer. There is no Supreme Being in the sky deciding who gets sick or well.
- God as the Whole wouldn't know about sickness. (Eyes too pure to behold evil -- Habakkuk 1:13)
- Wholeness is what we seek and who we are.
- So how do we pray when it's an energy within us?

(S) Basic Wholeness Prayer

1. Acknowledge divine nature
2. Assert divine identity
3. Deny falsehood
4. Affirm truth
5. Express appreciation

if there's time

Discuss the article about spiritual pain. Students will already have written about it, so addressing it in class is optional.

Healing and Wholeness

Module 7 – Creating Our Future Selves

This is the last class:

- Any directions about a final assignment?
- Any administrative stuff for students to get credit?

Class Overview:

- Charles and Myrtle's ideas about aging and living forever
- Barbara Marx Hubbard's ideas about conscious evolution
- Bruce Lipton's epigenetic approach
- Service as a spiritual practice

Myrtle On Aging

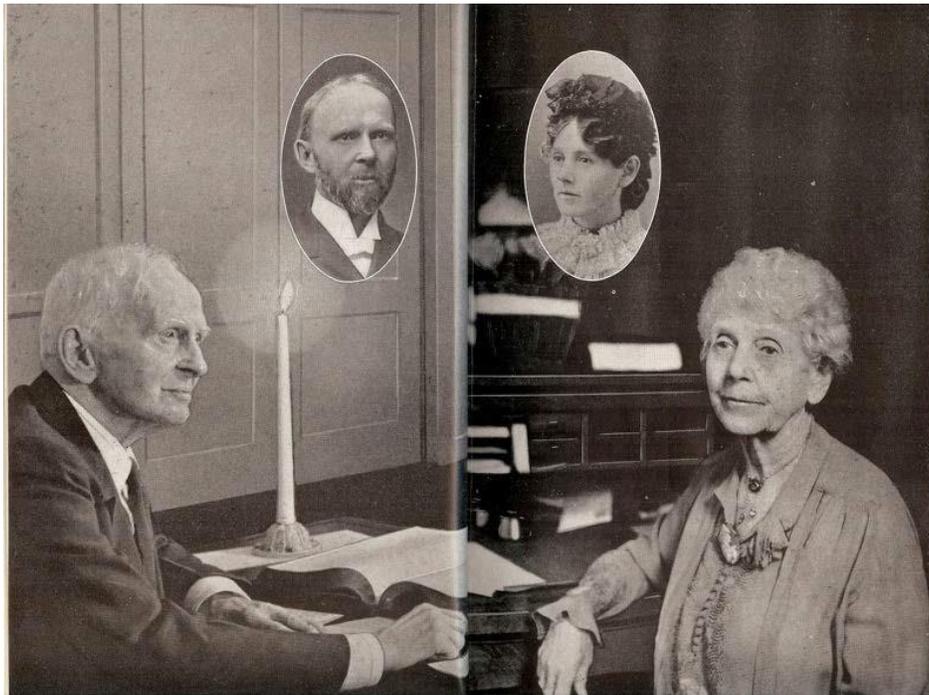
Healing Letters p8 – Concerning Age

- Aging is in your mind, body renews itself
- Prayer doesn't overcome trashing your body with negativity
- Let the unchanging Christ consciousness work itself out in you

Thoughts? Comments?

If aging is in your mind, why did the Fillmores grow old?

(See optional picture below – also as a separate PowerPoint slide)



Regeneration

- Charles believed we could live forever
- Barbara Marx Hubbard seems to say the same thing – both use word “regenerating”
- Both link it to Jesus’ example – “These things and more shall you do”
- Hubbard sees Jesus as a “post-human”

Discuss briefly Charles’s idea about regeneration if it hasn’t been covered in previous classes

Barbara Marx Hubbard (At this writing, she’s in her late 80s. Her birthdate is 12-22-29. Google her to make sure she’s still with us.)

A few facts about Barbara:

- Has written seven books and been part of many documentaries
- She was 16 when U.S. dropped the atom bomb – changed her life trajectory
- In college, she kept asking for courses on the future of humanity
- She married and for decades was a Connecticut housewife with five children
- Neale Donald Walsh wrote a biography of her, *Mother of Invention*
- She believes problems are evolutionary drivers, they compel us to advance
- She says we need a new birth story (beyond Eden) to understand who we are

Watch video in class if they haven’t watched during the week.

<http://www.youtube.com/watch?v=SJtrNhyHLv0>

Video notes

- Emergence of a universal species – the universal human, Christ consciousness, Buddha mind
- She says it’s cropping up in millions of us, not just avatars
- We can guide evolution through intent.
- The evolution of our species is to become aware of consciousness and how to direct it.

Discuss

- What do you think of her ideas?
- How do you understand her idea of conscious evolution?
- Are we becoming a new species? Could it be two species – awake and not?

From the article

She said this new human has also been called a gnostic being and ultra-human. She calls it the universal human, a quantum jump beyond homo sapiens. This is incubating in us now (imaginal cells). The next form of humanity will have a higher order of consciousness.

- Understand you’re part of the whole.
- We are developing compassion and creativity – people are growing rapidly

- We develop a natural empathy. You don't have to be told not to kill something, because it's you.
- Others are self-centered and violent, breaking down
- Both these shifts are happening at once

"We have come to possess the powers that we used to attribute to the gods."

"As a critical mass of humans emerge with new capacities, humanity will undergo an unprecedented shifting in our entire way of being on this planet. We will realize a new future, a new earth, and a new humanity."

Barbara says this will happen in 30 to 50 years. But Fillmore said the same things.

Discuss:

- Are you discouraged that we have been hoping so long for "a new heaven and a new earth," as the Bible says?
- Is it feasible? Possible?
- Are we seeing it now?

"We can destroy earth or transform the limits of human life," she said.

Barbara's 3 C's:

1. Cosmogogenesis – the universe is evolving, not going in cycles
2. Crises – are evolutionary drivers, especially in the environment; we're headed to a macro shift, toward chaos or transformation
3. Capacities – tools to transform ourselves -- biotechnology, nanotechnology, quantum computing, space exploration, etc., -- transform our bodies and the world

Bruce Lipton

He approaches these topics from physiology.

Lipton biography:

- developmental biologist
- genes and DNA manipulated by thought
- epigenetics – turning genes off and on
- wrote *Biology of Belief*
- former researcher Stanford
- once said he believes in God because of way cells function

Watch video in class if students haven't see it during week.

<http://www.youtube.com/watch?v=A8FNYcbbOaw>

Like Barbara, Bruce Lipton is also saying we're on verge of either extinction or transformation. Our minds are shaping the world and can save the world.

Imaginal cells – this is a good place to discuss them

- We all like to think we're the imaginal cells
- Some of us might fantasize that others we don't like will die off while we become butterflies!
- Lipton says, "What's happening in the world today is the end of the caterpillar."

Discuss:

Sounds great, but what do we actually DO to bring that about? How can our minds save the world? What are the changes we need to make?

Service

Healing Letters p98 – Our Work
Possibly read first paragraph aloud

Work is not to earn a living but for self-expression and service to others.

Discuss:

- Are you in your perfect place of service? Describe.
- Can service be paid work?

You can pray: "Show me my perfect place of service." Could be work, hobbies, relationships, even health.

Dedication and Covenant

If you like and have time, this is a good spot to introduce the Fillmores' promise to serve.

We, Charles Fillmore and Myrtle Fillmore, husband and wife, hereby dedicate ourselves, our time, our money, all we have and all we expect to have, to the Spirit of Truth, and through it, to the Society of Silent Unity.

It being understood and agreed that the said Spirit of Truth shall render unto us an equivalent for this dedication, in peace of mind, health of body, wisdom, understanding, love, life and an abundant supply of all things necessary to meet every want without our making any of these things the object of our existence.

In the presence of the Conscious Mind of Christ Jesus, this 7th day of December A.D. 1892.

Charles Fillmore

Myrtle Fillmore

Optional Chapter on Love from *Christian Healing*

Notes

- We are brothers and sisters in a universal family, bound by God's love.
- Meditate to let love flow
- CH p135 Jesus proclaimed a spiritual interrelationship of human family – love your enemies.
- CH p138, #20 – The new heaven and earth are being established based on love.

All this ties to the future of humanity as discussed by Barbara Marx Hubbard and Bruce Lipton.

