

# Spiritual Education and Enrichment Myrtle and Charles Fillmore's Teachings on Healing and Wholeness (Part 1) MS815

Created by Rev. John Anderson, BS and Rev. Norma Iris Rosado, M. ED.

**Instructor:** [Deborah Montoya](#)  
**Contact information:** 305-573-9191 ext. 213  
**Email address:** [Debbie@unityonthebay.org](mailto:Debbie@unityonthebay.org)  
**Dates:** Saturday November 19, December 10 (10:00 am to 5:00 pm)

## A. Course Description

This course is based in the spiritual laws and universal principles that support the expression of health and wholeness in our minds, bodies and affairs. We will be working with Myrtle and Charles Fillmore's interpretation of how Jesus used and demonstrated those in his own life. Such laws and principles will be presented to support participants in developing a practical understanding of Myrtle and Charles theology as *heart centered metaphysicians*. It is our expectation that through the development of such practical understanding, participants will be inspired to also become *heart centered metaphysicians*. We also expect them to develop a "tool kit" for using healing principles in their daily lives and in supporting other people in their own healing process.

There are three major topics in which the teachings will be based. Those three major topics are:

The Source of Healing,  
The Consciousness of Healing  
The Practice of Healing.

The topics will be discussed by simultaneously studying the four text books. For that reason, the course has been divided into two parts. Part one will essentially work with The Source of Healing and the second part with the Consciousness and Practice of Healing. However all topics will be intertwined throughout the two classes.

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## B. Course Presentation

The course will be presented mostly in class discussion using both the inductive and deductive educational approaches. This means the participant will have the opportunity to explore their own inner thoughts and previous knowledge of the topics presented as well as be provided with new materials about them.

The presentation of the course will also include lectures, large and small group in-class discussion, as well as some time for meditation and reflection. Small groups will be given the opportunity to report to the whole class after each discussion exercise. There will be assignments everyday including journaling. Your journaling experience is private, no one will ask you to show it or bring it to class. However it is expected that out of your journaling exercise you could share in the small groups about your insights and what you have gained through it.

## C. Objectives

Throughout this course students will:

- Analyze, interpret and explain the essential elements of Myrtle and Charles Fillmore's theology in developing their spiritual understanding and the Unity Movement.
- Create a practical road map or "tool kit" for their own spiritual journey.
- Demonstrate how they are using the essential teachings of the Fillmores in developing their own spiritual consciousness to: serve their spiritual purpose, help each other, support each other and the enhancement of the world consciousness.
- Update their vocabulary regarding the concepts presented in the books of study. They will use the updated vocabulary both in the daily classes and in their assignments.

## D. Course Materials

### Required:

- **Myrtle Fillmore:**
  - *How to Let God Help You*
  - *Myrtle Fillmore Healing Letters*
- **Charles Fillmore:**
  - *Christian Healing*
  - *Jesus Christ Heals*
- Handouts that will be provided

- Journal notebook or record: Keep a journal of reflections, thoughts, feeling and emotions that emerge as you move through the course and build your healing consciousness. Your journaling experience is private, no one will ask you to show it or bring it to class. However it is expected that out of your journaling exercise you may choose to share in the small groups about your insights and what you have gained through them.

## **E. Course Requirements and Assignments**

1. In order to prepare for the course, please read as much as you can from each one of the text books. As you read the books, be sure to contemplate the above objectives.
2. Attendance at all class sessions. Since much of the work of this class will be accomplished by both large and small group discussion, attendance is essential. A student who must miss one or more class sessions is welcome to attend the remaining sessions. However in order to obtain credits they must engage in additional work assignments. Please talk to your facilitator if you need to be absent.
3. Completion of daily reading assignments and participation in class discussions.
4. Preparation of a "top five" list of ideas and suggestions from the texts that the student plans to use in his/her life. Please add the reference page of the text you are getting them from and also how you plan to use them in your life. This list is due on the last day of class.
5. Choose one of your top five concepts and write a 300 to 500 words reflection paper on how you have used, are using or plan to use it in developing and deepening your heart centered metaphysician consciousness. [The assignment is due \\_\\_\\_\\_\\_\(To be decided in conjunction with the class\)](#)

## **F. Student Evaluation**

- Grading:
  - S (Satisfactory) - A grade of "S" indicates that all class work is complete.
  - IN (Incomplete) - A grade of "I" indicates a student's class work is Incomplete.
  - A (Audit) – For individuals on the Spiritual Enrichment track and for those that take a course over for review.
  - W (Withdrawal) - For individuals that have withdrawn from a class.

- In order to receive credit for this class, participants must complete the requirements already mentioned and also be present and participating in each class session.
- Number of Course Credits: 10

### **G. Instructor's Commitment**

I will come to class prepared to engage the class in the discussion. I will create a safe and encouraging environment for the learner to grow and explore. I will read and comment on the papers. Please understand that this takes time and will be completed in a time frame as my other work responsibilities allow.

### **H. What You Need to Know**

After taking this course, students must be able to answer questions about the following topics within the Unity teachings:

1. What is metaphysics?
2. What is a metaphysician?
3. What is a heart centered metaphysician?
4. Wholeness, Oneness
5. Difference between healing and curing
6. Jesus, way shower in the healing process
7. Inclusiveness and exclusiveness of the healing power in humankind
8. The I AM God -consciousness as the Source of healing
9. Thinking, feeling and wording from Christ consciousness and the healing process
10. Spirit, Mind and body go hand in hand for healing to demonstrate
11. Prayer, a spiritual tool in all healing process
12. Relationship of joy, faith and thanksgiving in demonstrating healing and wholeness
13. Love and forgiveness essential keys of healing
14. Fullness of time is always here and now
15. Thoughts held in mind grounded in faith are instrumental in exhibiting either illness or wholeness in our bodies and affairs
16. Healing includes more than physical bodies

**3. Fillmore, Myrtle, How to Let God Help You,**

1. Ch. 24, Be Made Whole
2. Chapter 13, The Christ Spirit

**3. Myrtle Fillmore's Healing Letters,**

Ch. 2, Jesus Christ Heals

**3. Fillmore, C. Jesus Christ Heals,**

Ch. 3, Realization Precedes Manifestation

Ch. X, "I Am the Way, and the Truth, and the Life"

**4. Fillmore Charles, Foreword from Jesus Christ Heals**

**Myrtle's Healing Letters,**

No Incurable Disease,

pp.62-67;

Threefold Healing, pp. 83-89

**Fillmore, C.,  
*Jesus Christ Heals***

Chapter 2, God Presence

Chapter 6, God Said and It Was So

**Fillmore, M.,  
Myrtle Fillmore Healing Letters**

Ch. 4, Drawing on the Source pp.38

**Fillmore M.,  
How to Let God Help You**  
Chapter 10  
The power of Spoken Word  
Chapter 24  
Be Made Whole,  
pp 128-130

**Fillmore Charles,  
Christian Healing,**

The True Character of  
Being, pp.18-23

**Jesus Christ Heals**

Ch. 1: Be Thou Made Whole

Ch. 12,

Holy Spirit Fulfills the Law

**Myrtle's Fillmore Healing  
Letters,**

Ch. 15, The Way to Health  
Ch. Threefold Healing

**Fillmore Charles, Jesus  
Christ Heals,**

Indispensable Assurance  
pp. 100-116

Ch. 8,

The Fullness of Time

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