



Unity Ministry Path

Licensing and Ordination Study Guide

Revised May, 2009

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To: Ministerial & Religious Studies Ministerial candidates interviewing with Licensing & Ordination Team

From: Licensing and Ordination Ministry Team

**Re: L&O Team and M&RS Ministerial Candidate Responsibilities
L&O Study Guide**

M&RS ministerial candidates will be provided with an *L&O Study Guide*. This guide represents the basic Unity principles that ministerial candidates are expected to demonstrate knowledge and understanding of during L&O interviews. Currently, this guide is the same one given to Licensed Unity Teacher candidates as they prepare for Skills Demonstration Seminar. The L&O team believes that ministerial candidates should be able to display the same, or greater, level of knowledge of Unity principles as Licensed Teacher candidates.

The L&O Team expects ministerial candidates to be held accountable and responsible for knowing the information contained in this Study Guide. Ministerial candidates will not be required to know any of the dates included in the current study guide. Ministerial candidates are expected to use the Study Guide to determine if there is a lack of knowledge in specific areas and to focus on strengthening that area.

As the M&RS program continues to evolve, the L&O Team will continue to work with Unity Institute administration, staff, and ministerial candidates to improve the education and evaluation process. Therefore, the Study Guide and L&O process will be under constant review and revision.

L&O Mission Statement

Centered in God, the Licensing and Ordination Ministry Team assumes the responsibility for evaluating Ministerial Education candidates; to assure that the Unity Movement is served by effective, spiritually conscious, committed ministers.

L&O Commission from the Association of Unity Churches

This ministry team assumes the responsibility for evaluating the progress and readiness of candidates for licensing and or ordination.

Prayer

1. Charles Fillmore defined prayer as the most accelerated mind action known.
2. The Silence:
 - The secret place of the Most High
 - A state of consciousness entered into for the purpose of putting oneself in touch with Divine Mind
 - A place of retreat where we may enter and know
 - One way to enter the Silence is Centering Prayer.
3. The Unity prayer method is called the affirmative prayer method.
4. In Unity, we pray not to a God outside of ourselves, but rather from our awareness of Oneness.
5. When we pray with others we see only perfection, wholeness, and health regardless of outer appearances.
6. Five-Step Prayer Process:
 - Relaxation—releasing physical and mental tension
 - Concentration—gentle focusing of the mind
 - Meditation—puts us in contact with the Silence
 - Realization—deep inner knowing of the Truth and that our prayers are answered
 - Thanksgiving—being grateful before the answer appears in the manifest realm
7. As a spiritual leader it most important to develop an attitude of prayer and take time to pray.
8. Developing a prayer consciousness results in changing us.
9. Prayer is important to ministry because it changes the consciousness of the minister and the congregation.
10. Prayer is the first step in creating a Sunday lesson.

Meditation

1. Meditation—gate to the silence
2. Centering prayer—a meditation practice
3. Awareness—key attitude to meditation
4. Breathing—release and connection with life force
5. Contemplation—meditation component
6. Mantra—meditation technique
7. Mind chatter—struggling to focus your attention
8. Discipline—commitment, self-restraint
9. Yin and yang—feminine and masculine forces in the universe
10. Begging and supplication—stem from sense of separation, not part of meditation practices

Metaphysics I

1. Unity metaphysics is based on the recognition of divine ideas as the fundamental, eternal truth that underlies and transcends all physical manifestation.
2. Attributes of God:
 - God is Omniscience—the source of all knowledge, Mind
 - God is Omnipresence—everywhere present, the unseen, moving force of the universe, Spirit
 - God is Omnipotence—the one power in the universe
3. Nature of God: In Unity we speak of God as Light, Life, Love, Principle, Law, Universal Mind. Unity's first premise concerning the nature of God is that God is absolute good.
4. Divine Substance is our supply in the realm of pure potential.
5. Humankind's divine inheritance is Divine Ideas.
6. The Holy Trinity is known as the Father, the Son, and the Holy Spirit. Metaphysically, we understand the Trinity to refer to mind, idea, and expression.
7. The three phases of mind are: Superconscious, Conscious, Subconscious.
8. The soul in Unity is defined as the sum total of conscious and subconscious minds.
9.

Jesus	The name of the man from Nazareth, the human individual
Jesus Christ	The individual who most fully expressed the Christ potential
Christ	The universal divine idea that is the spiritual perfection inherent in all.
Christ Jesus	The ascendant Jesus Christ
10. Personality is the sum total of the characteristics and opinions that comprise our current beliefs about who we are. Our personality, or sense of self, is inconsistent and often unreliable because it is based primarily on appearances.
11. Individuality is our real spiritual self, the I AM, the Christ. Individuality is the name for the unique manner in which each individual expresses the universal Christ Idea.
12. Denial is the ability to release the energy and power we have invested in old, outworn, negative attitudes or incorrect beliefs.
13. The primary cause of suffering is our misuse of freedom of thought, belief, and will. It is the result of our mistaken belief that we are separate from God.

14. Affirmation is the ability to accept the newer, truer, higher, more correct attitude and belief. It is also the ability to say “yes” and accept better concepts of divine ideas. An affirmation is an ordered statement of Truth through which we condition our consciousness.
15. Sin is the result of forgetting our oneness with God and our divine nature.
16. Salvation is not accomplished for us by the man Jesus. We are “saved” from unnecessary suffering and error thoughts by our ongoing identification of the Christ Presence within us.
17. Heaven and hell are states of consciousness, not geographic locations. Hell represents the suffering we experience when we feel a sense of separation from the Source of all-good. Heaven is an expanded awareness that is in harmony with thoughts of God.
18. Evil does not exist in God Mind. Evil does not have an independent existence. Evil originates in the human consciousness as a result of the misuse of our freedom of thought. Evil is the manifest result of error thoughts.
19. The law of mind action says that thoughts held in mind produce after their kind. What we think, especially utilizing our thinking and feeling natures, increases in consciousness and shapes our experience of the world.
20. Crucifixion is the experience where we let go of error thinking, some cherished aspect of our personality or of our personal life, in order to unfold more of our spiritual potential.

Metaphysics II

1. Life is consciousness.
2. Two important ideas about self-knowledge are: self-awareness and self acceptance.
3. God’s Will for each individual is that he/she experiences and manifests as much of the absolute good that he/she can.
4. Grace is God’s desire to express completely through you and as you. God’s grace is so great that you never completely reap the harvest of error, and you always reap more good than you sow.
5. Words carry the power and the authority of the originating consciousness and are most powerful if they are spoken.

Metaphysics II (Continued)

6. Forgiveness releases us from the mental and emotional bondage we are currently experiencing in reaction to the situation. It enables us to let go of resentment that is adversely affecting our consciousness.
7. When we pray with others we see only perfection, wholeness, and health regardless of outer appearances.
8. Everything in the spiritual universe and the material universe is based on Divine Ideas.
9. The creative process is based on the seven days of creation in the following order:
 1. Illumination
 2. Faith
 3. Imagination
 4. Will and Understanding
 5. Discrimination (Judgment)
 6. Wisdom and Love
 7. Sabbath
10. Demonstration is when we have realized something in consciousness and then it manifests itself in the outer.
11. In a healing demonstration, we are not really asking for healing. We are bringing to bear our highest consciousness and realizing the truth of life, wholeness and health.
12. Money itself is not prosperity. Rather, it is a symbol representing mind substance; it is evidence of a Divine Idea.

Resource: *Metaphysics I & Metaphysics II* by Paul Hasselbeck

The Twelve Powers

Each spiritual power is represented by one of the twelve apostles. Be prepared to demonstrate your knowledge of

- The spiritual power
- The apostle representing this power
- A definition of the power

Faith/Peter—Our ability to perceive the reality of God’s Kingdom of Good and Divine Ideas, despite evidence to the contrary, and then to use this to mold and shape substance.

Strength/Andrew—The faculty of steadfastness, dependability, stability, and capacity for endurance.

Judgment/James, son of Zebedee—Informed by our spiritual understanding, it is the faculty by which we appraise, evaluate, and discern in order to make correct decisions.

Love/John—The attracting, harmonizing, unifying faculty of mind; it is the constructive, building force of Spirit. It is our power to comprehend Oneness.

Power/Philip—The faculty that enables us to have authority over our own emotions (feelings), inspirations, and thoughts. Power is the means of bringing forth Divine Ideas.

Imagination/Bartholomew—The formative power of mind that shapes thoughts based on Divine Ideas into mental images which have color variety and dimension.

Understanding/Thomas—Spiritual intelligence, it is the faculty by which we receive enlightenment and insight. It is our capacity to gain direct perceptions of Truth.

Will/Matthew—The decision making, direction, choosing faculty of the mind. It moves all the other powers (faculties) to action.

Order/James, son of Alphaeus—The faculty by which we establish harmony, balance, right adjustment, and right sequence of action in our lives. Mind – idea – expression is the progression through which everything comes into existence.

Zeal/Simon—The faculty of enthusiasm, intensity and exuberance. It provides our inner urge to progress; it is our motivation to achieve.

Elimination/Thaddaeus—The faculty by which we release false beliefs and accomplish a mental cleansing.

Life/Judas—The faculty of movement, vitality, wholeness, and creativity. It is the expression of the pure, eternal life of God within us.

Resource: Charles Fillmore’s *The Twelve Powers*.

Bible Overview

1. Unity views the Bible as the story of the unfolding of the soul (consciousness).
2. The Hebrew Scriptures can be divided into three sections:
 - The Law
 - The Prophets
 - The Writings
3. Another name for the Law is the Pentateuch or the Torah.
4. These writers wrote much of the first part of the Hebrew Bible:
 - Yahwist or J writer—was the earliest writer of the Hebrew Bible. Wrote most of the violent stories of the Hebrew Bible. Probably wrote somewhere around 950 BCE. Wrote the Southern Kingdom's version of the stories. Uses Jehovah as the name of God.
 - Elohist or E writer—wrote approximately 100 years after the J writer, around 850 BCE. Wrote the Northern Kingdom's version of the early stories. Uses Elohim as the name of God.
 - Deuteronomist—Wrote between 700 BCE and 600 BCE. Wrote Deuteronomy and most of the history of the kingdoms. Emphasizes a strong obedience theology.
 - Priestly or P writer—wrote during or after the exile, somewhere between 550 BCE and 400 BCE. Was a priest who wrote the First Law (Leviticus) and re-wrote much of what the J and E writers wrote. Emphasizes ritual and the letter of the law.
5. Periods in the history of the Hebrew Scriptures:
 - Primal
 - Patriarchal
 - Exodus
 - Transition
 - United Monarchy
 - Divided Kingdom
 - Exile and Restoration
6. The three great patriarchs who are part of the mythical history of the Hebrews are:
 - Abraham
 - Isaac
 - Jacob

7. The Judges who are written about in the Hebrew Scriptures reflect the thinking of the time. They are:
Deborah, Gideon, Jephthah, Samson
8. A way to describe the Mosaic Covenant is “Obey God and you are blessed. Disobey God and you are cursed.”
9. Deuteronomy means a second rendering of the Law.
10. Samuel is considered the father of prophecy.
11. To be a prophet means to “speak out” and to “speak on behalf of God.”
12. Saul was the first king of Israel.
13. After the kingdom was divided, the southern kingdom became known as Judah.
14. Ezra is known as the father of Judaism because he strongly advocated rebuilding the temple and a return to practicing God’s law.
15. Writings accepted as authentic and inspired scripture are referred to as canon.
16. The Apocrypha is a group of writings reported to be scripture but not accepted as such from every tradition.
17. The three synoptic Gospels are Matthew, Mark and Luke.
18. Q or Quelle is one of the common sources for Matthew and Luke.
19. The Gospel of Matthew depicts Jesus as the expected Jewish messiah, the fulfillment of Jewish Scripture.
20. The Gospel of Mark depicts Jesus as the expected Messiah, but with less emphasis on his Jewish heritage.
21. The Gospel of Luke depicts Jesus as a Messianic Savior for all of humankind.
22. The Gospel of John is the story of the cosmic Christ.
23. The book of the Acts of the Apostles was written by the same author of the Gospel according to Luke.
24. The earliest writing that can be found in the New Testament was Paul’s Letter to the Thessalonians.

Bible Overview (Continued)

25. Not every one of the epistles or letters that bear Paul's name was actually written by Paul himself.
26. The word "apocalyptic," from the Greek, means hidden or coded.
27. The symbology of Revelation refers to the suffering of Christians during the many persecutions by the Romans.

Jesus' Teachings in the Bible

1. Four methods of teaching used by Jesus:
 - Precepts—a concise statement of spiritual Truth
 - Parables—stories about specific messages concerning the Kingdom of God
 - Miracle—a demonstration of Divine Law with supersedes the common understanding of natural law
 - Action/Example—a life activity of Jesus
2. The great sayings of Jesus include:
 - "Seek first the Kingdom of God."
 - "Love one another."
3. Jesus intended "The Lord's Prayer" as a format for prayer, rather than one to memorize and use in a rote fashion.
4. The great commission of the disciples was "Go therefore and make disciples of all nations baptizing them in the name of the Father, the Son, and the Holy Spirit."
5. The Holy Spirit descended upon the disciples at Pentecost.

Metaphysical Bible Interpretation

1. Charles Fillmore said that the Bible is the story of humankind's generation, degeneration, and regeneration.
2. The characters and places in the Scripture represent different phases of humankind's unfoldment.
3. Metaphysically, the Bible records what happens when we are in different states of consciousness.
4. Animals, fish, birds, and inanimate objects in the Bible represent thoughts and ideas.
5. Israelites represent people who are looking toward God.
6. Adam's wife, Eve, signifies the mother of all living, feeling nature, and the mother principle of God in action.
7. The story of Cain and Abel, interpreted metaphysically, is a story of conflict between the physical and spiritual aspects of human nature.
8. Abraham represents the awakening of faith.
9. Moses represents the development in consciousness of the law of being.
10. King David represents Love.
11. King Solomon represents the unification of love and wisdom.
12. The original Hebrew/Greek meaning of the words Messiah and Christ was "the anointed one."
13. John the Baptist represents a high intellectual perception of Truth.
14. Mary, the mother of Jesus, represents intuition, the divine motherhood of Love, and the soul.
15. The disciple John represents the faculty of Love.
16. The disciple Andrew represents the faculty of Strength.
17. The disciple James, son of Zebedee, represents Wisdom or Judgment
18. The disciple Peter represents Faith.

Metaphysical Bible Interpretation (Continued)

19. Jehovah of the Hebrew Scriptures is equivalent to the Christ in the New Testament.
20. Unity considers “I AM” to be the name of God in humankind.
21. When Jesus, in John 14:6, says, “No one comes to the Father except through me,” he is claiming that we must, as Jesus did, discover the living presence of God in ourselves.
22. Unity would say that we are “saved by Jesus” when we follow his example, using the creative principles he developed in himself.
23. Charles Fillmore said that when we are thinking and acting exclusively in our personality we are wearing a mask that conceals the real, spiritual I AM.
24. Jesus Christ represents the embodiment of all divine ideas.
25. Maieutic interpretation of Scripture is based on the idea that the student already knows much of what s/he needs to know and that knowledge is drawn out of the student through a questioning process.
26. Choose one of the following Old Testament (Hebrew Scriptures) passages and be prepared to metaphysically interpret it. You will be using essay format to explore the metaphysical interpretation and personal significance of one of the following Bible passages.

Note: Bible section essays count for 5 points each: 2 points for covering the main points/terms, accuracy; 2 points for flow, synthesis of theme, 1 point for clarity of writing.

- The Fall of Humankind—Genesis 3
- Cain and Abel—Genesis 4
- Abraham’s near sacrifice of Isaac—Genesis 22:1-14
- Jacob’s Ladder—Genesis 28:10-22
- Moses and the Burning Bush—Exodus 3
- The Golden Calf—Exodus 32
- David and Goliath—1 Samuel 17:39-52
- The Fiery Furnace—Daniel 3

Metaphysical Bible Interpretation (Continued)

27. Choose one of the following New Testament passages and be prepared to metaphysically interpret it. You will be using essay format to explore the metaphysical interpretation and personal significance of one of the following Bible passages.

Note: Bible section essays count for 5 points each: 2 points for covering the main points/terms, accuracy; 2 points for flow, synthesis of theme, 1 point for clarity of writing.

- The Talents—Matthew 25:14-30
- The Sower—Matthew 13:5-8, Mark 4:3-8, Luke 8:5-8
- The Prodigal Son—Luke 15:11-32
- The Healing at the Pool of Bethesda—John 5:1-15
- Healing a woman with a hemorrhage—Matthew 9:20-22, Mark 5:25-34, Luke 8:43-48
- Feeding the 5000—Matthew 14:13-21, Mark 6:32-44, Luke 9:10-17, John 6:1-14
- Raising Lazarus—John 11:1-44
- Pentecost—Acts 2
- Ananias and Sapphira—Acts 5
- Peter's Dream—Acts 10:9-35
- The New Jerusalem—Revelation 21:22-27

Resources: *Metaphysical Bible Dictionary* and *The Revealing Word* by Charles Fillmore

Development of the Unity Movement

1. Myrtle Fillmore was born on August 6, 1845 in Pagetown, Ohio. She made her transition from this life experience on October 6, 1931 at the age of 86.
2. Charles Fillmore was born on August 22, 1854 in St. Cloud, Minnesota. He made his transition from this life experience on July 5, 1948 at the age of 93.
3. Charles and Myrtle Fillmore were married on March 29, 1881 in Clinton, Missouri.
4. The three sons of Charles and Myrtle Fillmore were Lowell Page Fillmore, Waldo Rickert Fillmore, and John Royal Fillmore.
5. A seriously ill Myrtle Fillmore took to heart a statement made in a lecture by E.B. Weeks, "I am a child of God, and therefore I do not inherit sickness."
6. The Unity movement marks its beginning in April 1889 with the publication of the first issue of "Modern Thought" magazine.
7. The ministry we know as Silent Unity began in April 1890. Its original name was The Society of Silent Help. Members were asked to hold a specific prayer thought each month during an evening time of silence. At first, they were the only prayers that the organization used.
8. "Daily Word" or "Unity Daily Word" began publication in July, 1924 as the official publication of Silent Unity.
9. The Unity wings symbolize the **relationship between spirit, soul, and body**. The soul gives wings to the body. Spirit is the enveloping principle.
10. Unity School of Christianity was incorporated in 1914 and its headquarters building at 917 Tracy Avenue in Kansas City was dedicated in 1915.
11. Unity purchased the original 58 acres that became known as Unity Farm and then Unity Village in 1920. Unity Village became an incorporated Missouri municipality in 1953.
12. The Association of Unity Churches incorporated in 1966. It was organized to serve the needs of Unity field ministries.

Techniques

Teaching

1. When developing a class it is important to consider (1) learning styles of students and (2) various teaching styles.
2. The syllabus is a document that is a clear and definite guide of what will happen in the classroom.
3. It is important to have people introduce themselves at the beginning of a course because:
 - it helps to create a better learning environment,
 - helps people develop trust and confidence, and
 - gives everyone the opportunity to participate at an early stage of the course.
4. In an adult learning setting, it is helpful to establish rules or norms that each person agrees to because:
 - it helps to create a safe experience;
 - people relate better to their own established rules or norms than to imposed rules, and
 - it offers a frame of reference in case someone interrupts or disturbs class activities.
5. A key difference to consider in teaching is between the role of an instructor and a facilitator. An instructor dictates knowledge whereas a facilitator brings forth knowledge from within the students and empowers them.

Nonviolent communication (NV) and Peacemaking

1. The primary purpose of Nonviolent Communication is to make a heart-to-heart connection, rather than to nonviolently resolve conflicts.
2. The 4-Step Nonviolent Communication Model
 - **Observation**—Stating clearly what a person is saying or doing that is or isn't enriching life without using words that evaluate, judge, label, analyze, criticize and/or diagnose.
 - **Feelings**—Connecting with and expressing what is alive in us using words that accurately describe the emotions and sensations we are experiencing.
 - **Needs**—Connecting with the met or unmet need or value that is the source of the feelings.
 - **Requests**—Asking for that which would enrich life. The request is not a strategy to get people to do things they don't want to do or a way to manipulate or change people.

3. Nonviolent Communication is based upon the premises that:
 - What others say and do is never the cause of our feelings.
 - We are all compassionate, giving beings.
 - We can all get our needs met.

4. Within NVC, we need to accurately express and take responsibility for our feelings.

5. Distinguish a request from a demand. It's a demand if:
 - The speaker criticizes or judges when the request is not complied with.
 - The speaker lays a guilt trip if the request is not complied with.

6. Be able to match needs with corresponding thoughts, such as:

Thought: "Everyone else here knows more than I do."
Needs: competence, acceptance, respect

Other general needs: mutuality, consideration, efficiency, understanding, empathy, honesty

7. Be able to identify life-alienating ways of thinking and communicating that keep us from being in touch with our true compassionate nature. Such as:
 - Making moralistic judgments that imply badness or wrongness.
 - Analyzing others.
 - Denying responsibility for our own personal choices.

Resource: *Nonviolent Communication: A Language of Life* by Marshall Rosenberg

Peacemaking Skills

1. "I" of the storm—A place of peace within that is never disturbed by outer conditions, and is accessed through the heart.

2. Steps to connecting with and accessing the intelligence of the heart:
 - Breathe into the heart
 - Imagine someone or something that is appreciated in order to generate a feeling of appreciation and gratitude
 - Allow that feeling to expand

3. "Who you are not"— Anything that you *have* as opposed to who you *are*: inadequacies, fears, insecurities, beliefs, a body, etc.

4. "Who you are" refers to the unchangeable Spirit of God within.

5. "What you have" refers to thoughts, feelings, beliefs, body, relationships, etc.

6. Behaviors that indicate you are in the presence of “the enemy” are: needing to be right, controlling, avoidance or resistance.
7. In the role of peacemaker, “loving the enemy” means to value and embrace the person or situation for mirroring to us where we are not connected to our own sense of wholeness.
8. Conflict can be defined as danger and opportunity. While conflict feels uncomfortable or unsafe, it mirrors “who we are not” and gives us an opportunity to become aware of and to heal unconscious patterns.
9. When someone judges you, it is about what is missing *for that person*, what the relationship needs, or what you may have said or done that created some separation.
10. The best way to respond to a judgment or criticism: “Tell me more.”

Resource: *The I of the Storm: Embracing Conflict, Creating Peace* by Gary Simmons