

SPD 551
Spirit, Mind, Body Awareness
1 hrs/1.5 units
Tuesdays – 10:00-11:30 a.m. – Fall 2007

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| Faculty | Rev. Karrin Scapple, Ph.D. |
| Office Hours | Mondays 1-3 p.m., Tuesdays 3-5 p.m., and by appointment |
| Telephone | 816-524-3550 #2080 |
| E-Mail | ScappleKX@unityonline.org |
| Required Texts | Seaward, B.L., Ph.D. (2005). <i>Achieving the mind-body-spirit connection: A stress management workbook</i> . Sudbury, MA: Jones and Bartlett Publishers. |
| Other Required Reading | Articles on reserve in the library. |
| Recommended Reading | Levey, J. & Levey, M. (1998). <i>Living in balance: A dynamic approach for creating harmony & wholeness in a chaotic world</i> . Berkeley, CA: Conari Press. |

Course Description

This is a survey course in the practical application of self-awareness and spiritual principles in one's every day life. Emphasis is on helping the student function optimally through application of self-care and balanced living in all areas of life. Specific issues arising from the student's life experience will be addressed.

Learning Objectives

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

1. Integrate spiritual principles into their every day life through Spirit, mind, and body awareness techniques.
2. Practice self-care and function optimally in one's life.
3. Live in balance and honor all facets of one's nature.
4. Recognize potential life problems resulting from being out of balance, and implement techniques to restore balance.

The above learning objectives partially fulfill the following program outcomes for the Master of Divinity:

- MD-3 Recognize and practice personal habits that provide for a healthy ministry.

The above learning objectives partially fulfill the following program outcomes for the Certificate in Unity Ministry:

- C-3 Recognize and practice personal habits that provide for a healthy ministry.

The above learning objectives partially fulfill the following program outcomes for the Master of Arts in Religious Studies:

MA-3 Create and maintain a personal spiritual practice.

Class Schedule

| Week | Date | Topic | Reading Assignment | Activity/Paper Due for the Week |
|------|--------|--|---|--|
| 1 | 9 Oct | Achieving Balance | Seaward: Introduction Brumet article | |
| 2 | 16 Oct | Spirit - Spirit Within | Seaward: Chapter 5 | Exercises 5.2 & 5.13 1st Reflection paper due |
| 3 | 23 Oct | Mind - Emotions | Seaward: Chapter 3 Cameron-Bandler & LeBeau article | Exercises 3.1, 3.2 & 3.3 |
| 4 | 30 Oct | Body - Inventory | Seaward: Chapter 2 Serure article | Exercises 2.2 & 2.3 |
| 5 | 6 Nov | Challenges to Balance - Stress | Seaward: Chapters 1 & 4 | Exercises 1.1, 1.2, 4.1 & 4.2 |
| 6 | 13 Nov | Regaining Balance | Seaward: Chapter 6 Levin article | Exercise 6.1 2nd Reflection paper due |
| 7 | 20 Nov | Spirit - Meditation - Spiritual experience | Seaward: Chapter 15 Ramakrishna Rao article | * One meditation technique from chapter 15 * Spend 5 hours in the silence |
| 8 | 27 Nov | Mind - Sound - Laughter | Seaward: Chapters 7 & 17 Campbell article Cousins article | Exercises 7.1 & 17.1 * Bring to class some examples * Research paper due for MDiv/MA students |
| 9 | 4 Dec | Body - Movement - Creativity | Seaward: Chapter 11 | Exercise 11.2 * Wear clothes in which you can move freely * Meet in SLC |

| Week | Date | Topic | Reading Assignment | Activity/Paper Due for the Week |
|------|--------|------------------------------------|--|--|
| 10 | 11 Dec | Maintaining Balance for a Lifetime | Seaward: Chapter 24 Levey & Levey article | * Exercise 24.1 * Final reflection paper due. |

Assignments for the Master of Divinity and Master of Arts programs:

1. Weekly reading and exercise(s).
2. Three reflection papers.
3. Research paper (10 pages) on a specific technique (or related group of techniques) to enlighten Spirit, mind, body awareness.

Details about all assignments will be available on the first day of class.

Grading

| Assignment | Possible Points | Date Due | Meets Learning Objective |
|-------------------------|-----------------|----------------------|--------------------------|
| Reflection papers 1 & 2 | 25 pts each | 16 Oct.* 13 Nov.* | 1-4 |
| Final reflection paper | 50 pts | 11 Dec.* | 1-4 |
| Research paper | 100 pts | 27 Nov* | 1 & 4 |

* All papers are due at the beginning of class.

Final Grade Determination:

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|--------------|---|
| 90-100% | A |
| 80-89% | B |
| 70-79% | C |
| 60-69% | D |
| 59% or below | F |

Assignments for the Certificate program:

1. Weekly reading and exercise(s).
2. Three reflection papers.

Details about these assignments will be available the first day of class.

Grading

| Assignment | Possible Points | Date Due | Meets Learning Objective |
|-------------------------|-----------------|----------------------|--------------------------|
| Reflection papers 1 & 2 | 25 pts each | 16 Oct.* 13 Nov.* | 1-4 |
| Final reflection paper | 50 pts | 11 Dec.* | 1-4 |

* All papers are due at the beginning of class.

Final Grade Determination

| | |
|--------------|---|
| 90-100% | A |
| 80-89% | B |
| 70-79% | C |
| 60-69% | D |
| 59% or below | F |

Expectations of Students

Students are expected to come to class having read the assigned material, having completed the exercise(s) during the week and being prepared to discuss what they learned. This course will have an experiential component; students are encouraged to participate in the experiences to the fullest extent possible.

Classroom Protocol

Since each class is only 1½ hours long, on-time arrival is strongly encouraged.

Late Assignment Policy

Assignments are due on the date assigned, at the beginning of class. Late assignments will be assessed a 5% penalty per day (weekends and holidays included).

Attendance Policy

Attendance at all classes is strongly encouraged and seen as key to successful completion of this course.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. Students may seek the assistance from others as long as the student submitting the assignment is actually doing the work. For further information about academic honesty, students are directed to review the Unity Institute Catalog and Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography

Palmer, P.J. (2004). *A hidden wholeness: The journey toward an undivided life: Welcoming the soul and weaving community in a wounded world*. San Francisco, CA: Jossey-Bass.

Seaward, B.L. (2005). *Quiet mind, fearless heart: The Taoist path through stress and spirituality*. Hoboken, NJ: John Wiley & Sons, Inc.

Tart, C.T. (1997). *Body, mind, spirit: Exploring the parapsychology of spirituality*. Charlottesville, VA: Hampton Roads Publishing Co., Inc.

Reference List for Additional Reading

- Brumet, R. (2002). *The quest for wholeness: Healing ourselves, healing our world*. Unity Village, MO: Unity Books.
- Cameron-Bandler, L. & Lebeau, M. (1986). *The emotional hostage: Rescuing your emotional life*. Moab, UT: Real People Press.
- Campbell, D. (1997). *The Mozart effect: Tapping the power of music to heal the body, strengthen the mind, and unlock the creative spirit*. New York, NY: Avon Books.
- Cousins, N. (1979). *Anatomy of an illness as perceived by the patient: Reflections on healing and regeneration*. New York, NY: W.W. Norton & Company.
- Levey, J. & Levey, M. (1998). *Living in balance: A dynamic approach for creating harmony & wholeness in a chaotic world*. Berkeley, CA: Conari Press.
- Levin, J. (2001). *God, faith, and health: Exploring the spirituality-healing connection*. New York, NY: John Wiley & Sons, Inc.
- Ramakrishna Rao, K. (1997). *Some reflections on religion and anomalies of consciousness*. In C. Tart (Ed.), *Body mind spirit: Exploring the parapsychology of spirituality* (pp. 68-82). Charlottesville, VA: Hampton Roads Publishing Co., Inc.
- Serure, P. (1997). *The 3-day energy fast: Cleanse your body, clear your mind, and claim your spirit*. New York, NY: HarperCollins Publishers.

Guidelines for Research Paper (for MDiv/MA students only)

Required elements of the paper

The 10 page research paper is to include:

- Explanation of the technique(s) being discussed.
- Evaluation of how the technique(s) enhance Spirit, mind, body awareness.
- Comparison/contrast of related assigned readings and exercises.
- How the technique(s) could be used in ministry.

Formatting of the papers

- Proper attribution of material that is not your own is to be included in citations and reference page, using APA style.
- Students are to place their student number, not name, on the paper.
- The papers are to be double-spaced.

Criteria for Evaluating Reflection Papers

- Content
 - a description of the technique(s)
 - integration of ideas/concepts from related assigned readings and exercises
- Analysis
 - how the technique(s) enhances Spirit, mind, body awareness
 - comparison/contrast with related exercises and readings
 - how the technique(s) can be used in ministry
- Organization
 - logical development within the paper
 - clarity & coherence
 - sentence structure, grammar & spelling
 - proper citations & reference
- Style
 - interest
 - vocabulary

Keys to success

- select a topic that truly interests you!
 - feel free to discuss topics with Karrin
- make sure that you can find sufficient information about the topic
 - this will require a little pre-research research