

Twelve Powers of Man Syllabus - Fillmore 5 Week Class

Course Overview

Dates: November 20, 27, December 4, 11, 18

Time: 6:00 – 8:00 PM Eastern Standard Time

Location: Zoom Meeting

Course Facilitator:

Name Paul Esche, Licensed Unity Teacher

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Instructor Information

Paul became a Licensed Unity Teacher upon completion of the SEE requirements, SDS training, and testing at The Unity Institute and Seminary, Unity Village, MO.

Course Description: Embark on a transformative 5-week journey into the heart of spiritual empowerment with this Unity SEE course exploring the "Twelve Powers of Man" as presented in the teachings of Charles Fillmore and the Unity movement. Delve into the wisdom of classic texts like "The Twelve Powers of Man" by Charles Fillmore and "Power UP" by Paul Hasselbeck and Cher Holton, while also revisiting fundamental Unity principles.

This course is designed to enhance your working knowledge of Unity Truth Principles and guide you in their practical application in your own life. Through interactive discussions and experiential exercises, you will discover how to harness these Truth Principles to unlock the Truth and power of your Divinity.

Prerequisites:

- Familiarity with basic Unity principles is recommended.
- An openness to exploring spiritual concepts and their practical application.

Required Text:

- "The Twelve Powers" by Charles Fillmore (Available as PDF)
- "Power UP" by Paul Hasselbeck and Cher Holton (Provided by LUT Fund)
- "Rise Into Your Power Habit Tracker" by Tracie Loux" (Provided by LUT Fund)
- "Rise into Your Power - 12 Powers Card Deck" (Provided by LUT Fund)

Prior to week one pickup your books from the office:

Read and be prepared to discuss the material covered in chapters; Faith, Strength, and Wisdom from "Power Up." Complete the "Putting it into Practice" exercise from the end of each chapter. Begin creating and tracking your spiritual goals with the "12 Powers Tracking Journal."

Week 1: The Foundation Powers

- **Faith:** The power to believe and trust in the unseen.
- **Strength:** The power to overcome challenges and persevere.
- **Wisdom:** The power to discern truth and make sound judgments.

Homework: Read and be prepared to discuss the material covered in chapters; Imagination, Will, and Order from “Power Up.” Reflect on your progress with the “12 Powers Tracking Journal.”

Week 2: The Creative Powers

- **Imagination:** The power to visualize and create mental images.
- **Will:** The power to choose and direct one's actions.
- **Order:** The power to organize and bring harmony to one's life.

Homework: Read and be prepared to discuss the material covered in chapters; Zeal, Love, and Life from “Power Up.” Reflect on your progress with the “12 Powers Tracking Journal.”

Week 3: The Expressive Powers

- **Zeal:** The power of enthusiasm and passion.
- **Love:** The power of unconditional affection and compassion.
- **Life:** The power of vitality and abundant living.

Homework: Read and be prepared to discuss the material covered in chapters; Understanding, Power, and Elimination from “Power Up.” Reflect on your progress with the “12 Powers Tracking Journal.”

Week 4: The Transcendent Powers

- **Understanding:** The power of deep comprehension and insight.
- **Power:** The power to manifest and bring forth results.
- **Elimination:** The power to release and let go of negativity.

Homework: Reflect on your progress with the “12 Powers Tracking Journal.” Work on Final presentation.

Week 5: Integration and Application

- Practical exercises and techniques for developing and utilizing each power.
- Presentation on how you've integrated the twelve powers into your holistic spiritual practice. (Final assignment for credit)

Possible Examples:

- Mindfulness & Meditation
- Connection to Nature

- Creative Expression
- Self-reflection and Journaling
- Community and Connection
- Healthy Lifestyle
- Gratitude and Appreciation, or
- Service and Compassion.

Expected Outcomes:

By the end of this class, participants will:

- Name and describe the 12 powers both from ego/personality and Christ Consciousness.
- Explain degeneration, generation, and regeneration and how they apply in your life.
- Identify, demonstrate, and utilize applications of each of the 12 Powers in your life.
- Develop a stronger connection to their inner spiritual potential
- Experience greater peace, joy, and fulfillment in their daily living

Additional Resources: