

**SPD 551**  
**Spirit, Mind, Body Awareness**  
**1 hrs/1.5 units**  
**Thursday 3.30 - 5.00 pm Fall 2008**

<b>Faculty</b>	Robert Brumet M.S.
<b>Office Hours</b>	
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<b>E-Mail</b>	BrumetRJ@unityonline.org
<b>Required Texts</b>	Levey, J. & Levey, M. (1998). Living in Balance: A dynamic approach for creating harmony & wholeness in a chaotic world. Berkeley, CA: Conari Press.
<b>Other Required Reading</b>	
<b>Recommended Reading</b>	Brumet, R. (2002). The Quest for Wholeness: Healing ourselves, healing our world. Unity Village, MO: Unity Books.*  Seaward, B.L., Ph.D. (2005). Achieving the Mind-Body-Spirit Connection: A stress management workbook. Sudbury, MA: Jones and Bartlett Publishers.*  * On reserve in the library

**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.

### **Selected Bibliography**

De Mello, A. (1990) *Awareness: The perils and opportunities of reality*. New York: Bantam Doubleday Dell.

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**

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.

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.