

Title of the Course: **7 Spiritual Laws of Release**

Meeting Dates and Times: Wednesdays, beginning January 12, 2022 through February 9, 2022
In Person from 1:30 pm - 3:00 pm. Virtually via ZOOM 5:00 pm to 6:30 pm

Location: Unity of Citrus County, 2628 W. Woodview Lane, Lecanto, Florida 34461

Instructor Name and Contact Info:

Gary Ammerman, M.Ed., Ed.D. LUT

727-339-8748

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A. Course Description: This course is an exploration of personal and spiritual growth. The 7 principles are to support your soul in its growth and evolution. As a soul, you are here to bring about more of God's good into your life and the world. These principles are based upon the very prosperity teachings of Jesus himself. The seven principles will teach you to understand the principles behind the life and teachings of Jesus and the miraculous things that he was able to do. . Beyond the class, the spiritual (universal) principles, when practiced regularly, will certainly bring blessing into your life. The class will be interactive and experiential, providing an opportunity for students to learn and apply these principles in their own spiritual growth and evolution.

B. Instructor Description: Gary W. Ammerman, B.A., Ed.D., LUT has 32 years' experience as an educator. Gary was a teacher, vice principal, and principal with the Cincinnati Public School system. Gary completed his studies to be a Licensed Unity Teacher in 2016 and attended Unity Spiritual Institute for Ministerial Studies. Besides his service to UOCC, he has also worked and attended Unity centers in the Saint Petersburg area. He has taught classes at Unity of Port Richey and First Unity Spiritual Campus.

C. Course Presentation: Students will learn through instructor presentations of information and engagement in small and large group discussion, small group activities, creative projects, and writing. Homework assignments will help students ground their learning and prepare for upcoming sessions. Homework is optional; however, learning is richly enhanced for everyone students do the assignments.

D. Course Objectives: Students will:

- Define Soul
- Work with their soul through the principles in the material
- Move forward and stay out of the ego
- Learn the measure of 'wholeness' and 'healing'
- Align oneself with the order of the universe

E. Required Texts and Materials: Anderson, Cynthia Alice, *7 Spiritual Laws of Release*. The text is available on Amazon and in the bookstore.

F. Course Requirements and Assignments: Students are encouraged to attend each class session, complete the homework assignments, and engage in all class activities.

G. Student Evaluation: Not applicable

H. Course Evaluation: Students may complete an evaluation of this course upon its completion. The evaluation will assist in future course development and teaching methods.

I. Instructor's Commitment: I will come to class prepared to engage the class in discussion of the topic. I will create and support a safe learning environment in which participants feel inspired to explore the topic and safely share their deepest thoughts and feelings. I will support all participants in their understanding of the material.

J. Class Schedule:

Class	Date	Topic and Themes	Assignments for Next Class
Pre-class	Prior to January 12, 2022	<ul style="list-style-type: none"> Preparation for class and The Law of Giving 	<ul style="list-style-type: none"> Read "Introduction" - (pp. iv-v) Read "What You Need to Know" - (pp. vi-vii) Read Chapter 1- "The Law of Giving" - (pp. 9-23) Peruse "Sacred Practices" - (pp. 111-112) Peruse "Questions and Terminology" - (pp. 113-119)
1	January 19, 2022	<ul style="list-style-type: none"> Sacred Practices Terminology The Law of Giving 	<ul style="list-style-type: none"> Answer questions on p. 24 Read Chapter 2- "The Law of Service" - (pp. 25-37) Answer questions on p. 38 Read Chapter 3- "The Law of Minimization" -(pp. 39-55) Answer questions on p. 56
2	January 26, 2022	<ul style="list-style-type: none"> The Law of Service The Law of Minimization 	<ul style="list-style-type: none"> Read Chapter 4- "The Law of Letting Go" -(pp. 57-69) Answer questions on p. 70 Read Chapter 5- "The Law of Forgiveness" - (71-86) Answer questions on p. 87
3	February 2, 2022	<ul style="list-style-type: none"> The Law of Letting Go The Law of Forgiveness 	<ul style="list-style-type: none"> Read Chapter 6- "The Law of Surrender" -(pp. 89-96) Answer questions on p. 97 Read Chapter 7- "The Law of Silence" - (pp. 98-106) Answer questions on p. 107
4	February 9, 2022	<ul style="list-style-type: none"> The Law of Surrender The Law of Silence Celebration 	<ul style="list-style-type: none"> Apply the 7 Spiritual Laws of Release to your life