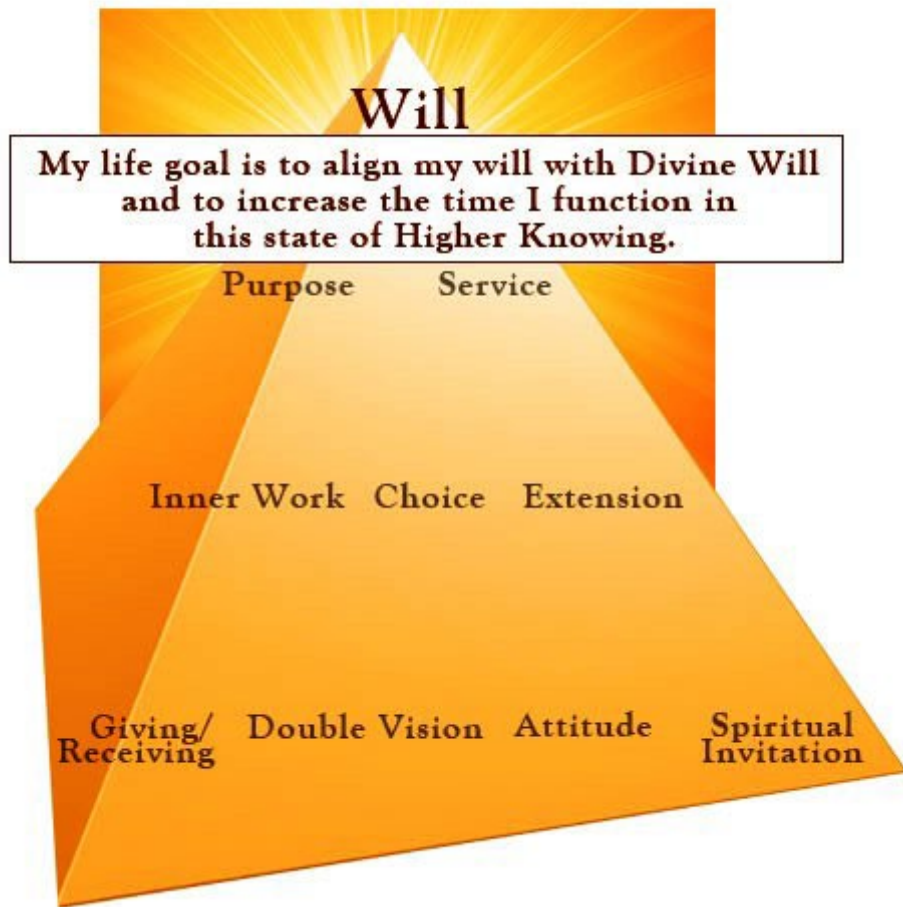


The Clarion Way

UNIVERSAL TRIBUTE ONE – *WILL:* *Awakening to Happiness*



UNIVERSAL TRIBUTES COURSE

Institute for the Advancement of Service
www.showanotherway.org

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The Universal Tributes courses are based upon the teachings of Susan S. Trout's four books, available for free PDF download on the Institute's website (www.showanotherway.org): *Born to Serve: The Evolution of the Soul Through Service*; *The Awakened Leader: Leadership as a Classroom of the Soul*; *The Clarion Call: Leadership and Group Life in the Aquarian Era*; and *To Show Another Way: How to Learn, Heal, and Serve at a Time of Crisis on Planet Earth*.

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UNIVERSAL TRIBUTE ONE COURSE

WILL: Awakening to Happiness

Course Description

We can use our will either as a source of wisdom and happiness or a source of power over others.

~ from *Born to Serve*

PURPOSE

To explore the essential nature of the human will – its development, wounding, and strengthening – and to apply this understanding in daily life.

BENEFITS

1. To discover the four major ways the will develops – in strength, skill, goodness, and spirituality
2. To explore how the will's wounding at a young age impacts physical, mental, emotional, and spiritual wellbeing throughout life
3. To learn psychological and spiritual practices that support healing the will
4. To practice ways to develop and strengthen the will

CHOOSING TO WORK WITH THIS COURSE

Have you asked yourself: Why do I continue to make unhealthy choices in my life? Why can I make healthy choices in my life but can't continue them after a few days or weeks? Why do I have such resistance to change? Why do I procrastinate? Why do I have difficulty making decisions? Why does my present life continue to reflect emotional wounds I experienced in early life? Why am I so impatient? Why do I get upset or angry when someone imposes their beliefs on me or gives me advice? How do I develop and strengthen my will? How can I experience more happiness in my life?

This course invites you to devote yourself to beginning (or deepening) your spiritual journey using the psychological-spiritual tool of the Ten Universal Tributes. As a universal and cohesive philosophical framework, the Tributes focus on ten essential aspects of one's life journey: will, purpose, service, inner work, choice, giving and receiving, extension, double vision, attitude, and spiritual invitation. The Tributes are intended to serve as a gentle entry into witnessing and working consciously with your inner state while relating to those in your personal, family, and work life.

The word "tribute" describes the intentionality and quality of one person's relationship with another person. Being in the presence of another human being and having an opportunity to serve them is a tribute, a gift. In giving a tribute, one holds all one gives, says, or does in a spirit of gratitude, respect, and honor. The framework of the Ten Universal Tributes is a way to learn how to unify personal healing and service.

There are ten discrete Universal Tributes courses, each designed to work with one Tribute and its Tenets for one month. The suggested one-month timeframe for each Tribute allows you to work with the material and

integrate its teaching at a gradual pace. The Universal Tribute course on the *will* supports you in accessing compassion for yourself and others by observing life experiences nonjudgmentally and through the understanding and practice of **Tribute One: My life goal is to align my will with Divine Will and to increase the time I function in this state of Higher Knowing.**

Objectives

1. To become acquainted with the Ten Universal Tributes and Tribute One
2. To understand how our will is wounded in early life and learn how to have a healthy will
3. To learn about the strong, skillful, good, and Transpersonal facets of our will through meditation, study, contemplation, and self-inquiry

Topics Covered

- The Ten Universal Tributes as a spiritual roadmap
- Tribute One and Tenets: My life goal is to align my will with Divine Will and to increase the time I function in this state of Higher Knowing.
- The will and its wounding
- Developing a healthy relationship with one's will
- Working with four aspects of the will: Strong, Skillful, Good, and Transpersonal

Recommendations for how to best study this course

- Read portions of *Born to Serve* by Susan S. Trout as indicated throughout the course materials. *Born to Serve* can be downloaded in PDF format from the Institute's website (www.showanotherway.org). You may also request a free hard copy of the book by emailing info@showanotherway.org.
- Follow the recommended study steps and complete the reading and worksheet assignments. The course was designed to be completed in one month and it is recommended you spend at least one month on each of the ten Tribute courses or whichever of the ten courses you choose to study.
- Spend approximately one-half to one hour each day to complete the course.
- Apply the course material in your personal and work life. Practice is essential!
- Repeat the course or spend more time on any section to deepen your work with the course materials.

Recommended Study Steps

1. Read Information Handout 1-1, *Universal Tributes: A Spiritual Roadmap*
2. Read Information Handout 1-2, *Tribute One and Tenets*
3. Read Information Handout 1-3, *The Will and Its Wounding*
4. Work with Support Tool Worksheet 1-1, *Walking with Your Will*
5. Read *Born to Serve*, "Service as Duty," pp. 54-56
6. Complete Support Tool Worksheet 1-2, *Strong Will*
7. Read *Born to Serve*, "Duty as a Container of Life," pp. 58-59
8. Complete Support Tool Worksheet 1-3, *Skillful Will*
9. Read *Born to Serve*, "Duty and Giving," pp. 56-58
10. Complete Support Tool Worksheet 1-4, *Good Will*
11. Read *Born to Serve*, "Duty as Spiritual Practice," p. 60

12. Complete Support Tool Worksheet 1-5, *Transpersonal Will*
13. Complete Support Tool Worksheet 1-6, *Course Check-In*

Suggested Schedule of Weekly Study Steps

Week One: Steps 1-6; Week Two: Steps 7-8; Week Three: Steps 10-11; Week Four: Steps 11-13

Suggestions for Daily/Weekly Study

- **Daily:** Spend a minimum of 10 minutes in meditation or “silent time”
- **Daily:** Keep a journal for the written exercises and for your reflections about Tribute One and its Tenets
- **Daily:** Practice the Centering Exercise and Witnessing Exercise described in *Born to Serve* (pp. 246-247)
- **Weekly:** Each week throughout the month, focus on one or two of the tenets of Tribute One (perhaps choosing a different tenet each week). Write out the tenet and place it where you will notice it several times a day. In the evening or before bed, reflect on the day, noticing how the tenet has guided or framed your day.

UNIVERSAL TRIBUTES: A Spiritual Roadmap

Information Handout 1-1 (Study Step 1)

The Ten Universal Tributes and their Tenets, received as inspired teachings by Susan Trout in 1990:

- Show us how to shift our thoughts, actions, and words in order to look within rather than without for wholeness. In this way, the Tributes provide a roadmap for becoming self-responsible. They are an inherent aspect of the foundational teachings of The Soul and Service Trilogy.¹
- Serve as a guide for actualizing the unity of personal healing and service
- Address the quality of the inner state of the server and the relationship of the server's inner state to the quality of service
- Use the word "tribute" to describe the intentionality and quality of our relationships with others. Being in the presence of another human being and having an opportunity to serve them is a tribute, a gift. In giving a tribute, we hold all we give, say, or do in a spirit of gratitude, respect, and honor.
- View life from a cohesive philosophical framework that can guide us through significant changes in our lives
- Form a philosophical framework that provides knowledge about psychological and spiritual development and offers ways to practice that knowledge in daily life
- Provide guidance for learning and practicing self-responsibility for thoughts, actions, and words
- Provide a sense of purpose and meaning to the ebb and flow of our lives by offering us sustenance, reassurance, acknowledgement and honor
- Can be practiced in any order.

¹ *The Soul and Service Trilogy*, by Susan S. Trout, PhD, is comprised of three books: *Born to Serve: The Evolution of the Soul Through Service*, with a Foreword by His Holiness the Dalai Lama; *The Awakened Leader: Leadership as a Classroom of the Soul*; and *The Clarion Call: Leadership and Group Life in the Aquarian Era*.

THE TEN UNIVERSAL TRIBUTES

1. My life goal is to align my will with Divine Will and to increase the time I function in this state of Higher Knowing. (Key Word: WILL)
2. I know my chosen life's purpose is in alignment with a Higher Purpose for me when I am inspired and when I experience the joy, spontaneity, and gratitude of service. (Key Word: PURPOSE)
3. Divine Will works through me as me when I have no attachment to the form of the task and no expectations of outcome. (Key Word: SERVICE)
4. By continually doing my inner work, I engender compassion for myself and others. (Key Word: INNER WORK)
5. With honesty and kindness, I take responsibility for my own choices and allow others to do the same. (Key Word: CHOICE)
6. I use each encounter as a reflection of either a remembrance of Divine Love or a grievance I continue to hold against myself or another. (Key Word: EXTENSION)
7. I acknowledge the reciprocal relationship between giving and receiving, understanding that both are essential for the wellbeing of myself and others. (Key Word: GIVING and RECEIVING)
8. I see the external reality of a situation as well as seeing beyond it to the personal lessons, inner strength, and spiritual essence of myself and others. (Key Word: DOUBLE VISION)
9. I support my healing process and that of others with patience, gentleness, and unconditional acceptance. (Key Word: ATTITUDE)
10. I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves. (Key Word: SPIRITUAL INVITATION)

TRIBUTE ONE and TENETS

Information Handout 1-2 (Study Step 2)

TRIBUTE ONE

**My life goal to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing**

TENETS

1. Universal Will expresses Itself through my Transpersonal Will to my personal will; in this way, my life purpose and mission are manifestations of the Divine.
2. The clarity of the expression of Divine Will through my personal will is dependent upon my willingness to develop and strengthen my will through inner work.
3. Experiences of synchronicity and an increased sense of inner wellbeing provide feedback that Divine Will is expressing itself through my personal will.
4. Because the energy and skill of the will are neutral and can be used for good or for harm, I am responsible for learning to use my will in a beneficent way.
5. The Witness Self and the will form the center of my consciousness; the Witness Self passively observes and the will actively selects, initiates, directs, or inhibits my thoughts, feelings, and actions.
6. Failure to develop and strengthen my will leads to a sense of meaninglessness and mental inertia and loss of the ability to make decisions and changes and to recognize and act upon intuition.
7. Continually developing and exercising the will throughout my lifetime leads to increased inner strength and greater certainty of my connection with the Divine when faced with challenges and responsibilities and when serving others.
8. A psychologically and spiritually healthy will selects, initiates, and carries out actions that serve the psychological and spiritual wellbeing of self and others.

THE WILL AND ITS WOUNDING

Information Handout 1-3 (Study Step 3)

Joined with our Witness, Will is the center of our soul.

~ from *Born to Serve*

The Location and Purpose of Will

Our will is joined with its partner, the Witness, in our personal soul located in our heart. Our Transpersonal Will resides within our Transpersonal Soul, which is located eight inches above our head. An energetic thread connects our personal and Transpersonal Wills, enabling them to communicate with one another.

Our Witness (also called Observer Self) is passive and notices but does not judge how we feel, what we think, what we see and hear, and how we act. Our will is active as it selects (chooses), integrates, harmonizes, directs, and inhibits our emotions, thoughts, ideas, reactions, responses, imagination, intuition, desires, senses, images, and physical conditions, movements, and actions. Because our will plays an all-encompassing role, it is the cause of all actions of our physical, mental, emotional, and spiritual selves.

The Role of Choice

Choice, an activity of the will, is the vehicle we use to manifest our destiny in the world. In every moment we have the power to choose our attitudes, beliefs, and motivations. By choice, we evolve psychologically and spiritually. Choice translates into change only when it is preceded by purpose and followed by action. Before making a choice, we look inward and contemplate our motivations and intentions. We ponder the aim or goal we want to reach. Once we choose our motive and affirm our intention, we develop and carry out a plan of action. This action is both outer and inner. Inner action of thought and contemplation precedes choosing the quality of our inner state. We may or may not decide to perform an outer action. In this context, however, inaction is a form of action.

We choose our action from among many possibilities. A choice reached without deliberation, examination, and evaluation of all aspects of the situation that confronts us can lead to impulsive and ill-advised action. When we make a choice, we simultaneously choose the consequences of that choice. The consequences or outcomes of our actions illustrate the power of our choices.

Four Aspects of Will

Four will aspects develop throughout our lifetime and work together to form a healthy will – strong, skillful, good, and Transpersonal. Strong will is the aspect needed for concentration, one-pointedness, and courage. Skillful will identifies and directs one's inner thoughts, beliefs, and interests. Our skillful will helps us use the least amount of energy to attain a desired result. Good will enables us to abide by values and ethics for the good of ourselves and others. Aligned with Transpersonal Will, we express our divinity in all we think, do, and say.

The Wounding of the Will

The will and parenting are the two most important influences in our human lives and yet, we don't know much about either. For example, children with a strong will are a challenge to raise because, without wise, capable parenting, they are unable to direct and use their energy in a positive way. They risk traveling a treacherous, unfulfilling, and out-of-control path in life. Often strong-willed children sense they have to be tamed in order to become human beings. The method used? You can't do this, you can't say that. "You can't, you can't, you can't." The child soon learns to say, "I won't, I won't, I won't, and you can't make me." Children, like adults, become angry and defiant whenever their will is imposed upon.

We pay an incredible psychological and spiritual price for poor parenting of our will. Very early in life, we begin to deny our true feelings and force ourselves to conform, rebel, or "numb out" in order to survive. Our will in early childhood is responsible for keeping us alive, ensuring we survive, physically and emotionally. Words we use to explain our feelings fail to interpret emotional energy correctly. Eventually, we rationalize or deny how we feel because we no longer *know* how we feel.

When we deny our experience and feelings in early childhood, our will protects itself by going into hiding in the unconscious. Because we have less will energy available, we become lethargic, sluggish, dispirited, passive, and unmotivated... or we use resistance, procrastination, and distraction to move away from our feelings, especially painful ones, and become "busy-busy," addicted, or a gatherer of things. We lose awareness of how we really feel and who we really are.

Resistance

As we grow older, we may try to force or control our will. We decide that the will is not helping us, so we take matters into our own hands and put the will under our total control. We make the will our enemy because it won't do what we want it to do. We feel a victim of our will. We fear it may go out of control. We force our will to cooperate... but does it?

Our will resists being imposed upon. It also resists changing behavior, believing if it does so, it will either go out of control or no longer be protected. Resistance is often caused by a lack of understanding of the nature and function of the will. Regardless of the cause of resistance, it typically takes the form of inertia, procrastination, and anger.

On the other hand, resistance is a natural process in everyone as old patterns break down, making way for the new. Resistance alerts us that change is taking place. We need it in order to decide whether we will take action. Resistance gives us something to test ourselves against. It informs us about our strengths and the power of our will. In this way, it becomes a friend, guiding rather than limiting us. When we view our resistance in this way, we realize we are not helpless in the face of our powerful will energy.

References:

Assagioli, Roberto. *The Act of Will*. Baltimore, MD: Penguin Press, ©1973.

Trout, Susan S. *Born to Serve: The Evolution of the Soul Through Service*. Alexandria, VA: Three Roses Press, ©1997.

WALKING WITH YOUR WILL

Support Tool Worksheet 1-1 (Study Step 4)

TRIBUTE ONE

**My life goal is to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing.**

Supportive Tenets

The following tenets of Tribute One support the theme of “Walking with Your Will”:

- Tenet 1: Universal Will expresses Itself through my Transpersonal Will to my personal will; in this way, my life purpose and mission are manifestations of the Divine.**
- Tenet 2: The clarity of the expression of Divine Will (Transpersonal Will) through my personal will is dependent upon my willingness to develop and strengthen my will through inner work.**
- Tenet 3: Experiences of synchronicity and an increased sense of inner wellbeing provide feedback that Divine Will (Transpersonal Will) is expressing itself through my personal will.**

The Will and Happiness

After reading Information Handout 1-3 about the will and its wounding, you may be thinking that the topic of will is depressing and discouraging. It *is* depressing and discouraging if you continue to deny that your will has been wounded and if you continue to remain uninformed about the nature of a healthy will. However, it isn't depressing and discouraging if you willingly take your will's hand and choose to view it from a fresh perspective, to educate yourself about your will, and to walk with it to freedom – the freedom to develop the extraordinary capacity of the will that you were intended to have as a human being. We all want to be happy. **Happiness is the result of using your will as it was meant to be used.**

How to begin to walk with your will?

- Unconditionally accept yourself. Accept “who I is, what I is, and where I is.” This acceptance is the tipping point for the awakening and healing of the will. Healing is dissolving the hard-wiring of your will and welcoming new wiring.
- Give your will space. How desperately your will needs space to breathe! How do you give it space? Don't make a big deal about how unhappy you are with your will. Soften around it.
- Be honest with yourself – don't deny any emotions, but be watchful that you don't blame others for how you feel.
- Develop a partnership between your personal will and your spiritual will (Transpersonal Will). Do not view these wills as *either-or* but *both-and*. Learn to be in alignment with both at the same time.

- When you find yourself doing what you don't want to do and you blame your will, engage in inner work by asking yourself:
 - What's not right here?
 - How do I feel when I don't want to _____?
 - Am I out of alignment with what is meaningful for me in my life?
 - Is my personal will out of alignment and thus out of partnership with my Transpersonal Will?

You are invited to experience a profound respect and love for your will, as you embrace it, honor it, and begin to heal it. Will IS at the center of your life. Joined with your Witness Self, Will is the center of your soul.

Exercise

Journal your response to this question: **What kind of walk with my will am I seeking?**

References:

Assagioli, Roberto. *The Act of Will*. Baltimore, MD: Penguin Press, ©1973.

Trout, Susan S. *Born to Serve: The Evolution of the Soul Through Service*. Alexandria, VA: Three Roses Press, ©1997.

STRONG WILL

Support Tool Worksheet 1-2 (Study Step 6)

TRIBUTE ONE

**My life goal is to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing.**

Supportive Tenet

The following tenet of Tribute One supports the theme of “The Strong Will”:

Tenet 6: Failure to develop and strengthen my will leads to a sense of meaninglessness and mental inertia and loss of the ability to make decisions and changes and to recognize and act upon intuition.

The Strong Will Speaks

Directions: Read the following aloud *with feeling*, as though you ARE the strong will.

Many, if not most, people misunderstand me. I get blamed for all sorts of things and people often use words like these to describe me: stubborn, wilfull, rigid, selfish, only thinking about what I want. Why, some people even think I am a Mack truck, running over everyone and everything. As you might sense, I’m not pleased about being so misunderstood and not appreciated.

The truth is, I am the most basic of the four aspects of the will. I’m important because I develop first as the energy or power needed to develop the other aspects of your will. You have to put gas in the engine, you know. Thus, I begin developing in utero and from the time I am born to age five or six. Ever hear of the “terrible twos?” “thwarted threes?” “frustrating fours?” “finicky fives?”

I am the power, impetus, and energy of the will. I make sure that any willed act contains enough intensity, enough “fire” to carry out its purpose. If you want the will to move, call on me – I’ll help you out. I also help you concentrate, be one-pointed, and be courageous. Without me, you would be unable to have energy to carry out your decisions and bring about your goals. I help you with self-discipline, too. I even help you stand straight and tall!

However, I need to be developed along with the other aspects of the will – the skillful will, the good will, and the Transpersonal Will. Otherwise, I can do harm if I use my force and power in a way that does not support my (or another’s!) physical, emotional, mental, and spiritual health. This is REALLY true when the skillful will and I ignore the company of the good and Transpersonal Will.

Think of me the next time you can’t open one of those *darned* plastic-sealed packages that you buy these days. Why, just the other day, I bought a new screwdriver and do you think I could figure out how to open

that package? I started to rip it apart, I got so angry. (By the way, I often get angry when I feel I can't do something fast and or when I feel imposed upon in any way whatsoever. I can be low on the will's quality of patience.) Finally, my skillful will rescued me and provided me with patience and then helped me breathe slowly while I read and followed the directions. But... have no doubt, as the strong will, I wanted to rip it apart and have a tantrum! Right then and there, in front of everybody! Can't you just feel the intensity of the fire in my belly? The skillful will helps me out, by the way, when my energy is low. Did you know that you can compensate if you have low strong will energy by using your skillful will? You'll still do what you want to do, but it'll just take you a longer time to do it.

Strong Will Exercise

Select and briefly describe a situation in your life in which you feel weakened by your fears, self doubt, or lack of self confidence.

Engage your Witness and picture yourself in this situation. From your heart, ask your healthy strong will to be present with you. Soon you see yourself walking with a calm yet firm and determined step. You feel the presence of decision, focused intention, and persistence. See yourself successfully resisting any attempt at intimidation. Visualize yourself as having attained inner and outer mastery of strong will energy.

Journal on how you feel about the situation now that you are in the presence of your healthy strong will. Would you describe it differently? Are you calm and confident?

References:

Assagioli, Roberto. *The Act of Will*. Baltimore, MD: Penguin Press, ©1973.

Trout, Susan S. *Born to Serve: The Evolution of the Soul Through Service*. Alexandria, VA: Three Roses Press, ©1997.

SKILLFUL WILL

Support Tool Worksheet 1-3 (Study Step 8)

TRIBUTE ONE

**My goal is to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing.**

Supportive Tenets

The following tenets of Tribute One support the theme of “The Skillful Will”:

- Tenet 2: The clarity of the expression of Divine Will through my personal will is dependent upon my willingness to develop and strengthen my will through inner work.**
- Tenet 4: Because the energy and skill of the will are neutral and can be used for good or for harm, I am responsible for learning to use my will in a beneficent way.**
- Tenet 7: Continually developing and exercising the will throughout my lifetime leads to increased inner strength and greater certainty of my connection with the Divine when faced with challenges and responsibilities and when serving others.**

The Skillful Will Speaks

Directions: Read the following aloud *with feeling*, as though you ARE the skillful will.

The strong will doesn't like to admit it, but it would be nothing without me – that is, it couldn't even explain itself because it needs the skill of language and thought to even talk. Now, I'm not being prideful. I'm just saying it as it is so that you understand me and the absolutely vital role I play in the world... for good and for not good, unfortunately.

Who am I? Well, I provide you with the ability to develop a strategy for absolutely everything – every activity, thought, emotion, action, movements, etc., etc., etc. You need me to learn and discover how to live a meaningful and productive life. You need me to incorporate desires, to develop and evaluate your habit patterns, and to learn and do just about anything. There are several psychological laws associated with how all of this comes about in your psyche, along with ways to develop and use your will.

I help you be effective and efficient by giving you the ability to attain desired results with the least amount of energy expended. We learn to choose and use the most practical, effective, and effort-saving means and strategies to proceed in our life's journey. I help you know the basic elements of the psychological world, the forces active in it, and the laws that regulate the willed act. This knowledge leads to the skillful direction of the intended activity of the will. There are countless ways to use the skillful will!

You know, the best way is not necessarily the most direct and obvious or the fastest. This is a little bit of what the strong will tried to explain. It is possible to have the skillful will compensate for your weak energy. You'll eventually accomplish what you wish, it will just take you longer because your will moves more slowly than if you had stronger energy. As you might have guessed, the strong will loves speed. Well, one can say the skillful will loves quality, efficiency, problem solving, competence... things like that.

Let me give you an example of the difference between the skillful will and the strong will. Let's suppose you want to go to New York City to visit the art museum that is showing paintings by Van Gogh. You will want to use your skillful will to go on the internet to discover when the museum is open, where it is located, and information about Van Gogh's paintings. You will also use your skillful will to choose your mode of transportation – you decide to go by car. That means using your skillful will to be sure your car is in proper condition. You'll also need to plan your trip (using Google Maps, of course), put fuel in the car, decide when to leave and return, pack, and finally get in the car and drive there... all using the skillful will.

Now – had you decided to only use the strong will, you would not plan any of this and, instead, you would get behind your car and push it all the way.

The skillful will develops in early childhood through play and learning from Mom, Dad, and others about how to do things, like dressing oneself and brushing one's teeth, to name a few. Once a child starts going to school, the skillful will takes front center on the stage of life... learning and studying in school and participating in after-school activities are all about developing the skillful will.

Just so I am honest with you, the not-so-good ways the skillful will can be used includes aggression and violence, fear, depression and despondency, and greed. That's why we also need to call on our *good will*.

Journal Exercise

Write a summary of what you have observed about the development of your skillful will during the first 25 years of your life, including a description of its relationship with your strong will.

References:

Assagioli, Roberto, *The Act of Will*. New York: Penguin Books, 1982, pp. 35-61
Trout, Susan S. *Born to Serve: The Evolution of the Soul Through Service*. Alexandria, VA: Three Roses Press, ©1997.

GOOD WILL

Support Tool Worksheet 1-4 (Study Step 10)

TRIBUTE ONE

**My goal is to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing.**

Supportive Tenets

The following tenets of Tribute One support the theme of “Good Will”:

- Tenet 2: The clarity of the expression of Divine Will through my personal will is dependent upon my willingness to develop and strengthen my will through inner work.**
- Tenet 4: Because the energy and skill of the will are neutral and can be used for good or for harm, I am responsible for learning to use my will in a beneficent way.**
- Tenet 7: Continually developing and exercising the will throughout my lifetime leads to increased inner strength and greater certainty of my connection with the Divine when faced with challenges and responsibilities and when serving others.**

Good Will Speaks

Directions: Read the following aloud *with feeling*, as though you ARE the good will.

I know you expect me to be all sweetness and light. After all, I AM the good will. But I’m afraid I can’t tell you about the good will without first explaining will-clashing. What do I mean? Well, because we are in constant interaction with our family, our working associates, and society in general, we have many opportunities to experience will conflicts, which I like to call will-clashing.

I’m sure you observe a clash of wills between and within political parties, cultures, nations, religions, family members, neighbors, friends, co-workers, committee members, and so on. We waste an enormous amount of physical and psychological energy plus time and money by engaging in conflicts. We witness extensive human suffering from these clashes of will. Right now, there is a tremendous will-clashing between what Mother Earth needs and what our immediate economy needs. What’s with us, anyway, that the suffering of Mother Earth doesn’t matter? Have you ever wondered if the will of the Earth has been wounded beyond healing?

One could go on and on with evidence of the misuse and lack of use of the good will. Our civilization has often misused its collective will by adopting ways of life that run counter to the real good of each and all: bird and flower, sky and sea, child and adult. Also remember that the good will can be strong and able, yet be harmful to the self and others if not governed by ethical considerations.

Okay, so what can our good will for the greater good accomplish? Well, many attempts are being made to replace competition with cooperation, and conflict with arbitration, as well as agreements based on an understanding of right relations between groups, classes, and nations. We must recognize that the success of any attempt to determine greater good depends on the gradual harmonization of the wills of all concerned. Such harmonization is difficult indeed, but it is possible; perhaps differing individual interests and goals can be made to fit into the circle of greater good for humanity. Perhaps.

Right use of will starts with individuals, but groups can start, too. How can individuals and groups strengthen their wills and become skillful by choosing actions that are consistent with the welfare of others and the greater good of humanity?

Each of us can learn to practice good will by: (1) eliminating our obstacles of selfishness, self-centeredness, and lack of understanding and compassion for others (i.e. doing our inner work); and (2) developing and expressing a good will. We can develop our strong and skillful wills so that we can practice *will-to-good* and *will-to-understand* the human psyche, vital needs, human differences, and the health of nature.

There is an urgent need to unify love with will. Untempered strong and skillful will lacks heart – it can be cold, stern, and cruel. Love (good will) without strong and skillful will makes an individual weak, sentimental, overemotional, and ineffectual. Each of us is out of balance with our love and will: we tend to engage in one more than the other.

Self-Inquiry Exercise

Select a daily newspaper that provides you with a wide range of news in the world. As you peruse this source, identify articles that describe good will in action. What do these findings tell you about the nature of good will at the community, state, national, and/or global level?

How would you describe the relationship among your strong, skillful, and good wills? Which is strongest in you? Weakest?

TRANSPERSONAL WILL

Support Tool Worksheet 1-5 (Study Step 12)

TRIBUTE ONE

**My goal is to align my will with Divine Will
and to increase the time I function in this state of Higher Knowing.**

Supportive Tenets

The following tenets of Tribute One support the theme of Transpersonal Will:

- Tenet 1:** Universal Will expresses Itself through my Transpersonal Will to my personal will; in this way, my life purpose and mission are manifestations of the Divine.
- Tenet 3:** Experiences of synchronicity and an increased sense of inner wellbeing provide feedback that Divine Will is expressing itself through my personal will.
- Tenet 7:** Continually developing and exercising the will throughout my lifetime leads to increased inner strength and greater certainty of my connection with the Divine when faced with challenges and responsibilities and when serving others.

Transpersonal Will Speaks

Directions: Read the following aloud *with feeling*, as though you ARE the Transpersonal Will.

I exist in the spiritual domain and seek to connect with your personal will. Why? Because the purpose of life is to use will to find forms for expressing the spiritual qualities while residing on Planet Earth.

My journey from the spiritual domain is both a long and a short journey. Long, in the sense that it takes considerable finesse to download myself through the various vibrations that exist moving from the spiritual to the physical plane, where the strong, skillful, and good wills reside. It is a short journey in the sense that there is neither time nor space that separates me from you and from your request that I be present to shower upon you all the guidance you wish. I help you go within and to become the beautiful soul you were meant to become.

I extend much energetic support to you for your efforts in attaining a right use of your will. I extend energetic support as you and I unify the four aspects of our will into one integrated, whole, unified Will. Yes, that is the journey... to bring us all together as a unit, each with a specific job description, so to speak, yet functioning as ONE.

How to do that, you ask?

It is a matter of remembering...

- Remember that you have a fundamental need for understanding the meaning of life. When you see meaning in your life and give it meaning, you will gain a surprising degree of inner strength – and you will know – and I do mean *KNOW* – how to do the right thing at the right time for the right reason and in the right way.
- Remember that the purpose of life is basically to use your will to find forms for expressing the equalities emanating from me, your Transpersonal Will. Indeed, your personal will feels me calling you to move toward experiencing transpersonal love, transpersonal action, transpersonal beauty, and self-realization.
- Remember that deep within your heart, you desire to evolve the right use of your will in order to transcend your personality limitations through union with something greater and higher – with your Transpersonal Will. In this way, you will indeed experience the union of will and love.

I am present with you. Do not forget to call on me and ask for my support and guidance – do not forget you are worthy to be in my presence.

Alignment Exercise

Directions: Practice the Transpersonal Will Alignment at the beginning of each day during the fourth week of the Universal Tribute One course.

TRANSPERSONAL WILL ALIGNMENT

NOTE: The human soul (lower case “s”) is located in the heart and has two parts – the witness and the will. Each individual’s Soul (capital “S”), or Higher Self, is located about eight inches above the head.

Purpose: To align with the Soul, the spiritual principle and the guiding light toward which the soul is consciously or unconsciously evolving. The Soul’s function is to protect, guide, teach, and inspire.

When to Align: Aligning with your Soul can be done at any time. Doing so is especially helpful at the beginning of the day or before any activity during the day in which you wish to have support and guidance.

Directions: Sit in a comfortable position when doing the alignment and in a quiet place where you will not be interrupted. ***Pause at least 10 seconds between each step.***

1. Take a deep breath to calm your physical body (pause).
2. Take a deep breath to calm your emotional body (pause).
3. Take a deep breath to calm your mental body (pause).
4. Focus your awareness in your heart - the home of soul and personal will.

5. Visualize a line of energy extending from your heart down to the heart of Mother of the Earth.
6. Visualize a line of energy from your heart to your Soul, home of your Transpersonal Will.
7. Visualize the energy extending from Transpersonal Will to Divine Source.
8. Sit in silence (and/or meditate) as you hold this alignment from the heart of Mother of the Earth to Divine Source. See the Will energy of Source moving down the alignment to the heart of Mother of the Earth and then back again to Source, creating a circuit of energy that extends to all levels of manifestation. (You may either sit in silence for a few moments or meditate for 15-20 minutes.)
9. Chant 3 OMs.

Journal Exercise

Describe the nature and benefit of your daily experiences with the Transpersonal Will Alignment.

References:

Assagioli, Roberto, *The Act of Will*. New York: Penguin Books, 1982, pp. 63-76.

Trout, Susan S. *Born to Serve: The Evolution of the Soul Through Service*. Alexandria, VA: Three Roses Press, ©1997.

Adapted from: Susan S. Trout. *The Clarion Call: Leadership and Group Life in the Aquarian Era*. Alexandria, VA: Three Roses Press, © 2009, pp 306-307.

COURSE CHECK-IN

Support Tool Worksheet 1-6 (Study Step 13)

Directions: Journal on the following questions.

In what ways have I developed an understanding of my wounded will?

When I compare the development of each of the four aspects of the will, which one(s) do I sense are the most developed? The least developed?

Which one of the four aspects of the will do I feel I most need to strengthen? How might I do that?

How do I intend to continue healing my wounded will after I have completed this course?

*Our happiness depends upon the willingness to understand the nature and function of our will
and to welcome its strengthening and healing with highest unconditional regard.*

~ from *Born to Serve*