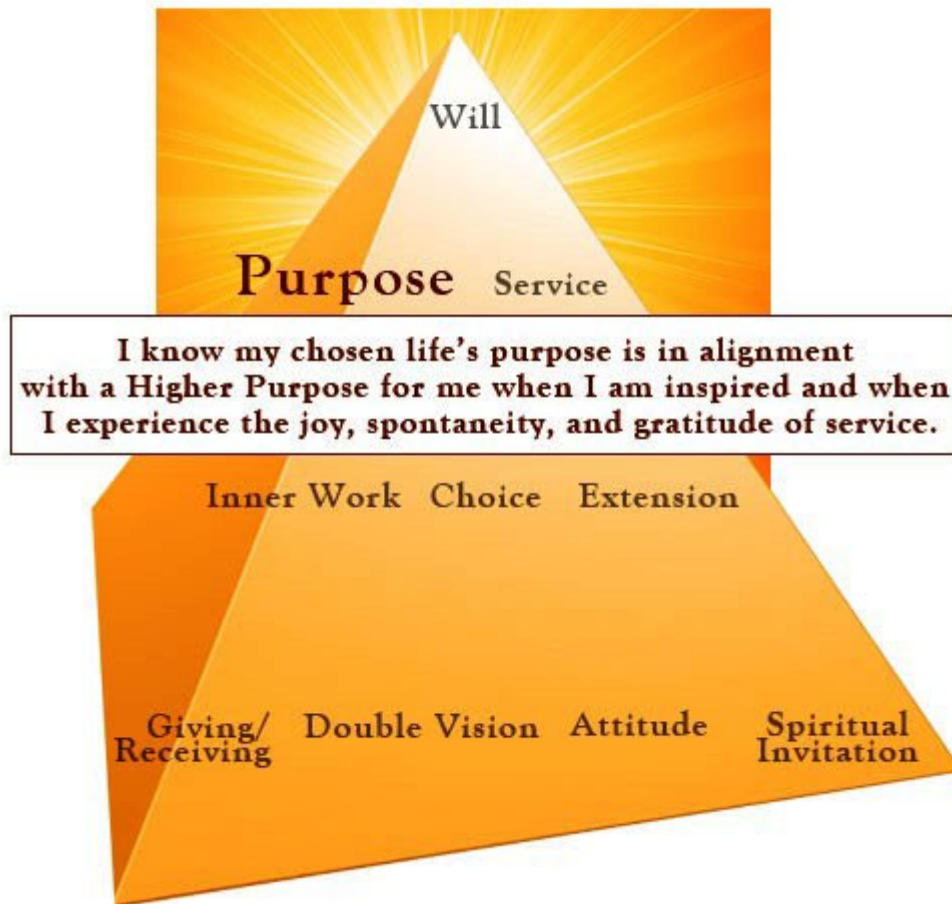


# The Clarion Way

## UNIVERSAL TRIBUTE TWO – *PURPOSE*:

*Discovering My Life's True Meaning*



## UNIVERSAL TRIBUTES COURSE

Institute for the Advancement of Service  
[www.showanotherway.org](http://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](http://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 TWO COURSE

### ***PURPOSE: Discovering My Life's True Meaning***

#### **Course Description**

*When our soul is determined to evolve, it will find a way to convert even rocks to fertile soil. Delineating the ups and downs of our life enables us to see how we have transformed the obstacles into gifts.*

~ from *Born to Serve*

#### **PURPOSE**

To discover the answer to the question "Why am I here?" and to uncover the meaning of your life from a spiritual perspective

#### **BENEFITS**

1. To view the events of my life through the 'bigger picture' of my soul's reason for being
2. To discover the spiritual purpose of my life regardless of what I 'do' in the world
3. To identify the Present Main Purpose of my life and explore which aspect of my Life Purpose it fulfills
4. To explore practical ways to support my alignment with my Life Purpose

#### **CHOOSING TO WORK WITH THIS COURSE**

- Does your life lack meaning?
- Have you ever wondered, 'Why am I here?' or asked yourself, 'What is the purpose of my life?'
- Do you lack inspiration or spontaneity?
- Do you feel like something is missing from your life, despite having 'a good life'?
- Do you feel unfulfilled in your work and think there must be something else 'out there' for you, but not know what it is?
- Have you sensed that you are here for a special purpose but have never been able to ascertain what that purpose is?

This course invites you to devote yourself to beginning (or deepening) your spiritual journey using the psychological-spiritual tool of the 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 *purpose* supports discovering your life's true purpose through the understanding and practice of **Tribute Two: 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.**

## Objectives

1. To become acquainted with the Ten Universal Tributes
2. To study the concepts in Tribute Two and its Tenets
3. To discover your Life Purpose through reflection upon the significant events of your life
4. To recognize that your Life Purpose is spiritual – it does not tell you *what to do* so much as it tells you *how to be* in the world
5. To explore practical ways to strengthen your alignment with your Life Purpose

## Topics Covered

- The Ten Universal Tributes as a Spiritual Roadmap
- Tribute Two and Tenets: *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.*
- Exploring how significant events in your life reveal keys to your Life Purpose
- Understanding the concept of 'Present Main Purpose' (which changes over time) and how each Present Main Purpose of your life fulfills some aspect of your Life Purpose
- Identifying goals to help bring your life into alignment with your Life Purpose

## Recommendations for how to best study this course

- Read portions of *Born to Serve* by Susan S. Trout, PhD, as indicated throughout the course materials. *Born to Serve* can be downloaded in PDF format from the Institute's website ([www.showanotherway.org](http://www.showanotherway.org)). You may also request a free hard copy of the book by emailing [info@showanotherway.org](mailto: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.
- **NOTE: Before you begin the course, download and print the *Life Purpose Template* from the Course Description page of the Institute's website ([www.showanotherway.org/courses/purpose](http://www.showanotherway.org/courses/purpose))**

## Recommended Study Steps

1. Read Information Handout 1-1, *Universal Tributes: A Spiritual Roadmap*

2. Read Information Handout 1-2, *Tribute Two and Tenets*
3. Read *Born to Serve*, headnote to Chapter Two: "Service and the Evolution of the Soul," p. 31; "Parameters of the Soul's Evolution," pp. 33-35; and "Aspects of the Soul's Unfoldment," pp. 35-38.
4. Complete Support Tool Worksheet 1-1, *Exploring My Life Purpose: A Life Inventory*
5. Complete Support Tool Worksheet 1-2, *Drafting the Timeline of My Life*
6. Read Information Handout 1-3, *Definitions: Life Purpose and Present Main Purpose*
7. Complete Support Tool Worksheet 1-3, *Exploring Present Main Purpose and Its Teachings*
8. Complete Support Tool Worksheet 1-4, *Setting Goals*
9. Complete Support Tool Worksheet 1-5, *Course Check-In*

### **Suggested Schedule of Weekly Study Steps**

Week One: Steps 1-4; Week Two: Step 5; Week Three: Steps 6-7; Week Four: Steps 8-9

### **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 Two 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 Two (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.

**NOTE:** Before you begin the course, download and print the *Life Purpose Template* from the Course Description page of the Institute's website ([www.showanotherway.org/courses/purpose](http://www.showanotherway.org/courses/purpose))

## UNIVERSAL TRIBUTES: A Spiritual Roadmap

### Information Handout 1-1 (WEEK ONE)

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*.<sup>1</sup>
- 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.

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<sup>1</sup> *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 TWO and TENETS**  
**Information Handout 1-2 (WEEK ONE)**

**TRIBUTE TWO**

**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.**

**TENETS**

1. To live life fully, I ask myself in every moment: Why am I here? How am I to be? What am I to do? Who am I to do this with? Where am I to go?
2. I have been given a unique assignment by the Divine and, having accepted this function, I live my life with integrity, commitment, and gratitude.
3. When I am out of harmony with the Divine's purpose for me, I become attached to the material world and its tangible rewards.
4. To be inspired is to put the Divine first in my life, thereby aligning my will with Divine Will and fulfilling my assigned Life Purpose and mission.
5. To inspire is to be inspired.
6. The energy of the Divine is spontaneous because it is only in the moment that the highest good can be served.
7. It is not what I do in my life that matters but the love, joy, and gratitude with which I do it.
8. Experiences throughout my life, even when seemingly inconsequential, serve as stepping stones to the eventual fulfillment of my chosen Life Purpose.

## EXPLORING MY LIFE PURPOSE: A LIFE INVENTORY

### Information Handout 1-3 (WEEK THREE)

#### Supportive Tenets:

The following Tenets of Tribute Two support the exploration of your Present Main Purpose and its teachings in relation to your Life Purpose:

- Tenet 2: I have been given a unique assignment by the Divine and, having accepted this function, I live my life with integrity, commitment, and gratitude.
- Tenet 4: To be inspired is to put the Divine first in my life, thereby aligning my will with Divine Will and fulfilling my assigned Life Purpose and mission.
- Tenet 5: To inspire is to be inspired.
- Tenet 8: Experiences throughout my life, even when seemingly inconsequential, serve as stepping stones to the eventual fulfillment of my chosen Life Purpose.

#### Life Purpose

Our Life Purpose is overarching, spiritual, and can usually be stated succinctly, with few words. It can be considered a kind of spiritual philosophy that guides our life, and describes more a way of *being* rather than of *doing*.

It is possible that prior to incarnation, our soul chooses the knowledge to learn during this lifetime and makes agreements with other souls who are to help. The learning, or more accurately the unveiling of this knowledge, is our Life Purpose. Our Life Purpose is often visible as a theme running through our life experiences.

For example, in doing a life review, one person noted how since childhood she has felt driven to find a way to communicate her inner being to others. As a child, she had a speech impairment, and at college she majored in English. Later, she studied communication disorders, and her first career centered on the diagnosis of children with speech and language difficulties. Still later, the drive to express herself at deeper levels led her to express her essence by speaking and writing on psychological and spiritual growth.

NOTE: For the exercises that follow, if you do not know your Life Purpose, you will be asked to make a hypothesis of what it might be.

#### Present Main Purpose

Psychiatrist Roberto Assagioli, founder of Psychosynthesis, developed the concept of the *Present Main Purpose* in relationship to one's overarching Life Purpose. Present Main Purpose is the main thing an

individual is working on in order to move closer to fulfilling his or her Life Purpose. An individual's Present Main Purpose *changes over time* and is reflected in significant events and choices of a person's life at any given time. However, **in order to know my Present Main Purpose, I need to know my Life Purpose.** It is my Life Purpose that provides the energy – the 'juice' – of my life. According to Assagioli, we start by identifying our Life Purpose – the broad context – and then narrow our focus to our present purpose. From that, we can identify goals to work on to bring our life into alignment with our Life Purpose.

## **Examples of Life Purpose and Corresponding Present Main Purpose**

### **Example #1**

**Life Purpose:** To live life completely and well.

**Present Main Purpose:** To engage in personal inner work so that I can participate in groups (family and work) with a spirit of cooperation and enthusiasm.

### **Example #2**

**Life Purpose:** To participate fully in the evolution of my soul.

**Present Main Purpose:** To study the interrelationship of spirit and matter and apply what I learn to the care of the environment.

### **Example #3**

**Life Purpose:** To align my personal will with Divine Will so I can serve from a state of inner peace.

**Present Main Purpose:** To bring my physical wellbeing into balance with my spiritual, mental, and emotional selves.

#### *Sources:*

Assagioli, Roberto, M.D. Association for the Advancement of Psychosynthesis, Somerset, KY.  
Susan S. Trout, PhD, "Right Use of Will Intensive IV" (workshop, Institute for the Advancement of Service, Alexandria, VA, June 26-27, 2013).

## EXPLORING PRESENT MAIN PURPOSE AND ITS TEACHINGS

### Support Tool Worksheet 1-3 (WEEK THREE)

**Purpose:** To begin drafting your Life Purpose and to identify the Present Main Purpose for TWO periods of your life. Your Present Main Purpose always fulfills some aspect of your Life Purpose.

**Directions:** Return to the **Life Purpose Template** you began with your timeline of events in Study Step 5. Refer to Information Handout 1-3 (DEFINITIONS: LIFE PURPOSE and PRESENT MAIN PURPOSE) for examples of Life Purpose and Present Main Purpose.

**Step One:** Draft the statement of your Life Purpose in the space below. Remember that your Life Purpose is overarching, spiritual, and can usually be stated succinctly, with few words. If you feel you don't know what it is, make a hypothesis. Consider this a 'working version' of your Life Purpose and add it to your **Life Purpose Template**.

**Step Two:** Consider the significant events of 1) your current age range and, and 2) your previous age range. Use the space below to draft your Present Main Purpose for each of these time periods. Transfer these statements to your Template in the bubble for "Present Main Purpose" beneath the appropriate age range.

***Current Present Main Purpose:***

***Previous Present Main Purpose:***

**Step Three:** Consider your *previous* Present Main Purpose and where you were in your life at that time. Answer the following inquiry questions regarding your *previous* Present Main Purpose.

How did the events of that time period inform my Present Main Purpose of that time period?

What were the primary learnings during this period of my life?

**Step Four:** Consider where you are in your life at this moment. Answer the following inquiry questions regarding your *current* Present Main Purpose.

In what way does your current Present Main Purpose relate, directly or indirectly, to Tribute Two and/or its Tenets?

**Sources:**

Assagioli, Roberto, M.D. Association for the Advancement of Psychosynthesis, Somerset, KY.  
Susan S. Trout, PhD, "Right Use of Will Intensive IV" (workshop, Institute for the Advancement of Service, Alexandria, VA, June 26-27, 2013).

## SETTING GOALS

### Support Tool Worksheet 1-4 (WEEK FOUR)

**Purpose:** To set manageable goals and devise workable strategies to assist you in achieving your current Present Main Purpose.

**Directions:** In order to have the energy, or activated Life Force, to fully support your goals, your goals must have a spiritual impulse behind them and relate to your Life Purpose. After reviewing the examples below, answer the following inquiry questions regarding your goals for achieving your *current* Present Main Purpose.

**Examples:** The examples below repeat two of the Life Purpose and Present Main Purpose examples presented in Study Step 6 – except here the Goals for achieving the Present Main Purposes are also provided:

#### Example #1

**Life Purpose:** To live life completely and well.

**Present Main Purpose:** To engage in personal inner work so that I can participate in groups (family and work) with a spirit of cooperation and enthusiasm.

**Goals:**

1. To join my siblings in planning how we each can do our part in meeting the needs of our elderly parents.
2. To lead assigned projects at work, applying the purpose and structure of the Institute's Team Learning Cycle in our team meetings.
3. To enroll in a class on group energies from a metaphysical perspective.

#### Example #2

**Life Purpose:** To align my personal will with Divine Will so I can serve from a state of inner peace.

**Present Main Purpose:** To bring my physical wellbeing into balance with my spiritual, mental, and emotional selves.

**Goals:**

1. For the next month, I will do the active and meditative practices of Qigong every morning for 30 minutes.
2. For the next month, I will walk up and down the stairs at work instead of taking the elevator.
3. I will bring playfulness into my daily life through humor, positive attitudes, drumming, and hiking in the mountains.

#### Self-Inquiry Questions:

1. What overall plan can I adopt for achieving my current Present Main Purpose?

What three things can I do for the next month that will support me in fulfilling my current Present Main Purpose? *Draft them below, then transfer them to your Life Purpose Template.*

**Goal #1**

**Goal #2**

**Goal #3**

How will I fulfill these goals? List one strategy, or plan of action, for completing each goal in the next month. These things should be manageable, workable, and likely to ensure my success.

**Goal #1 strategy**

**Goal #2 strategy**

**Goal #3 strategy**

Choose a Tenet from Tribute Two that you resonate with right now in your life. Write it below:

How does this Tenet reflect my (overarching) Life Purpose?

How does the Tenet speak to my Present Main Purpose – what I am working toward right now in my life?

*Sources:*

Assagioli, Roberto, M.D. Association for the Advancement of Psychosynthesis, Somerset, KY.  
Susan S. Trout, PhD, "Right Use of Will Intensive IV" (workshop, Institute for the Advancement of Service, Alexandria, VA, June 26-27, 2013).

## COURSE CHECK-IN

### Support Tool Worksheet 1-5 (WEEK FOUR)

**Directions:** Journal on the following inquiry questions.

What understandings have I developed regarding my Life Purpose?

Which of my goals is likely to be the most challenging?

Why is this goal likely to be challenging for me?

What do I need to remember as I strive to live my Life Purpose?

*Individuals are souls with personalities having unique qualities and inclinations. As a result, they differ in life purpose and expression of service. Alignment with Divine Will reveals to each the uniqueness of the individual soul's plan. Such alignment also generates the inspiration and energy necessary to express the soul's destiny, its individual spiritual assignment.*

~ From *Born to Serve*