# **The Clarion Way**

# UNIVERSAL TRIBUTE TEN – SPIRITUAL INVITATION: Remembering I Am Not Alone



# UNIVERSAL TRIBUTES COURSE

Institute for the Advancement of Service www.showanotherway.org

# **COURSE DISCLAIMER and COPYRIGHT ALLOWANCES**

This course was designed by the Institute for the Advancement of Service and reflects the psychologicalspiritual teachings and practices the Institute developed over its 45 years as a nonprofit organization (1980-2025). The course is not intended to provide medical or mental health care. Any courses, teachings, and practices presented by the Institute do not provide psychotherapy, medical therapy, or a substitute for either one. Students who embark on this self-study course are expected to assume self-responsibility for their wellbeing by seeking, when appropriate, psychological and medical professional services.

Every good-faith effort has been made to document accurately any reference material and citations used in this course.

Copyright © 2025 by Susan S. Trout. You are free to share selections from this course for noncommercial purposes if you attribute what you share to the Institute for the Advancement of Service and Susan S. Trout, as well as any sources listed throughout the course materials. You may summarize the material from this course provided you accredit it to the Institute for the Advancement of Service and Susan S. Trout, as well as any sources referred to or cited in the course materials where relevant, and do not alter their meaning.

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.* 

# TABLE OF CONTENTS

# UNIVERSAL TRIBUTE TEN COURSE

# SPIRITUAL INVITATION: Remembering I Am Not Alone

| COURSE DESCRIPTION  |
|---|
| UNIVERSAL TRIBUTES: A Spiritual Roadmap   |
| Study Step 1: Information Handout 1-1 (WEEK ONE)7                               |
| TRIBUTE TEN and its TENETS  |
| Study Step 2: Information Handout 1-2 (WEEK ONE)9                               |
| PARTNERING WITH THE TRIBUTES: SUGGESTIONS                                       |
| Study Step 3: Support Tool Worksheet 1-1 (WEEKS ONE THROUGH FOUR)10             |
| READING ASSIGNMENT  |
| Study Step 4: READ Born to Serve: "The Laws of Service" (pp. 18-24) (WEEK TWO)  |
| SPIRITUAL INVITATION  |
| Study Step 5: Support Tool Worksheet 1-2 (WEEK TWO)11                           |
| READING ASSIGNMENT  |
| Study Step 6: READ Born to Serve: "Shadow Neglected" (pp. 103-108) (WEEK THREE) |
| OBSTACLES TO DIVINE LOVE  |
| Study Step 7: Information Handout 1-3 (WEEK THREE)13                            |
| SELF-ASSESSMENT INVENTORY   |
| Study Step 8: Support Tool Worksheet 1-3 (WEEK THREE)                           |
| READING ASSIGNMENT  |
| Study Step 9: READ Born to Serve: "Service as Charity" (pp. 60-66) (WEEK FOUR)  |
| EXTENDING THE INVITATION TO OTHERS  |
| Study Step 10: Support Tool Worksheet 1-4 (WEEK FOUR)17                         |
| COURSE CHECK-IN   |
| Study Step 11: Support Tool Worksheet 1-5 (WEEK FOUR)19                         |

#### UNIVERSAL TRIBUTE TEN COURSE

# SPIRITUAL INVITATION: Remembering I AM Not Alone

#### **Course Description**

Others benefit from the energy of wellbeing that emanates from us as we heal and grow.

~ from Born to Serve

#### PURPOSE

To support you as you learn to recognize and respond to the invitation to go deeper into your inner state and to extend the same invitation to others

#### BENEFITS

- 1. To recognize spiritual invitations as they arise in daily life
- 2. To practice being attentive to the inner landscape: thoughts, emotions, physical sensations
- 3. To take steps to strengthen self-love
- 4. To practice extending wellbeing to others

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

- Do you sense that there is more to life than what appears on the surface?
- Are you searching for deeper meaning in life?
- Would you like to have a tool that helps you see yourself and others through "spiritual eyes"?
- Would you like to learn ways to strengthen self-love and to extend that love and sense of wellbeing to others?

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 *spiritual invitation* supports the journey into your inner life through the exploration and practice of **Tribute Ten: I accept the reality** 

of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves.

# **Objectives**

- 1. To become acquainted with the Ten Universal Tributes
- 2. To study the concepts in Tribute Ten and its Tenets
- 3. To cultivate attention toward spiritual invitations
- 4. To take steps to become open to self-love
- 5. To practice extending wellbeing toward others

# **Topics Covered**

- The Ten Universal Tributes as a Spiritual Roadmap
- Tribute Ten and its Tenets: I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves
- Learning about spiritual invitation
- Cultivating self-love and extending wellbeing to others

#### 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). 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 (pp.7-8)
- 2. Read Information Handout 1-2, Tribute Ten and Tenets (p. 9)
- 3. Work with Support Tool Worksheet 1-1, Partnering with the Tributes: Suggestions (p. 10)
- 4. Read Born to Serve, "The Laws of Service" (pp. 18-24)
- 5. Complete Support Tool Worksheet 1-2, Spiritual Invitation (pp. 11-12)
- 6. Read *Born to Serve*, "Shadow Neglected" (pp. 103-108)
- 7. Read Information Handout 1-3, Obstacles to Divine Love (pp. 13-14)
- 8. Complete Support Tool Worksheet 1-3, Self-Assessment Inventory (pp. 15-16)
- 9. Read Born to Serve, "Service as Charity" (pp. 60-66)
- 10. Complete Support Tool Worksheet 1-4, Extending the Invitation to Others (pp. 15-16)
- 11. Complete Support Tool Worksheet 1-5, Course Check-in (p. 19)

#### Suggested Schedule of Weekly Study Steps

Week One: Steps 1-3; Week Two: Steps 4-5; Week Three: Steps 6-8; Week Four: Steps 9-11

#### **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 Ten (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 (WEEKS ONE thought FOUR)

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.

<sup>&</sup>lt;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
- 6. same. (Key Word: CHOICE)
- 7. 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)
- 8. 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)
- 9. 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)
- 10. I support my healing process and that of others with patience, gentleness, and unconditional acceptance. (Key Word: ATTITUDE)
- 11. 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 TEN and its TENETS**

- 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 TEN and TENETS**

#### **Information Handout 1-2** (WEEKS ONE through FOUR)

#### TRIBUTE TEN

#### I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves.

#### TENETS

- 1. Willingness to see differently results in recognizing that Divine Love resides in all minds.
- 2. Lack of self-love is the major obstacle to accepting the presence of Divine Love within myself.
- 3. Self-doubt keeps me from experiencing my true reality.
- 4. Accepting the presence of Divine Love within me is a prerequisite to accepting the presence of Divine Love in another.
- 5. Divine Love is reflected back to me from the loving mind of every person or living creature.
- 6. "To invite" is to provide a psychological and spiritual space in which persons feel emotionally safe to make new choices without fear of having my will imposed upon them.
- 7. In many ways and with different words, I practice inviting myself and others into the energy of Divine Love.
- 8. Naturally, with willingness and without effort, the energy expressed by my inner state extends to others my silent invitation to accept Divine Love. I have no expectations about when or if they will accept my offering.

# PARTNERING WITH TRIBUTE TEN: Suggestions

# **Support Tool Worksheet 1-1** (WEEKS ONE through FOUR)

**Purpose and Directions:** To experience greater ease in integrating and practicing Tribute Ten and its Tenets in daily personal and work life, use the tools and suggestions below.

#### Suggested Schedule for Your Month's Work with Tribute Ten

- **Daily** spend a minimum of 10 minutes in meditation or "silent time."
- Week 1 Complete Study Steps 1 through 3, work with at least one suggestion below to integrate and practice Tribute Ten and its Tenets, and read Information Handout 1-1 at least 2 times/week.
- Week 2 Read "The Laws of Service" in *Born to Serve*, complete Support Tool Worksheet 1-2, continue using suggestions of your choice from the selections below, and read Information
- Handout 1-1 at least 2 times/week.
- Week 3 Read "Shadow Neglected" in *Born to Serve*, read Information Handout 1-3, complete Support Tool Worksheet 1-3, continue using suggestions of your choice from this Worksheet, and read Information Handout 1-1 at least 2 times/week.
- Week 4 Read "Service as Charity" in *Born to Serve*, complete Support Tool Worksheets 1-4 and 1-5, continue using suggestions of your choice from the selections below, and read Information Handout 1-1 at least 2 times/week.

# General Suggestions (can be used all month)

- Read Tribute Ten and its Tenets aloud, listening for clues in the sentences that will help anchor the meaning.
- Practice focusing on your senses. For example, feel the rain against your face, smell the aroma of coffee. Just *experience* the thing you are feeling, smelling, hearing, etc. Don't try to name it, don't describe it, don't think about it just experience it. Focusing on your senses will help you to practice living in the present moment, increase your awareness, and enhance your inner state.

#### Specific Suggestions (select one or two each week)

- Read Information Handout 1-2, Tribute Ten and Tenets (Study Step Two). Choose and reflect on one of the following Tenets: 1, 5, 7, or 8. Journal this question: How does this Tenet relate to my life at this time?
- Express the meaning of the Tribute Ten and Tenets artistically by making a collage, drawing, painting, sculpting, writing poetry, or composing a song

#### SPIRITUAL INVITATION

#### Support Tool Worksheet 1-2 (WEEK TWO)

#### TRIBUTE TEN:

#### I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves.

#### What is Spiritual Invitation?

The key to this course is contained in this Tribute's key words: "spiritual invitation." The word "invitation" comes from the Latin, *invitamentum*, meaning "invitation, attraction, allurement." An invitation draws us to a person, an event or an experience. Our life experience tells us that when invitations are offered, we who receive them make the ultimate decision whether to accept them or not. To "accept" means to take into our "space," or welcome into our lives, without conditions. When we do not accept, we deny, push away, or put a value judgment on the feeling, people, or situations we do not want or like. The descriptor "spiritual" in the key words to this Tribute refers to wholeness or wellbeing. When we receive a spiritual invitation, we are being invited, allured, drawn into wholeness.

READ STUDY STEP 4: "The Laws of Service" in Born to Serve (pp. 18-24)

#### **Recognizing Spiritual Invitations**

Spiritual Invitations come to us in a variety of ways, as bright flashes or a fleeting shimmer. For many, the reflection of Divine Love is a glimpse. That glimpse can appear in people who cross our paths, or through interactions with loved ones. Frequently, the reflection comes while we are in a natural setting or with our pets, while engaged with a creative project, or while listening to music. Over time, an apparently negative experience might offer new meaning. As noted in *Born to Serve*, "Events initially perceived as damaging to our wellbeing can serve us at a high level." These episodes tug at our minds, hearts and senses. They can be enjoyed and cherished; they can be buried away in memory as we move on to our everyday tasks and be brought up again and again to offer us comfort as we move throughout our lives.

In the following narrative, we see how Susan Trout, author of *Born to Serve*, was transformed by a simple event in her life:

Early one Sunday morning I was driving to yet another personal growth workshop, which I hoped held the key for healing my wrenching emotional pain. On this particular morning, alienation and darkness engulfed me and I considered suicide my only recourse. As I drove through the Fillmore District of San Francisco, I noticed that the streets, like me, were empty of life.

I stopped at a red light. Out of the corner of my eye I saw a woman dressed in her Sunday best crossing the street in front of me. To my surprise, she suddenly stopped and stood at the hood of my car. She then turned and smiled, her face beaming with love. Her look warmed my heart. The

purity of her love kindled a memory of a love within me, a love forgotten and unreachable until that moment. I smiled. She turned and walked on.

This meeting took only seconds, yet it served as a catalyst for shifting my emotional state. Our interchange reminded me of the love of God within all humanity. With this awareness, I began the ascent out of my inner darkness.

# **Self-Inquiry Exercise**

**Directions:** Reflect and journal on the following questions:

1. I experienced an opening to Divine Love when . . . (describe an experience you have had below):

2. How has that episode informed my life?

#### **OBSTACLES TO DIVINE LOVE**

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

#### **TRIBUTE TEN:**

#### I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves.

#### **Supportive Tenets**

The following tenets of Tribute Ten support the theme of Obstacles to Divine Love.

- Tenet 1: Willingness to see differently results in recognizing that Divine Love resides in all minds.
- Tenet 2: Lack of self-love is the major obstacle to accepting the presence of Divine Love within myself.
- Tenet 3: Self-doubt keeps me from experiencing my true reality.

**READ STUDY STEP 6:** "Shadow Neglected" in *Born to Serve* (pp. 103-108)

#### **Recognizing and Removing Obstacles to Divine Love**

How is it that we miss recognizing and appreciating wholeness or Divine Love in our lives? There are a variety of contributing factors that produce inner chatter and outer noise, obscuring the deeper meaning of life and creating obstacles to our awareness of the presence of Divine Love.

Our inner chatter consists of the various "stories" of our lives, along with reactions, grievances, and resentments. Hanging onto these stories and reactions strengthens the ego and contributes to feelings of separateness from others and, ultimately, from the experience of Divine Love.

Most of us have had uneven experiences in our development. Some of us have had traumatic experiences that have affected us on many levels. When we reach adulthood, we have our gifts and talents along with neglected, underdeveloped, and unlived aspects of our psyches. Carl Jung, pioneer psychiatrist and founder of analytical psychology, calls these neglected part of ourselves our "shadow." Shadow tendencies are not part of our conscious awareness; nevertheless, they influence our thoughts and behavior, and thereby present further obstacles to our recognition of Divine Love within ourselves and others.

Additional obstacles are created simply by the fast-paced life we lead in the twenty-first century. "Outer noise" is created by the distractions and demands of day-to-day living, as we focus our attention on

numerous work, family, and recreational demands, as well as distractions, such as email, social media, television, phone calls, meetings, and much, much more.

One of the solutions to removing the obstacles to Divine Love is to pay attention to our inner life – for example, to observe our emotions, thoughts, reactions, and physical sensations, and to do this without judgment. As noted in *Born to Serve*, "Simply by paying attention, insights arise and inner shifts occur that affect outer action."

The next Support Tool Worksheet (*Support Tool Worksheet 1-3* – Study Step 8) will give you an opportunity to focus on experiences of Divine Love in your daily life.

#### SELF-ASSESSMENT INVENTORY

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

#### **Purpose and Directions:**

Support Tool Worksheet 1-3 is intended to be the focus of your work in the third week of this course. In the evening of the first day of the third week, reflect on your day, using the statements below. Read each statement on the left. Indicate how the experience shows up in your life by circling a rating to the right of the statement.

#### Today...

|  | Seldom |   |   | Often |   |  |
|--|--------|---|---|-------|---|--|
| I took time to be aware of my body: hunger, energy, relaxation, fatigue  | 1      | 2 | 3 | 4     | 5 |  |
| I was aware of the variety of emotions I experienced   | 1      | 2 | 3 | 4     | 5 |  |
| I engaged with a person/people without expectation of return (of attention, of time)                                 | 1      | 2 | 3 | 4     | 5 |  |
| I noticed/took time in nature  | 1      | 2 | 3 | 4     | 5 |  |
| I engaged in play: creativity, exercise, dance, puzzles  | 1      | 2 | 3 | 4     | 5 |  |
| I noticed what opened/softened my heart  | 1      | 2 | 3 | 4     | 5 |  |
| I enjoyed time with my pet [or felt a connection with other<br>"beings" (birds, insects, animals) in my environment] | 1      | 2 | 3 | 4     | 5 |  |
| I heard the voice of my inner critic and let it go   | 1      | 2 | 3 | 4     | 5 |  |
| I made room for healthy humor  | 1      | 2 | 3 | 4     | 5 |  |
| I experienced a sense of wonder, awe, or reverence   | 1      | 2 | 3 | 4     | 5 |  |

#### **Setting an Intention**

After completing the inventory, refer to the above statements and set an intention in one area of your life that you have neglected. Focus on this intention for the rest of the week. For example, "I will set aside a short time (10 minutes) each day to engage in play (crossword puzzle) with the intention of increasing the time for play next week."

# **Recapitulation Practice**

**Directions:** Use the three-step Recapitulation Practice below every evening during Week Three:

**Step One:** Find a quiet place and calm your mind and emotions. Review the events of the day from night back to morning in the context of the intention from the self-assessment.

**Step Two:** Acknowledge the feelings you had throughout the day. Notice how you paid attention to the physical, emotional, mental, and spiritual parts of yourself.

**Step Three:** Acknowledge your willingness to review the day in this way. Notice experiences of growth and opportunities for growth.

# **EXTENDING THE INVITATION TO OTHERS**

# Support Tool Worksheet 1-4 (WEEK FOUR)

# TRIBUTE TEN:

# I accept the reality of the presence of Divine Love within my own mind and invite others to accept that same Love within themselves.

#### **Supportive Tenets**

The following Tenets of Tribute Ten support the theme of extending the invitation to others.

- Tenet 4:Accepting the presence of Divine Love within me is a prerequisite to accepting the<br/>presence of Divine Love in another.
- Tenet 6: To "invite" is to provide a psychological and spiritual space in which persons feel emotionally safe to make new choices without fear of having my will imposed on them.

READ STUDY STEP 9: "Service as Charity" in Born to Serve (pp. 60-66)

#### Service as Charity

The word "charity" derives from the Latin *caritas*, meaning "love for our fellow man." To truly serve with charity requires an understanding of the relationship between the state of being of the server and the quality of the service. This understanding unfolds as the soul evolves and is the soul's highest expression. True charity always helps the person who gives as much as it helps the recipient. To establish this reciprocal relationship, we must master four skills of giving:

- 1. Giving the right amount (we must be sensitive to what the recipient is able to receive)
- 2. Giving the right thing (we must expand people's choices rather than make the choices for them)
- 3. Giving for the right reason (giving without expectations of reward or response), and
- 4. Giving at the right time (involves trust in one's intuition and True Self)

The self-inquiry exercise on the next page will give you an opportunity to explore the four skills of giving in your life.

#### **Self-Inquiry Exercise**

**Directions:** Reflect and journal on the following questions:

1. When in my life have I received the right amount of the right thing for the right reason and at the right time?

2. How did I feel nurtured when I received "true charity" in this event?

3. How am I able to use the definition of true charity in my interactions with others?

#### **COURSE CHECK-IN**

# Support Tool Worksheet 1-5 (WEEK FOUR)

Directions: Reflect and journal on the following questions.

1. During this past month, in what ways have I given more attention to my inner life?

2. What growth or healing have I experienced by working with Tribute Ten and its Tenets?

Naturally, with willingness and without effort, the energy expressed by my inner state extends to others my silent invitation to accept Divine Love. I have no expectations about when or if they will accept my offering.

 $\sim$  Tribute Ten, Tenet 8  $\sim$