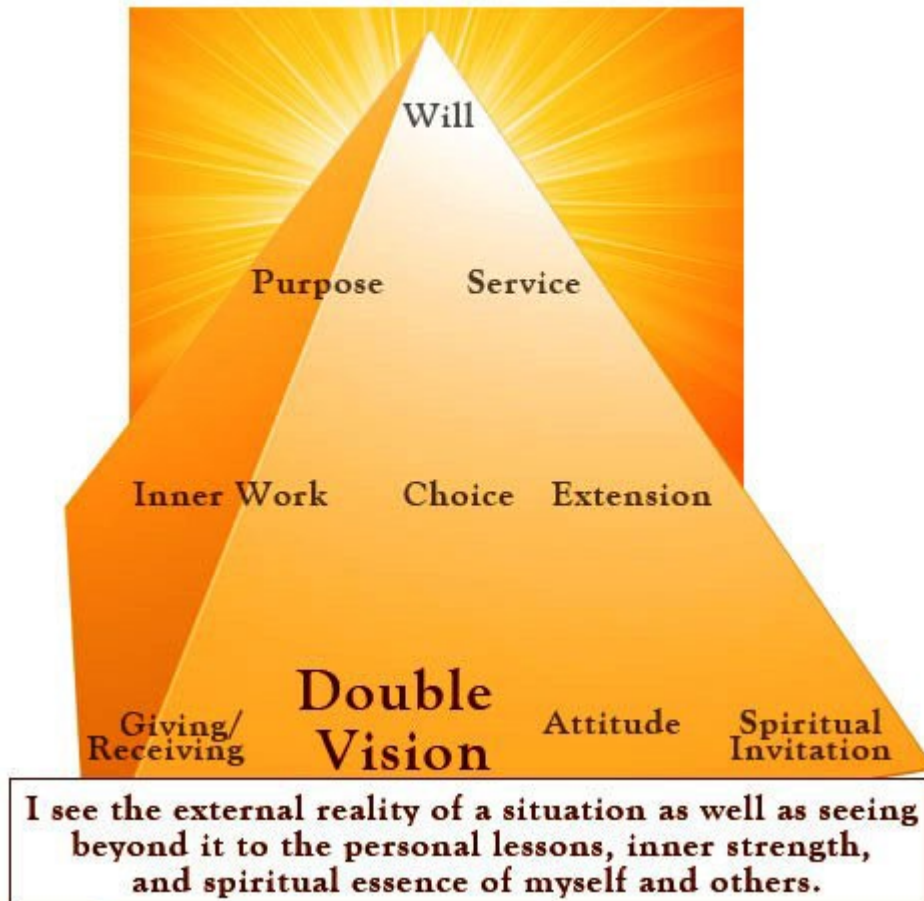


The Clarion Way

UNIVERSAL TRIBUTE EIGHT – *DOUBLE VISION:* *Seeing the Forest and the Trees*



UNIVERSAL TRIBUTES COURSE

Institute for the Advancement of Service
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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 EIGHT COURSE

DOUBLE VISION: Seeing the Forest AND the Trees

Course Description

To create a safe place, the server applies double vision, acknowledging the present situation while seeing beyond it.

~ from *Born to Serve*

PURPOSE

To support you as you learn to simultaneously see the reality of a situation and its deeper spiritual meaning.

BENEFITS

1. To see the facts of a situation while simultaneously seeing the “bigger picture”
2. To practice seeking the spiritual essence within challenges
3. To work with your own inner state while respecting others’ right to make their own choices
4. To experience responding from healthy beliefs, attitudes, speech, and actions

CHOOSING TO WORK WITH THIS COURSE

Do you wish to see yourself and others through the eyes of “spiritual essence?” Would you like to respond rather than react to the behavior or words of others? Are you seeking a way to respond to a loved one who is making poor life choices? Would you like to make choices that support living your life fully and completely in a world of constant challenge and change?

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. This Universal Tribute course supports you in your development of **double vision** through the understanding and practice of **Tribute Eight: 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.**

Objectives

1. To become acquainted with the Ten Universal Tributes
2. To study the concepts in Tribute Eight and its Tenets
3. To develop double vision, seeing the reality of a situation or interaction and its spiritual meaning
4. To experience responding from healthy beliefs, attitudes, speech, and actions, and respecting others' right to do the same

Topics Covered

- The Ten Universal Tributes as a Spiritual Roadmap
- Tribute Eight and Tenets: *I can 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.*
- Understanding and Practicing Double Vision
- Understanding and Practicing Responding – Instead of Reacting

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 Eight and Tenets*
3. Work with Support Tool Worksheet 1-1, *Partnering with the Tributes: Suggestions*
4. Read *Born to Serve*, Chapter Two, "A Shifting Consciousness of Service," pp. 43-50
5. Complete Support Tool Worksheet 1-2, *Double Vision*
6. Complete Support Tool Worksheet 1-3, *Applying Double Vision*
7. Read *Born to Serve*, "Stage Five: Healing the Healer, Mode of Service," pp. 194-200
8. Complete Support Tool Worksheet 1-4, *Responding Instead of Reacting*
9. Complete Support Tool Worksheet 1-5, *Course Check-In*

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 Eight 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 Eight (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 EIGHT and TENETS

Information Handout 1-2 (Study Step 2)

TRIBUTE EIGHT

**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.**

TENETS

1. Serving others requires double vision, simultaneously seeing the facts of a circumstance and its deeper spiritual meaning.
2. Double vision develops through meditation, prayer, contemplation, self-inquiry, and inner work.
3. Discernment is an essential aspect of double vision; I develop discernment as I integrate psychological and spiritual knowledge with wisdom from life experiences.
4. When responding to a situation, I honor the self-responsibility of the choices of those involved while ensuring their physical and emotional safety.
5. I do not deny a person's behavior; I strive to see the inner spiritual strength present in the person although it may be temporarily inaccessible to them.
6. A spiritual essence is within all human beings; this essence is a manifestation of the spark of the Divine.
7. My responsibility in any situation is to remain focused on the condition of my inner state and my motivation for serving while simultaneously carrying out any action I am called to take.
8. My inner knowing determines how I respond in service in any situation.

PARTNERING WITH TRIBUTE EIGHT: Suggestions

Support Tool Worksheet 1-1 (Study Step 3)

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

Suggested Schedule for Your Month's Work with Tribute Eight

- **Daily** – Spend a minimum of 10 minutes in meditation or “silent time”
- **Week 1** – Complete Study Steps 1 through 4, work with at least one suggestion below to integrate and practice Tribute Eight and its Tenets, and read *Information Handout 1-1* at least 2 times/week
- **Week 2** – Complete *Support Tool Worksheets 1-2 and 1-3*, continue using suggestions of your choice from the selections below, and read *Information Handout 1-1* at least 2 times/week.
- **Week 3** – Complete *Support Tool Worksheet 1-4*, continue using suggestions of your choice from this Worksheet, and read *Information Handout 1-1* at least 2 times/week.
- **Week 4** – Complete *Support Tool Worksheet 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)

- Keep a journal for the written exercises and for your reflections about Tribute Eight and its Tenets
- Do the Focus Exercise (using a flower or candle, see *Support Tool Worksheet 1-2*) in the morning and/or evening and before doing the Support Tool Worksheets

Specific Suggestions (select one or two each week)

- Do a walking meditation while reciting Tribute Eight and its Tenets. You might begin on the first day by walking for ten minutes while repeating the Tribute. On subsequent days, repeat Tenet 1, then Tenet 2, and so forth. If one Tenet or the Tribute resonates for you, repeat it as you walk for several days and journal about what you have learned from it.
- To support the development of **Double Vision**, seeing both the details or facts of the situation as well as the bigger picture, do a pencil contour drawing. A contour drawing can be a form of meditation, as you focus only on one small detail at a time. All you need is paper, pencil, and an inanimate object (e.g., a flower, shell, or piece of driftwood).

Instructions: Tape a piece of paper down, set a timer for 10 minutes, and place the pencil on the paper. Let your eyes slowly follow the contour of the object, and move the pencil on the paper looking

only at the object. Let your eyes and the pencil move slowly while observing carefully what you see. Pretend that your eye is a snail moving slowly over the object; do not look at the paper.

When the timer sounds, stop drawing and look at the page. If you draw off the page or finish one contour (e.g., one petal of a flower), look quickly at the paper and pick an adjacent point on the object and continue drawing while focusing only on the object. Don't worry if your drawing looks odd or funny; the value of this drawing is to provide practice in deeply observing. During the month, try at least two contour drawings.

- Practice the Reframing Exercise in the Study Guide of *Born to Serve*, page 259.

Ask yourself: "How would developing double vision have helped me in the situation I want to reframe"?

DOUBLE VISION

Support Tool Worksheet 1-2 (Study Step 5)

TRIBUTE EIGHT

**I see the reality of a situation as well as seeing beyond it
to the personal lessons, inner strength, and spiritual essence of myself and others.**

Supportive Tenets

The following tenets of Tribute Eight support the theme of *Double Vision*.

- Tenet 1: Serving others requires double vision, simultaneously seeing the facts of a circumstance and its deeper spiritual meaning.
- Tenet 2: Double vision develops through mediation, prayer, contemplation, self-inquiry and inner work.
- Tenet 3: Discernment is an essential aspect of double vision; I develop discernment as I integrate psychological and spiritual knowledge with wisdom gained from life experiences.

Understanding and Practicing *Double Vision*

As Tenet One states, double vision simultaneously views the facts of a circumstance and its deeper spiritual meaning. Double vision allows the view of both the big picture and the details. As the word “double” implies, this vision has two levels: it simultaneously holds both the personality and the spiritual essence levels of any situation. With double vision, one is able to see “with both a microscope and a telescope,” things that are near at hand and things that are at a great distance. Our eyes and our thoughts become accustomed to seeing one way or the other; it is a skill to be able to see both simultaneously. Learning to see in multiple ways develops with inner work. Through inner work, our insights improve, and wisdom and discernment emerge.

As wisdom is developed and discernment emerges, we grow to understand what is needed in service to ourselves and others. Discernment is a developed wisdom using insight and judgment tempered with fine and perceptive distinctions. Discernment develops by doing our inner work, such as meditation, prayer, journaling, and/or other practices that support our psychological and spiritual growth. Inner Work helps us to accept our whole self and we can then better understand other people.

If we understand the premise that “things are not always as they appear to be,” we honor both the facts of the situation and its underlying emotional and spiritual meaning. We serve others when we perceive the deeper truth of any given situation. Examples of events when double vision can beneficially be applied are: family gatherings (e.g., holiday get-togethers, weddings, funerals), business meetings, or social events. It is important to use double vision during difficult family decisions, when discussing or considering financial problems, in political discourse, and in religious discussions.

For example, two sisters may have diverse opinions about spiritual matters. One is comfortable with fundamentalist Christian beliefs and the other prefers Eastern and metaphysical teachings. Each can use double vision in her communications by sharing her view while simultaneously seeing her sister's spiritual essence.

Engaging in inner work (also called personal growth) allows us to develop the discernment necessary for using double vision in our relationships.

Doing Our Inner Work

Tenet Two of Tribute Eight mentions developing double vision through meditation, prayer, contemplation, self-inquiry, and inner work. These tools support our psychological and spiritual growth. Other inner work tools are journaling, visualizations, drawing, and body movement. As we practice inner work, we develop compassion for ourselves and others. Susan Trout defines inner work as “the willingness needed to identify, face, and dissolve past physical, emotional, mental and spiritual wounds at a causal level, to welcome the rewiring of our neurology, to learn from our life experiences, and to align our personal soul with the Divine.”

How Meditation Helps Cultivate Double Vision

Meditation is a time-honored way to learn double vision and thus to develop spiritual discipline. Meditation helps us find a calm center within ourselves when we are under stress. Having a spiritual discipline such as meditation supports our psychological and spiritual health and thus our ability to use double vision in the many situations and interactions we face every day. A regular meditation practice helps us limit distracting thoughts and emotions.

The two practices that follow are classic meditation practices in Buddhism and provide practice in the skill of mentally shifting from detailed facts to a larger context. Do one or the other every day. The purpose of each of these practices is to concentrate solely on what is in front of you. By totally focusing on the flower, your mind will cease to be distracted and thus become more peaceful.

During this practice, you are asked to change your focus by seeing the flower in the room. Then, you are asked to re-focus again only on the blossom. In this way, you first see only the object by itself and then see it in the total environment. Thus, you are first seeing the smaller details, and then applying a form of double vision by seeing both the larger picture and the smaller details.

The beauty and aliveness of the blossom is inspiring and supportive to help focus the mind. As we gaze at the flower, we receive from the blossom and can relax in our shared existence. As we practice, we can see the reality of the flower as well as the life of the blossom.

Note: Allow five to ten minutes each day to do either the flower or candle meditation.

Flower Meditation

Choose a single stem blossom that inspires you and place it in a vase.

Put the vase in front of you, at eye level. Sit in a comfortable position.

Place the flower within your field of vision and seat yourself comfortably with your spine straight.

Take a couple of slow deep breaths to release any unnecessary tension. Feel yourself stable and relaxed. First tense and then release the muscle tension from your toes to your head until you are relaxed and still. Allow your gaze to gently greet the flower in front of you.

As you gaze at the flower, your eyes remain relaxed and receptive, receiving the image and energy of the flower.

Explore using your eyes to reach out and “grab” the flower.

Go back and forth between the receptive gaze mode and the more intense gaze mode.

Settle into the receptive vision mode and, using your peripheral vision, see the flower in the context of the room,

Choose to keep the flower within your main focus of attention.

Look at the flower and take in the color, shape, and scent of the blossom. Take in the beauty and gift of the flower. When you are ready to end the meditation, gently close your eyes and take a few slow, deep breaths. Bring your attention back to the room and rest for a moment or so.

Candle Meditation

The candle is used for sacred focus throughout the world. Total focus on the flickering flame can calm the mind and place our thoughts back within ourselves. Use the instructions above for the Flower Meditation, substituting a candle for the flower. Place the candle so it is safe and there is no danger of the flame causing a fire. Proceed, as with the flower, with your focus on the flame.

Reflection/Journaling Exercise

Reflect upon and then journal about your experience with the flower and candle meditations.

APPLYING DOUBLE VISION

Support Tool Worksheet 1-3 (Study Step 6)

A Double Vision Exercise

Directions: Consider the scenario recounted below and the following analysis before completing the subsequent self-inquiry exercise.

Barbara is a smoker and has been one for many years. Her children are all grown and she and John, while still married, have made separate lives. Barbara is active in her church and with community groups. The smoking has begun to do serious damage to Barbara's health and the doctors have said she must stop smoking. The nicotine, like other physically addictive drugs, makes it difficult for Barbara to stop smoking. Like most smokers, at this point in time, she is considerate and does not smoke in front of others. She keeps the smoke and odor under control so as not to offend friends and family.

As Barbara's friend, how do I apply double vision?

I start by suspending my judgment against Barbara and her choice to smoke. Barbara's choice is her own and it is not mine. I do not reject Barbara for her habit. As I suspend judgment, I observe and understand the psychology of how people cope with the stresses of life. From the perspective of psychology, I look at my own habits and possible addictions. Addiction is a compulsive habit that can get in the way of human relationships and harm both the addict and those who love them. Double vision is a valuable skill to use when confronting addiction. I acknowledge and work to better understand myself and my own habits that are destructive. I practice my own psychological and spiritual inner work and apply my insights to myself.

The value of using double vision comes when I can find the deeper spiritual essence in Barbara's situation. I explore how my own addictions relate to my spiritual life. I practice being still and present, and accept the situation just as it is. When I accept Barbara's situation, I am able to be in a space of unconditional love and forgiveness. From this place of love, I am also able to be authentic, honest, and caring. The connection I make within my heart allows me to extend compassion toward my friend and myself. I see our spiritual essence and our limited personalities. I look for the highest and best in my friend and realize that when I do this, and truly practice double vision, I am in contact with the Divine.

Self-Inquiry Exercise

Recall and briefly describe a situation in which you applied double vision, then relate this situation to the questions on the next page.

How did viewing the situation with double vision change my inner state?

What motivated me to apply double vision?

How do the shifts in consciousness mentioned in *Born to Serve* (pages 43-50) support Double Vision?

What methods of inner work, such as meditation, journaling, and visualization, am I practicing in my life at this time?

RESPONDING INSTEAD OF REACTING

Support Tool Worksheet 1-4 (Study Step 8)

TRIBUTE EIGHT

**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.**

Supportive Tenets

The following tenets of Tribute Eight support the theme of responding instead of reacting.

- Tenet 4: When responding to a situation, I honor the self-responsibility of the choices of those involved while ensuring their physical and emotional safety.
- Tenet 5: I do not deny a person's behavior; I strive to see the inner spiritual strength present in the person although it may be temporarily inaccessible to them.
- Tenet 6: A spiritual essence is within all human beings; this essence is a manifestation of the spark of the Divine.
- Tenet 7: My responsibility in any situation is to remain focused on the condition of my inner state and my motivation for serving while simultaneously carrying out any action I am called to take.
- Tenet 8: My inner knowing determines how I respond in service in any situation.

Using Double Vision to Respond Instead of React

Many arguments with people start when our emotional reactions get overwrought. We are respectful of others when we are centered and secure within ourselves. From our own secure center, we can allow other opinions to be just another's opinion.

As we practice learning to respond, we cease to impose our expectations on other people and allow them to be themselves. This creates a safe emotional space that allows for honesty and confidentiality. As we apply double vision, we honor the process by taking responsibility for our own choices and allowing others to take responsibility for their choices. We suspend judgment and support others to listen to their own intuitive inner knowing. If an action is needed to insure physical or emotional safety, we will know what to do.

In the process of learning to respond, we learn that we can concentrate on our own inner state. When we are inwardly peaceful, we can see what is needed and can support others to find their own answers. We can stay focused on responding with understanding and wisdom. We know we have selected an

appropriate action in a situation when our response ensures the physical and emotional safety of those involved.

Responding vs. Reacting Exercise

Recall and briefly describe an interaction with someone in which you reacted with an emotional upset.

What feelings and needs do I have about this upset?

Who or what from my past reminds me of this interaction?

How have I, at a different time and with a different person, played the opposite side of this conflict over the same issue? (For example, if I am upset over a member who is late to a meeting, when have I been late to a meeting, class, or other scheduled event?)

How does recognizing this issue help me understand more about myself?

Did I use double vision in this encounter? If so, in what way? If not, why not?

COURSE CHECK-IN

Support Tool Worksheet 1-5 (Study Step 9)

Directions: Reflect and journal on the following questions.

What have I noticed about my inner state during the past month of working with double vision?

What growth or healing have I experienced by working with Universal Tribute Eight?

In what ways do I better understand the title of this course, “Double Vision: Seeing the Forest *and* the Trees?”

*The Tributes show how to shift thoughts, actions, and words
in order to look within rather than without for wholeness.*

~ from *Born to Serve*