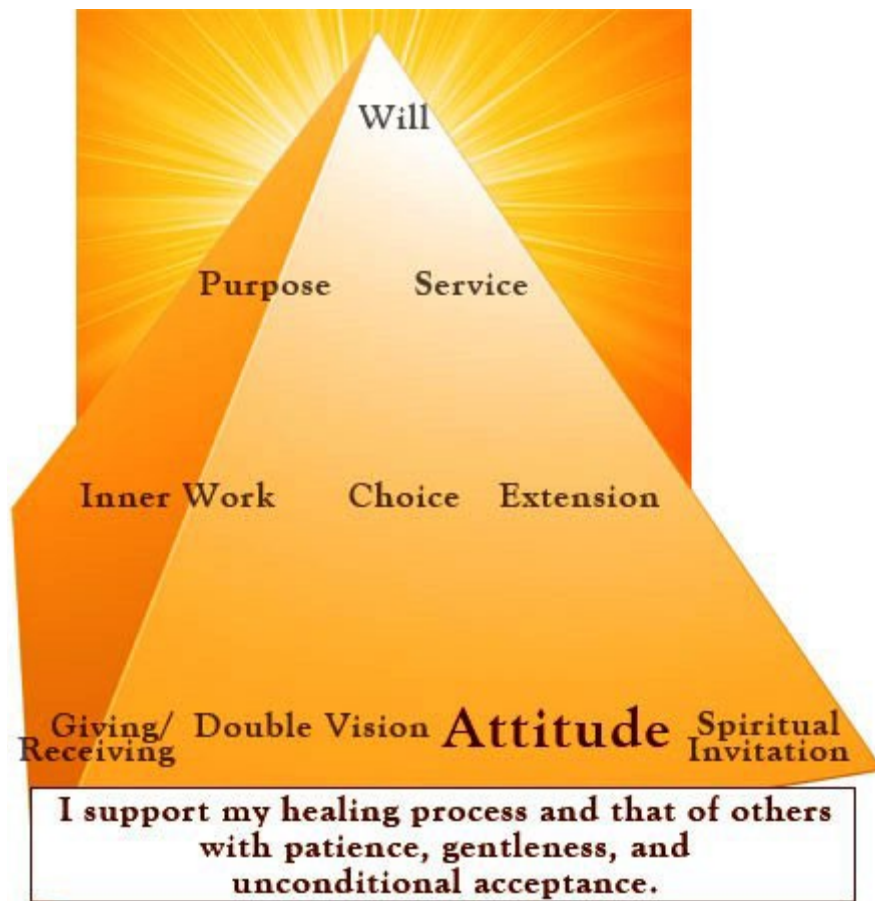


The Clarion Way

UNIVERSAL TRIBUTE NINE – *ATTITUDE*

Seeing Life Differently



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 TRIBUTES NINE COURSE

ATTITUDE: Seeing Life Differently

Course Description

The inner work itself is our service; we serve as we work on our own healing.

~ from *Born to Serve*

WHAT MAKES THIS COURSE UNIQUE

This course provides an easy-to-learn approach for transforming your personal and interpersonal challenges, allowing old patterns and beliefs to be disentangled and released and new patterns of health and wellbeing to be embraced.

PURPOSE

To explore qualities that support healing and to learn the five steps of the healing process

BENEFITS

1. To redirect energy from outward focus to inward work
2. To practice inner work in order to explore beliefs and motivations
3. To learn how to find and practice support
4. To experience learning from life events

CHOOSING TO WORK WITH THIS COURSE

- Do you want guidance for how to support friends and family when they have personal or health challenges in their lives?
- Do you have a tendency to handle everything on your own, thereby preventing you from asking for support?
- Are you wondering how to take responsibility for your physical and emotional health?
- Do you want to approach the growth and change in your life with more patience?
- Do you want to trust yourself more as a source of wisdom?

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 *attitude* supports you as you grow toward wholeness through the understanding and practice of **Tribute Nine: I support my healing process and that of others with patience, gentleness and unconditional acceptance.**

Objectives

1. To become acquainted with the Ten Universal Tributes
2. To study the concepts in Tribute Nine and its Tenets
3. To explore the concept of support as having a loving manner
4. To learn the five steps of healing

Topics Covered

- The Ten Universal Tributes as a Spiritual Roadmap
- Tribute Nine and Tenets: *I support my healing process and that of others with patience, gentleness, and unconditional acceptance*
- Support defined as having a loving manner
- The healing process

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. 8-9)
2. Read Information Handout 1-2, *Tribute Nine and Tenets* (p. 10)
3. Work with Support Tool Worksheet 1-1, *Partnering with Tribute Nine: Suggestions* (pp. 11-12)
4. Read *Born to Serve*, “Service as Charity” (pp. 60-66) and “Attachment to Outcome” (pp. 90-91)
5. Read Information Handout 1-3, *Support is Having a Loving Manner* (pp. 13-15)
6. Complete Support Tool Worksheet 1-2, *Receiving Support* (p. 16)
7. Complete Support Tool Worksheet 1-3, *Offering Support* (p. 17)
8. Read *Born to Serve*, “Meeting the Shadow of Service” (pp. 73-78)
9. Complete Support Tool Worksheet 1-4, *Healing: Stage One – Choosing to Heal* (pp. 18-19)

10. Complete Support Tool Worksheet 1-5, *Healing: Stage Two – Making the Commitment to Do Inner Work* (p. 20)
11. Complete Support Tool Worksheet 1-6, *Healing: Stage Three – Exploring Alternatives* (p. 21)
12. Complete Support Tool Worksheet 1-7, *Healing: Stage Four – Letting the Process Unfold* (p. 22)
13. Complete Support Tool Worksheet 1-8, *Healing: Stage Five – Acknowledging Growth and Healing* (p. 23)
14. Complete Support Tool Worksheet 1-9, *Course Check-In* (p. 24)

Suggested Schedule of Weekly Study Steps

Week One: Steps 1-3; Week Two: Steps 1-3,4-7; Week Three: Steps 1-3,8-10; Week Four: Steps 1-3,11-14

Daily Study: See Support Tool Worksheet 1-1, *Partnering with Tribute Nine: Suggestions* (pp.11-12)

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 Nine 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 Nine (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 through 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*.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 NINE and its TENETS

Information Handout 1-2 (WEEKS ONE through FOUR)

TRIBUTE NINE

**I support my healing process and that of others with patience,
gentleness, and unconditional acceptance.**

TENETS

1. Support is having a loving manner.
2. The healing process unfolds in five stages: choosing to heal, making the commitment to do inner work, exploring alternatives, letting the process unfold, and acknowledging growth and healing.
3. Patience provides a psychological and spiritual space for healing to occur with greater integrity and depth.
4. The degree to which I release expectations of outcome in any given situation is the degree to which I am unconditionally accepting.
5. Unconditional acceptance sees the spiritual essence beyond an individual's behavior.
6. Gentleness provides a psychological and spiritual space that allows old patterns and beliefs to be disentangled and released.
7. The presence of patience, gentleness and unconditional acceptance lessens resistance to change and growth.
8. When I genuinely support and honor my own healing process, I simultaneously honor and support that of others.

PARTNERING WITH TRIBUTE NINE: Suggestions

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

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

Suggested Schedule for Your Month's Work with Tribute Nine

- **Daily** – spend a minimum of 10 minutes in meditation or “silent time”
- **Week 1** – Complete Study Steps 1-3, work with at least one suggestion below to integrate and practice Tribute Nine and its Tenets, and read *Information Handouts 1-1 and 1-2* at least two times/week.
- **Week 2** – Read “Service as Charity” and “Attachment to Outcome” in *Born to Serve*, read *Information Handouts 1-1 and 1-2* at least two times/week, complete *Support Tool Worksheets 1-2 and 1-3*, and continue using suggestions of your choice from the selections below.
- **Week 3** – Read “Meeting the Shadow of Service” and Tribute Nine and Tenets in *Born to Serve*, complete *Support Tool Worksheets 1-4 and 1-5*, continue using suggestions of your choice from this Worksheet, and read *Information Handouts 1-1 and 1-2* at least two times/week.
- **Week 4** – Complete *Support Tool Worksheets 1-6 through 1-9*, continue using suggestions of your choice from the selections below, and read *Information Handout 1-1 and 1-2* at least two times/week.

General Suggestions (can be used throughout the course)

- Keep a journal for the written exercises and for your reflections about Tribute Nine and its Tenets
- Each week during the course, choose one Tenet from Tribute Nine, reflect on it, and describe how it fits into your life at this time

Specific Suggestions (select one or two each week)

- In order to support your healing and growth, treat your senses to enjoyment, especially sight and hearing. *Sight*: find something attractive or beautiful with which to spend time. *Hearing*: spend time listening to music (be an active listener; do not just have music on in the background for this time), listen to the sounds of nature, listen to silence. *Total body*: dance, massage, lie flat and attend to each body part, sending appreciation to each body part.
- Find ways to engage your sense of humor.
- Observe those around you and record in your journal examples of a loving manner. In what way have you learned from these examples?

- Observe and record in your journal examples of patience, gentleness, and acceptance. In what situations are you able to practice these qualities?
- In weeks 3 and 4, work with exercises in *Born to Serve*: “Exploring Emotional Reactions” (p. 251) and/or “Polarity Dialogue” (pp.254-56).

SUPPORT IS HAVING A LOVING MANNER

Information Handout 1-3 (WEEK TWO)

TRIBUTE NINE

I support my healing process and that of others with patience, gentleness and unconditional acceptance.

Supportive Tenets

The following tenets of Tribute Nine support the theme of Inner Work:

- Tenet 1: Support is having a loving manner.
- Tenet 3: Patience provides a psychological and spiritual space for healing to occur with greater integrity and depth.
- Tenet 4: The degree to which I release expectations of outcome in any given situation is the degree to which I am unconditionally accepting.
- Tenet 5: Unconditional acceptance sees the spiritual essence beyond an individual's behavior.
- Tenet 6: Gentleness provides a psychological and spiritual space that allows old patterns and beliefs to be disentangled.

The relationship between healing and wholeness

The word healing comes from an Old English word which means wholeness. In terms of human development, wholeness involves the integration of the various aspects of the human being: physical, emotional, mental, and spiritual. Most of us tend to pay attention to one or two aspects of ourselves at a given time. As we juggle our many tasks and attend to the demands of daily living, we can neglect parts of ourselves.

What brings us to the realization that we need healing?

Some life experiences call out loudly – some examples are physical illness and mental illness. Others are more subtle: ennui, difficulty with relationships, finding ourselves in similar emotional messes time and time again. When it occurs to us to ask ourselves about life episodes or patterns of behavior, we are becoming self-aware. We are taking the first step inward. As we become willing to turn some energy inward, we can examine the motivations and beliefs that are rooted in our lives.

The study of Tribute Nine tells us that healing is a process. Later in this course we will learn the five steps to healing. Before learning those steps, we'll explore the optimal conditions that help maintain the healing process.

What do we need most while healing?

Each person might describe the specifics differently. Yet, since the healing addressed in this course involves self-responsibility and a commitment to inner work, most people appreciate and look for support as they do the work of healing.

What kind of support is most helpful as we work on healing?

Susan Trout, the author of *Born to Serve*, has had many years of experience accompanying people as they work on healing. As she wondered about the best kind of support to offer others, the answer came to her in a teaching dream:

I am in a foreign country and notice a large group of people in some sort of danger. Suddenly a man passes by me and nods as if to get my attention. He then gently places his hand on the back of a distraught man and says to me, "Support is having a loving manner with another." I notice his manner is nonintrusive and his eyes communicate unconditional acceptance. The tone of his voice is sacred. What the man says and the manner in which he says it are in harmony; his mind and heart are one. The distressed man closes his eyes and I see he recognizes the teaching he has been given – "we support others solely by having a loving manner."

The dream defines support as having a loving manner. The dream also demonstrates the qualities that are integral to having a loving manner. The teacher in the dream is supportive yet uses little verbal language. His eyes communicate unconditional acceptance. He is gentle as he places his hand on the back of the other. He is nonintrusive. The supportive man is operating with his entire being: body, mind and heart are in harmony. As he interacts with the distressed man, the teacher is patient, gentle, and unconditionally accepting, the qualities described in Tribute Nine. The distressed man recognizes the teaching; he is open to receiving the support.

Where do we find support for our healing work?

Depending on our personality and inclinations, we can find loving support from:

- trusted family members and friends;
- pets, who frequently emanate gentleness, acceptance and trust;
- time in nature; and
- experiences of beauty, whether by appreciating or creating beauty.

Giving and receiving support happens within a relationship. In order for the relational energy to flow, each person needs to be generous enough to give and receive in a loving way.

What kinds of behavior is not supportive?

Most of us do not want others to impose their wills on us. We like to be heard, not dismissed or have our situation discounted. As we experience support and healing, we become aware that at times in our lives we receive support, and at other times we are asked to give support.

How do we learn to have a loving manner?

One of the most effective ways is from demonstration, just as we learned from the dream described earlier. We might be able to observe people or animals around us who have a loving manner. We can search our memory for occasions when we were supported in a loving manner.

- What did it feel like to get that type of attention?
- How did the supportive person approach me?

Conversely, those situations when support was missing can be mined, too.

- What did I need at that moment?
- How would I have been best supported?

Supporting in a loving manner requires practice. As we reflect on our offerings of support, we can ask ourselves at a later time:

- What worked?
- What did not work?
- How strong were my expectations in this situation?
- How aware was I of the other person's needs?

Reflecting on the answers to these questions may help reinforce or reshape the support we offer to others in the future.

As our minds and hearts become more aligned, we bring a healing presence to each moment.

RECEIVING SUPPORT
Support Tool Worksheet 1-2 (WEEK TWO)

TRIBUTE NINE, Tenet One:
Support is having a loving manner.

With the intention of learning about support as having a loving manner, reflect on episodes of support in your life.

Self-Inquiry Exercise

1. *Reflection* – a time in my life when I have been supported:

2. How did the supportive person approach me?

3. What did it feel like to receive that type of attention?

4. *Reflection* – a time in my life when support was missing:

5. What did I need at that time?

6. How would I have been best supported?

OFFERING SUPPORT

Support Tool Worksheet 1-3 (WEEK TWO)

TRIBUTE NINE, Tenet One:

Support is having a loving manner.

Being supportive in a loving manner requires practice. Consider your offerings of support by reflecting and journaling on the following inquiry questions:

Self-Inquiry Exercise

Remembering a time I offered support to another...

1. What worked?

2. What did not work?

3. How aware was I of the other person's needs?

4. In what way did I have expectations of outcome?

5. What have I learned that I can apply in the future when I want to offer support?

HEALING: STAGE ONE – CHOOSING TO HEAL

Support Tool Worksheet 1-4 (WEEK THREE)

TRIBUTE NINE

I support my healing process and that of others with patience, gentleness, and unconditional acceptance.

Supportive Tenets

The following tenets of Tribute Nine support the theme of healing:

- Tenet 2: The healing process unfolds in five stages: choosing to heal, making the commitment to do inner work, exploring alternatives, letting the process unfold, and acknowledging growth and healing.
- Tenet 7: The presence of patience, gentleness, and unconditional acceptance lessens resistance to change and growth.
- Tenet 8: When I genuinely support and honor my own healing process, I simultaneously honor and support that of others.

Exploring the Healing Process

When we ignore or deny the inner voice that asks for such things as rest, nourishment, acknowledgement of feelings, or time with family or friends, the psyche becomes severely stressed, resulting in burnout, depression, or physical illness. It is at this point that many people are willing to find and spend time to go inward to examine their motivations, beliefs, and desires. Focusing inward means reviewing one's life, exploring options, questioning beliefs and allowing the healing process to unfold. This process is maintained by willingness, support, patience, gentleness, and acceptance of self.

The healing process is not linear in time; it is more like a spiral that continues to move and expand. As we reach one level of understanding, a new awareness will arise. The healing process unfolds over and over again on different issues or on the same issue at deeper levels. Gradually, we reclaim the parts of our selves (the energy of our spirit) that we have kept emotionally locked in past memories. We bring the energy of our spirit that we have left behind forward into the present moment. In this way, we become whole and integrated and experience the strength of our inner self.

Each step in the healing process requires our willingness to:

- set the intention to heal;
- persevere through inner work;
- maintain the energy for the exploration of alternatives while being patient and gentle as the process unfolds; and
- remember to recognize growth and healing.

Over the next several days, you will have the opportunity to practice working with the healing process.

Stage One: Choosing to Heal

When beginning this process, it is helpful to choose an issue that you can easily and effectively work with at this time (in other words, choose the five-pound weight before the twenty-pound weight).

Reflection – what do I want to heal at this time in my life?

HEALING: STAGE TWO – MAKING THE COMMITMENT

TO DO INNER WORK

Support Tool Worksheet 1-5 (WEEK THREE)

Doing Inner Work

Inner work requires quiet time. Some methods for doing inner work include the following: journaling, meditation, contemplation, time in nature, and self-inquiry. Examples of inquiry questions can be found in *Born to Serve*. Two places to start are Exercises for Exploring Emotional Reactions (pp. 250-251) and Polarity Dialogue (pp. 254-255).

Self-Inquiry Exercise

1. What kinds of inner work would be most helpful to me to work with this issue?
2. In what ways can I tap into my inner strength while working with this issue?
3. A commitment statement I am willing to make about the inner work I will do around this issue:

HEALING: STAGE THREE – EXPLORING ALTERNATIVES

Support Tool Worksheet 1-6 (WEEK FOUR)

Directions: Reflect and journal on the following inquiry questions:

1. What beliefs/attitudes am I holding around this issue?
2. What do I need to give up or let go of?
3. What aspect of my life (perhaps denied) do I need to dialogue with?

HEALING: STAGE FOUR – LETTING THE PROCESS UNFOLD

Support Tool Worksheet 1-7 (WEEK FOUR)

Directions: Reflect and journal on the following inquiry questions:

1. What support do I need in order to allow my healing process on this issue to unfold?

2. What am I noticing thus far in my healing process around this issue?

HEALING: STAGE FIVE – ACKNOWLEDGING GROWTH AND HEALING

Support Tool Worksheet 1-8 (WEEK FOUR)

About Acknowledgement

We live in a time when advancements in science and technology have accelerated and enhanced a variety of types of healing. However, in many parts of our lives, healing moves with small yet significant steps. At this point, we take the time to recognize, with gratitude, any move toward wholeness we have made.

Directions: Reflect and journal on the following inquiry questions:

1. In what ways do I plan to acknowledge my progress toward healing?
2. In what ways have I changed when I recall my starting point in healing this issue?
3. Since I have begun the process of healing this issue, what do I notice about my emotional energy?

COURSE CHECK-IN
Support Tool Worksheet 1-9 (WEEK FOUR)

Directions: Reflect and journal on the following questions:

Over the last month...

1. What growth have I noticed in the area I chose for healing (Five Stages of Healing *Support Tool Worksheets 1-4* through *1-8*)?

2. What have I learned about offering support to another?

3. What have I learned about my need for support?

*When I genuinely support and honor my own healing process, I simultaneously
honor and support that of others.*

~ Tribute Nine, Tenet Eight ~