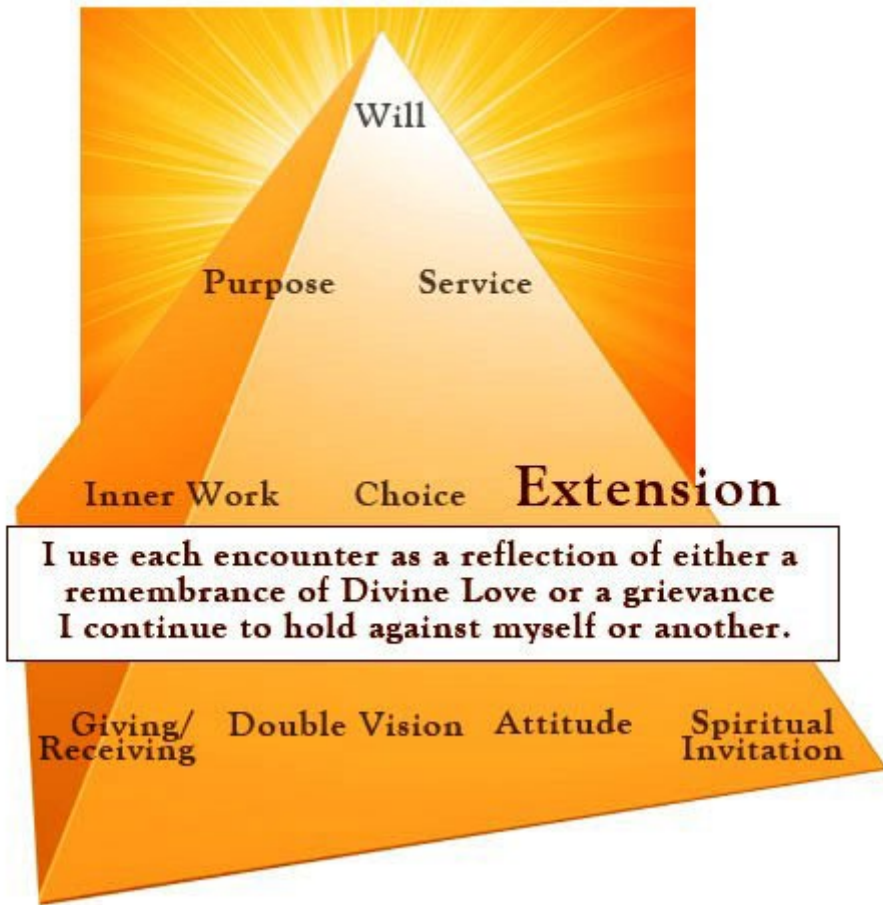


The Clarion Way

UNIVERSAL TRIBUTE SIX – EXTENSION: Forgiveness ~ The Gift of Lilies



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 SIX COURSE

EXTENSION: Forgiveness ~ The Gift of Lilies

Course Description

When we do not honor the shadow, we go forth like the thrust of a wave carried along by the power of hidden undercurrents.

~ from *Born to Serve*

WHAT MAKES THIS COURSE UNIQUE

This course invites you to experience forgiveness as a gift for your physical, mental, emotional, and spiritual wellbeing and happiness.

PURPOSE

To understand the contrast between extending love and projecting negativity when relating to others and to apply this understanding through the practice of forgiveness.

BENEFITS

1. To define the shadow and how it is made visible in personal relationships
2. To observe ourselves with detachment in order to choose to respond with forgiveness (“the gift of lilies”) rather than to react with negativity (“a crown of thorns”) toward ourselves and others
3. To explore how choosing to hold grievances towards others OR choosing to see others as a reflection of Divine Love impacts our physical, mental, emotional, and spiritual wellbeing throughout life
4. To learn how to practice forgiveness as a way of life

CHOOSING TO WORK WITH THIS COURSE

Are you concerned about how much you react negatively to the words and behavior of others? Are you aware of feeling anger and guilt about what you have thought, said, or done throughout your life? Do you feel you understand the true meaning of forgiveness? Would you like to forgive yourself as well as forgive others? Would you like to release your grievances? Do you find yourself reacting more than responding to others and/or to community and world events? Are you neglecting your physical, emotional, mental and/or spiritual wellbeing? Is having inner peace important to you? Have you wondered what it means that your mind has a shadow and what exactly resides in your shadow? Are you aware that your shadow contains both your unrealized potential and your denied negative feelings?

This course invites you to devote yourself to beginning (or deepening) your spiritual journey using the psychological-spiritual tool of the Ten Universal Tributes. As a universal and cohesive philosophical

framework, the Tributes focus on ten essential aspects of one's life journey: will, purpose, service, inner work, choice, giving and receiving, extension, double vision, attitude, and spiritual invitation. The Tributes are intended to serve as a gentle entry into witnessing and working consciously with your inner state while relating to those in your personal, family, and work life.

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

There are ten discrete Universal Tributes courses, each designed to work with one Tribute and its Tenets for one month. The suggested one-month timeframe for each Tribute allows you to work with the material and integrate its teaching at a gradual pace. The Universal Tribute course on *extension* supports you in observing your negative reactions and in choosing forgiveness through the understanding and practice of **Tribute Six: 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.**

Objectives

1. To become acquainted with the Ten Universal Tributes and Tribute Six
2. To understand how our shadow is made visible in personal relationships
3. To choose to respond to ourselves and others by extending forgiveness ("the gift of lilies") rather than projecting negativity ("a crown of thorns")
4. To explore how choosing to hold grievances towards others OR choosing to see others as a reflection of Divine Love impacts our physical, mental, emotional, and spiritual wellbeing
5. To learn to practice forgiveness as a way of life

Topics Covered

- The Ten Universal Tributes as a spiritual roadmap
- Tribute Six and its Tenets: *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*
- Understanding the nature of the shadow
- Contrasting projecting negativity with extending love and forgiveness
- Projecting beliefs and grievances onto ourselves and others
- Forgiving ourselves and others

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 designated 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

Suggested Study Steps

1. Read Information Handout 1-1, *Universal Tributes: A Spiritual Roadmap* (pp. 7-8)
2. Read Information Handout 1-2, *Tribute Six and Tenets* (p. 9)
3. Read Information Handout 1-3, *Introducing the Shadow* (pp. 10-12)
4. Complete Support Tool Worksheet 1-1, *Projection: A Crown of Thorns* (pp. 13-15)
5. Read *Born to Serve*, “The Shadow of Service,” pp. 73-108
6. Complete Support Tool Worksheet 1-2, *Extension: Forgiveness ~ The Gift of Lilies* (pp. 16-20)
7. Read *Born to Serve*, “The Laws of Service,” pp.18-24
8. Complete Support Tool Worksheet 1-3, *Course Check-In* (p. 21)

Suggested Schedule of Weekly Study Steps

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

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 Six 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 Six (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 (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*.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 SIX and its TENETS
Information Handout 1-2 (WEEK ONE)

TRIBUTE SIX

**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.**

TENETS

1. All individuals are students and teachers to each other; in this way, there is meaning and purpose in every encounter.
2. What I see in others is a reflection of what I see in myself; what I see in myself, I project onto others.
3. When I react instead of respond, I am experiencing a denied part of myself; my reactions serve to remind me to continue my inner work.
4. Reflections of Divine Love come to me in many forms and serve as witnesses for my true reality, reminding me that I am not alone.
5. The extent to which I recognize and use reflections of Love or grievances as part of my inner work is dependent upon my willingness to be self-responsible.
6. The energy of my psyche is restricted by grievances I hold against myself, thereby limiting my creativity and service.
7. I can hold the space for resolution of a grievance for someone else only when I have released that same grievance within myself. Therefore, I hold the space for healing in others of that which has been healed within me.
8. All encounters involve service at some level and therefore have the potential for bringing comfort or being a catalyst for change.

INTRODUCING THE SHADOW

Information Handout 1-3 (WEEK ONE)

Until we learn to observe ourselves with detachment, we remain largely unaware of our inner motivations and the impact we have on others.

~ from *Born to Serve*

The Shadow: An Overview

The shadow is the part of the psyche that resides in our personal unconscious and is the sum of all the unpleasant qualities we'd like to hide as well as our undeveloped potential. It holds the neglected, undeveloped, un-lived, negative, and destructive aspects of our psyches and contains our shameful and unacceptable desires and emotions. The shadow operates like a veil over the soul, virtually overshadowing the energy of the higher truth of who we are, and affects the purity of the soul's expression. Until we learn to observe ourselves with detachment, we remain largely unaware of our inner motivations and the impact they have on ourselves and others. Unconscious motivations, often accompanied by neglect of our physical, mental, and spiritual health, adversely affect how we relate to ourselves, others, nature, and the world as a whole.

The shadow is our psyche's attempt to hide the duality of both dark and light. Not only do we refuse our negative traits, we may also refuse our finer qualities. Although it seems absurd, the shadow's light often frightens us more than its darkness. We may even project our finer qualities outward, attributing to others qualities superior to and unattainable to ourselves. We thereby let others carry our personal potential for positive and constructive talents and qualities.

Our personal shadow is expressed in three major ways: projection, denial, and neglect. We can project our shadow onto someone or something outside ourselves, giving away positive and negative qualities that we do not want or accept in ourselves. Projection and denial are related and interdependent mechanisms. The projected shadow is motivated by power or fame, pride, sentiment, or attachment. Our denied shadow is motivated by inertia and incompetence. The shadow neglected occurs when we refuse to take responsibility for our projections and denials by sacrificing our own physical, mental, emotional, and spiritual wellbeing, and thereby condemn ourselves to remaining in the world of the suffering.

The world is a stage for the **collective shadow**, which is the dark side of human nature made visible to us in our society – in the news, movies, music and in violence and crime on the streets, in music, on the Internet, etc. While some individuals and groups live out the socially acceptable side of life, others primarily live out the socially disowned parts. The family shadow contains all that is rejected by the family's conscious awareness, those feelings and actions that are seen as too threatening to the family's self-image. Our biological shadow reflects our evolution and is based in our very cells: the "beast" in us is very much alive – just caged most of the time.

Triggers and Forgiveness

The conscious personality does not wish to acknowledge what is in its shadow. Fortunately, what is hidden in our shadow will make itself known whenever we are triggered by an outside event. We know we are triggered when we have uncomfortable confrontations with others and project negative emotions onto our body, other people, places, nature, or things. Common projections are typically a form of grievance, such as anger, blame, or condemnation.

Being triggered offers us the choice to examine what in our shadow has been brought from the unconscious into the conscious mind for healing. Triggers identify what in our shadow needs to be forgiven.

Forgiveness, therefore, is the willingness to learn from our triggers and thereby heal. Through forgiveness, we serve humanity by no longer adding our personal darkness to the density of the collective shadow. Whenever we do not forgive, we extend “a crown of thorns” to those with whom we have a grievance. When we forgive, we extend the energy of “the gift of lilies” with unconditional love and respect.

We see the shadow indirectly in the distasteful traits and actions of other people “out there” where it is safer to observe it. When we react intensely to a quality in an individual or group – such as laziness or stupidity, sensuality or spirituality – and our reaction overtakes us with great loathing or admiration, our own shadow is showing. We project by attributing this quality to the other person in an unconscious effort to banish it from ourselves, to keep ourselves from seeing it within. Ways in which triggers are made visible include:

- Humor that expresses our hidden, inferior, or feared emotions; lack of humor can reflect a very repressed shadow. Usually it is the shadow that laughs at jokes.
- Having exaggerated feelings about others
- Receiving negative feedback from others
- Noticing interactions in which we continually have the same troubling effect on several people
- Being impulsive and experiencing inadvertent acts
- Finding ourselves in situations in which we feel humiliated
- Experiencing exaggerated emotions such as frustration, anger, or discouragement about other people’s faults
- Reacting to what is happening in another person’s life and in the world that we find troublesome

Shadow-Work

Because working with the shadow can be frightening and shocking to our self-image, we should only engage in shadow-work if we have a regular spiritual practice or if we are seeing a psychological or spiritual counselor. There are many psychological methods available that focus on shadow-work, several of which are included in the Study Guide of *Born to Serve*.

The purpose of doing personal shadow-work is to develop an ongoing relationship with our shadow that helps us balance the one-sidedness of our conscious attitudes with our unconscious depths. To accomplish this purpose, we must understand that we have an inner Witness (also called the Observer Self) that is passive and notices but does not judge how we feel, what we think, what we see and hear, and how we act.

Its companion is the will. Our will is active as it selects, integrates, harmonizes, directs, and inhibits our emotions, thoughts, ideas, reactions, responses, imagination, intuition, desires, senses, images, and physical conditions, movements, and actions. Our will is the source of all actions of our physical, mental, emotional, and spiritual selves. Choice, an activity of the will, allows us to choose our attitudes, beliefs, motivations, and actions. We choose our action from among many possibilities. Choices reached without deliberation, examination, and evaluation of all aspects of the situation can lead to impulsive and ill-advised action. When we make a choice, we simultaneously choose the consequences of that choice. The consequences or outcomes of our actions illustrate the power of our choices.

Benefits of Shadow-Work

With proper support, a right relationship with the shadow leads us back to our buried potentials and we are able to:

- achieve a more genuine self-acceptance, based on a more complete knowledge of who we are
- defuse the negative emotions that erupt unexpectedly in our daily lives
- increasingly free ourselves of the guilt and shame associated with our negative feelings and action
- recognize the projections that color our opinion of others
- heal our relationships through more honest self-examination and direct communication
- use the creative imagination via dreams, drawing, writing, and rituals to own the disowned self

References:

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

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

Zweig, Connie and Steve Wolf. *Romancing the Shadow: Illuminating the Dark Side of the Soul*. New York: Ballantine Books, 1997.

PROJECTION: A CROWN OF THORNS

Support Tool Worksheet 1-1 (WEEKS ONE and TWO)

TRIBUTE SIX

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.

Supportive Tenets

The following Tenets of Tribute Six provide support as you explore projection through the exercise below:

- Tenet 2: What I see in others is a reflection of what I see in myself; what I see in myself, I project onto others.
- Tenet 3: When I react instead of respond, I am experiencing a denied part of myself; my reactions serve to remind me to continue my inner work.
- Tenet 5: The extent to which I recognize and use reflections of Love or grievances as part of my inner work is dependent upon my willingness to be self-responsible.
- Tenet 6: The energy of my psyche is restricted by grievances I hold against myself, thereby limiting my creativity and service.

What Is Projection?

Projection is the process by which we impose our shadow on someone or something outside ourselves. Through projection, we give away those qualities, positive and negative, that we do not want to accept in ourselves. When we project, we impose our will on someone or something else by imposing our beliefs, assumptions, and grievances.

In the following true story, a woman driver illustrates how projections are negative energies we literally send from ourselves to others.

I once worked in a city where I had to drive to the nearest post office, which was located in a residential area, to pick up the business mail twice a week. One day I noticed that several homemade signs had appeared throughout the neighborhood. These newly posted handmade signs warned people not to park their cars less than five feet from either side of their driveways. Not thinking, I parked within one foot of a driveway. Suddenly a woman rushed out of the house, waving her arms and screaming, "Read the sign, dummy, and move your car!"

The instant I heard these words, I became enraged and my mind screamed, “How dare you speak to me like that you inconsiderate, mean, thoughtless blob of humanity.” As I screamed these words in my mind, I suddenly saw a huge rolling ball of barbed wire heading towards the woman. In a flash, I realized the ball was the energy of my projected negativity. Realizing that it would harm the woman if it reached her, I immediately withdrew my projection, saying in my mind, “Projection, get back here where you belong.” Then, to my surprise, I had a passing thought to be stubborn and not move my car, anyway! I quickly realized this option was not appropriate. I calmly and humbly moved my car elsewhere and watched the woman walk back into her house.

Upon reflection, I recognized what was likely triggered by this incident. I recalled childhood wounds of not feeling smart, of having my will imposed upon by being told “no” to what I wanted to do, and of not having my own space in our very small house. I not only denied the intensity of these feelings, I developed the defense of NEVER making a mistake. I focused on being “perfect” my entire life in order to avoid becoming aware of the depth of the emotional pain of feeling rejected. Parking the car too close to the driveway told me I was not perfect and I was rejected. I reacted with vengeance. In truth, I had not only disowned my true perfection, but my blame and rage had given both myself and the woman “a crown of thorns.”

We project what we disown within ourselves, believing it lives outside of us. When we do this, we repress the Life Force and feel powerless and insecure. With our true power hidden, we rely on creating apparent power, the illusion of power, in a desperate attempt to regain wholeness and to survive physically or psychologically. Out of insecurity, we act strong, confident, and in control, when inwardly we feel powerless and therefore victimized. As a result, we polarize the world into victims and victimizers and project our grievances onto others. We give both ourselves and others “a crown of thorns.”

What forms do our projections, our crowns of thorns, take? We can project our hidden fears and desires about the body by acting out in various ways. These projections can take the form of misusing our bodies through addictions or neglecting our physical health. We can misuse the bodies of others through physical or sexual abuse. Another form of projection is using pride to convince others that we are more giving and better than most and that who we are is uniquely valuable, important, and special. Pride motivates individuals and groups who believe their approach is the only approach. Competition, jealousy, and rigidity about what is right and wrong usually accompany overt pride. Using our feelings and emotions as a basis for our thoughts, opinions, judgements, and actions in order to manipulate others to get our needs met is another form of projection. We can become attached to what we do, to the outcome of what we do, and to our relationships with others. We can also encourage people to attach to us as a way get our needs met to be loved and valued.

Whenever we act from our shadow, as was evident in the story about the woman driver, we either neglect our wellbeing as individuals or we react to others with rejection, blame, superiority, guilt, anger, or fear, offering ourselves and others a “a crown of thorns.” In other words, our reactions are energetic projections that hurt and punish ourselves and others. The negative energy of our grievance can be so strong that we believe the person(s) must be punished and condemned. When we put someone in prison, we put ourselves in prison as we have to be there as a guard to be sure the person stays behind bars.

Exercise: Identifying Our Projections

Directions: Complete the following exercise using two different scenarios during the first two weeks of this course.

Step One: Write a paragraph or two, summarizing a recent uncomfortable reaction you had with someone or something (group, business, political issue, etc.). Follow the style of writing used in the previous story of the woman driver who parked too close to someone’s driveway. State honestly how you interpreted the situation and how you felt.

Step Two: Read the paragraphs aloud and mark out pronouns and names you used to refer to the person and substitute your own personal pronouns, using “I,” “me,” and “my.”

Step Three: Respond to the following questions below or in your journal: What did I learn about my shadow and its projections based on this exercise? In what way did I give the person(s) “a crown of thorns”?

EXTENSION: FORGIVENESS ~ The Gift of Lilies

Support Tool Worksheet 1-2 (WEEKS THREE and FOUR)

TRIBUTE SIX

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.

Supportive Tenets

The following tenets of Tribute Six provide support as you explore Forgiveness as the gift of lilies:

- Tenet 1: All individuals are students and teachers to each other; in this way, there is meaning and purpose in every encounter.
- Tenet 4: Reflections of Divine Love come to me in many forms and serve as witnesses for my true reality, reminding me that I am not alone.
- Tenet 7: I can hold the space for resolution of a grievance for someone else only when I have released that same grievance within myself. Therefore, I hold the space for healing in others of that which has been healed within me.
- Tenet 8: All encounters involve service at some level and therefore have the potential for bringing comfort for being a catalyst for change.

Forgiveness as the Gift of Lilies

Our inner desire to be whole urges us to confront our shadow and face the inner conflicts evidenced by our triggers. Triggers identify what in our shadow needs to be forgiven. **Forgiveness is the willingness to learn from our triggers and thereby heal.** Whenever we do not forgive, we extend the negative energy of “a crown of thorns” to those toward whom we have a grievance. **When we forgive, we extend the loving energy of “the gift of lilies.”** Forgiveness allows us to stand free of guilt associated with our negative feelings about and actions in life. Through forgiveness, we achieve a genuine acceptance of ourselves and others.

Over and over, we bring the shadow to the light for examination. In this way, we gradually, see ourselves as we really are, not as we wish or assume ourselves to be. The willingness to meet the shadow through forgiveness builds the first step towards awareness of our True Self, our inner spiritual reality.

Forgiveness does not mean that we deny what has happened. Denial is always unhealthy and leads only to the festering of our emotional wounds. Forgiveness does not imply that criminals should be allowed to go free or that someone who has harmed us psychologically or physically should be allowed to continue to do so. That is just as damaging psychologically and spiritually to the other person as it is to ourselves. Further, the inability to forgive a frailty in another person indicates that we have the same negative condition existing

in us. If we forgive that weakness in another, the act of forgiveness serves as an antidote to our own weakness. The reverse is also true. If we forgive a weakness in ourselves, it is easier to forgive another of that same weakness.

Forgiveness does not assume a certain action is taken. Forgiveness is a process, not an action. As a process, it opens our heart and invites compassion that results in the mind letting go of grievances. When we have compassion for another person, we have compassion for ourselves. It is possible to imagine ourselves back in time before we developed a grievance against someone and re-experience holding that person in our heart. By reconnecting to our original, innocent love, we can easily forgive the person in the present moment. The moment we relieve the grievances we hold, we free ourselves.

Most of all, forgiveness is grace in action. Grace does not come from without, from above, from elsewhere. Grace comes from within us. When we welcome grace into our lives, grievances fall away, the veil lifts, the heart opens. The heart and mind come into alignment so feelings and thoughts match. Grace is the energy of forgiveness, an energy that melts away grievances and pain and opens the space for another way to view the event. Grace is the source of the experience of forgiveness. It is a gift we give to ourselves.

The spiritual law of extension ensures that we naturally become healers of that of which we ourselves have been healed. What we extend is specific to our own healing. For example, a person healed of grievances about being betrayed extends the possibility of healing for others who have been betrayed. Said in another way, when we have healed a particular grievance within ourselves, we naturally and effortlessly extend to “the gift of lilies” to the one who betrayed us as well as to others, in general, who have been betrayed.

“The Gift of Lilies” Meditation

Practice the Soul Alignment and “The Gift of Lilies” Meditation at least twice a week during weeks three and four of the course. Practicing the Soul Alignment Practice prior to “The Gift of Lilies” Meditation allows you to have a deeper experience of the contrast between offering someone “a crown of thorns” and “the gift of lilies.”

SOUL ALIGNMENT PRACTICE

In the following Soul Alignment Practice, the human soul (lower case “s”) is located in the heart and has two parts – the witness and the will. Each individual’s Soul (capital “S”), or Higher Self, is located about eight inches above the head. Soul (the Higher Self) is the spiritual principle and the guiding light toward which the human soul is consciously or unconsciously evolving. The Soul’s function is to protect, guide, teach, and inspire.

Sit in a comfortable position and in a quiet place where you will not be interrupted. For ease of following the steps and to receive greater benefit from the meditation, you may wish to become familiar with it by first reading it a few times before you practice it. You may also wish to make a personal recording of it. Pause between each step to allow yourself to fully experience the Alignment.

1. Take a deep breath to calm your physical body (pause).
2. Take a deep breath to calm your emotional body (pause).

3. Take a deep breath to calm your mental body (pause).
4. Focus your awareness in your heart, home of the human soul.
5. Visualize a line of energy extending from your heart down to the heart of the Mother of the Earth.
6. Visualize a line of energy from your heart to your Soul, located about eight inches above the head.
7. Visualize the energy extending from your Soul to Divine Source.
8. Hold this alignment from the heart of the Mother of the Earth to Divine Source. See the energy of Source moving down the alignment to the heart of the Mother of the Earth and then back again to Source, creating a circuit of energy that extends to all levels of manifestation.
9. Begin “The Gift of Lilies” Meditation immediately upon completing the Soul Alignment Practice.

THE GIFT OF LILIES MEDITATION

Visualize yourself with a group of people in a vast and beautiful field of perfect, pure white lilies.

See the field of lilies, gleaming in the gentle glow of peace.

You are all together in the field of lilies.

Begin gathering some lilies and place them in your hand.

When you know you have gathered what you need, smile to one another as you each go your individual way, as you each continue your journey to share your gifts of lilies.

As you begin your journey, you see a person approaching you in the distance.

You notice it is someone you love very, very much.

The person approaches and you meet.

Offer this loved person the gift of lilies, the gift of love.

Looking between the snow-white petals of the lilies, you behold the person’s face and recognize its holiness.

Your beloved accepts your gift.

The person’s innocence lights your way, offering you its guiding light and sure protection.

Their innocence shines from the holy altar within him or her where you have laid the lilies of forgiveness.

The whiteness of your shining gift of lilies now speeds the person on his or her way to their own journey.

And you continue yours.

Soon, you see another person approaching you and you notice it is one towards whom you hold a grievance, a person towards whom you feel great conflict, a person with whom you have a relationship that needs healing.

You meet.

Suddenly, you look at your hands and see that you hold thorns in one hand, lilies in the other.

You are uncertain which to give.

Look with different eyes upon this person.

Join with the person's innocence and throw away the thorns.

Offer the person the gift of lilies, the gift of love.

Offer the person lilies. It is yourself you free.

Looking between the snow-white petals of the lilies, you behold the person's face and recognize the Beloved.

Your gift of lilies is accepted.

The person's innocence lights your way, offering you its guiding light and sure protection.

The person's innocence shines from the holy altar within him or her where you have laid the lilies of forgiveness.

The whiteness of your gift of lilies now speeds the person on his or her way, and the person continues his or her journey.

And you, too, continue yours.

You now see yourself approaching a person who is standing in the distance waiting for you to pass by.

As you come near the person, you notice it is someone who loves you completely and unconditionally.

The person is holding lilies in his or her hand.

You approach the person and meet.

The person holds out to you the gift of lilies, the gift of love.

Looking between the snow white petals of the lilies, the person beholds your face and recognizes the holiness in you.

You accept this gift.

Your innocence lights the person's way, offering its guiding light and sure protection.

Your innocence shines from the holy altar within you where the person has laid the lilies of forgiveness.

The whiteness of the person's shining gift of lilies now speeds you on your way, as you continue your journey.

Soon, you see another person standing in the distance waiting for you to pass by.

As you approach the person, you notice it is someone who holds a grievance towards you, a person who has much conflict about you, a person who has a need of healing in his or her relationship with you.

You meet.

Suddenly as you look at the person's hands, you see he or she has thorns in one hand, lilies in the other.

You know the person is uncertain which to give.

The person looks with different eyes upon you.

You see the person join with the Beloved and throw away the thorns.

The person offers you the gift of lilies, the gift of love.

He or she offers you lilies and it is him- or herself the person has freed.

Looking between the snow-white petals of the lilies, the person beholds your face and you know he or she recognizes the Beloved in you.

You accept the person's gift.

Your innocence lights the person's way, offering him or her its guiding light and sure protection.

Your innocence shines from the holy altar within you where the person has laid the lilies of forgiveness.

The whiteness of the person's shining gift of lilies now speeds you on your way.

You continue your journey, with lilies in hand.

COURSE CHECK-IN

Support Tool Worksheet 1-3 (WEEK FOUR)

Directions: Journal on the following questions.

1. In taking this course, what ways have I developed an understanding of the value of being triggered?
2. What does it mean to view unforgiveness as giving someone “a crown of thorns” and forgiveness as extending “the gift of lilies”?
3. This course teaches that I have a choice in my healing journey regarding how I view the unhealed relationships in my life. In what new ways do I understand this choice?
4. How do I intend to continue my healing journey after I have completed this course?

There is nothing to forgive. Use what you have learned to help others.

~ from *Born to Serve*