



# Standing Strong Together™

COMMUNITY BUILDING LEADERSHIP TRAINING CERTIFICATION

Session 2 - The Blue Ribbon Focus  
Love - Peace - Unity



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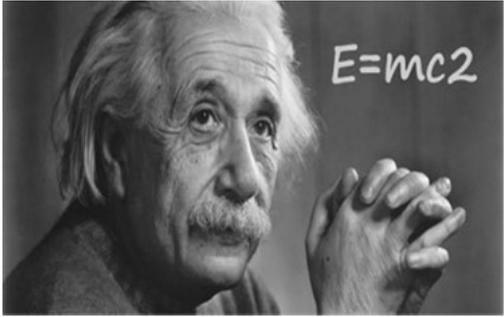
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for Blue Ribbons Worldwide



Albert Einstein

Nobel Prize Physics 1921 - Theory of Relativity

## Einstein's letter to his daughter on LOVE!

This letter is said to be from Albert Einstein to his daughter...

In the late 1980s, Lieserl, (pronounced LEE-SER-IL) the daughter of the famous genius, donated 1,400 letters, written by Einstein, to the Hebrew University, with orders not to publish their contents until two decades after his death. This is one of them, for Lieserl Einstein.

"When I proposed the theory of relativity, very few understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world. I ask you to guard the letters as long as necessary, years, decades, until society is advanced enough to accept what I will explain below.

There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others and is even behind any phenomenon operating in the universe and has not yet been identified by us. This universal force is LOVE.

When scientists looked for a unified theory of the universe they forgot the most powerful unseen force. Love is Light, that enlightens those who give and receive it. Love is gravity because it makes some people feel attracted to others. Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness.

Love unfolds and reveals. For love we live and die. Love is God and God is Love. This force explains everything and gives meaning to life. This is the variable that we have ignored for too long, maybe because we are afraid of love because it is the only energy in the universe that man has not learned to drive at will.

To give visibility to love, I made a simple substitution in my most famous equation. If instead of  **$E = mc^2$** , we accept that the energy to heal the world can be obtained through love multiplied by the speed of light squared, we arrive at the conclusion that love is the most powerful force there is, because it has no limits.

Cont...

Perhaps we are not yet ready to make a bomb of love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastate the planet. However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.

When we learn to give and receive this universal energy, dear Lieserl, we will have affirmed that love conquers all, is able to transcend everything and anything, because love is the quintessence of life.

I deeply regret not having been able to express what is in my heart, which has quietly beaten for you all my life. Maybe it's too late to apologize, but as time is relative, I need to tell you that I love you and thanks to you I have reached the ultimate answer!".

- **Your father, Albert Einstein**

## **Love Is Love**

The world is experiencing a global, seismic shift in consciousness.  
Turning the tide on inner strength.

You and I are Being the light.  
Creating love, unity, and peace among all people.

1 BILLION People Honored.  
Each knowing that...

## **All Lives Matter**

# Navigating Uncertainty

Throughout 2020, you may have felt a plethora of strong emotions due to the pandemic, elections, isolation, financial stress, and fear of the future.

Whenever you're feeling anxiety, anger, apathy, or alienation, honor yourself and someone else.

Watch to see how the 7-Step Blue Ribbon Acknowledgment Ceremony will help you navigate your emotions with love, peace, and unity.

## THE BLUE RIBBON CEREMONY

- 1. Honor someone:** *Say; I have a Blue Ribbon that says "Who I Am Makes A Difference®" and I want to honor you for...(Tell them the reason they make a difference for you.)*
- 2. Ask:** *Will you accept my gift?*
- 3. Ask:** *May I have permission to put it on you?*
- 4. Place:** *Affix the Blue Ribbon above their heart pointing upward toward all their dreams coming true. Important: Do not affix to silk or leather.*
- 5. Cheer:** *Say; In order to get the cheerleaders in the ribbon jumping for your dreams, I'm going to point to them and shout BING!*
- 6. BING!** *This is the sound that helps make dreams come true!*
- 7. Gift:** *Gift them two extra Blue Ribbons to honor others.*

You are now part of a global movement One billion people honored by the year 2021  
Helping make 1 billion dreams come true!

[blueribbons.org](http://blueribbons.org) [sparky@blueribbons.org](mailto:sparky@blueribbons.org)

**“The Blue Ribbon is a tangible visual symbol of  
love, peace, and unity.”**

**~ Grandma Sparky**

# The Secret Ingredients

in the

## “Who I Am Makes A Difference”<sup>®</sup> Blue Ribbon



1. **Focus** Points the direction toward seeing what’s working in the world.
2. **Color** Indicates that you are a BLUE RIBBON first prize winner. Symbolizes the GOLD, goodness, and generosity within.
3. **Cut** Propels you toward a positive future.
4. **Symbol** Reminds you every day that who you are makes a difference.
5. **Opportunity** Gives you permission to both give and receive acknowledgment.
6. **I AM** Confirms that YOU are a powerful force of LOVE.
7. **BING!** Gets people laughing, lighting up, and cheering people on for their dreams. Laughter is the best medicine!

Modern life has become increasingly complicated and it’s believed that stress is the primary obstacle to laughter. Laughter is a physical expression of humor and joy that has numerous protective qualities. Laughter can help break the cycle between pain, sleep loss, and depression.

**BONUS – Pay It Forward...**give everyone you honor 2 extra Blue Ribbons so they can honor others.

# Testimonials

"We conducted the 'Who I Am Makes A Difference'® Blue Ribbon pilot student run program. As a result, bullying quickly ended, positive relationships increased, and students became social and business entrepreneurs making profound differences in their community, country, and world. This Blue Ribbon training has given me the tools to help make all my students dreams come true! November 13-19, 2014 'Blue Ribbon Week' and 10-month follow-up student train-to-train system has been approved for 3,000 of our students/administrators/staff with a community outreach to 7,717 parents/neighbors. My dream would be that this training impacts all 17 schools in our district, the US, and world."

**Luis Lopez, 2010/2011 – 2013/2014 Teacher of the Year – Eastlake High School, Chula Vista** - located in the Sweetwater Union High School District, the largest school district in California.

"The Blue Ribbon Community Building Training should be used by all educators in their efforts to ready students for a life in society. It gives kids pride, purpose and the ability to overrun negativism and transform the world."

**Steve Ahle, Distinguished Principal of the Year** - State of California

"Helice 'Sparky' Bridges follows in the shoes of great leaders like Gandhi and Martin Luther King. Her powerful 'Who I Am Makes A Difference' Blue Ribbon training gives children and adults of all ages the long overdue right to be appreciated, loved and nurtured by the society in which they live."

**Jack Canfield, co-author Chicken Soup for the Soul book series** - America's leading authority on creating success and personal fulfillment.

"The 'Who I Am Makes A Difference' Blue Ribbon training gives us a powerful way to express unconditional love and help heal the world."

**Marci Shimoff – New York Times Best-Selling Author** - Love for No Reason and Happy for No Reason

# Quotes That make a Difference

Darkness cannot drive out darkness;  
only light can do that.  
Hate cannot drive out hate;  
only love can do that.

*Martin Luther King Jr.*

"YOU NEVER CHANGE THINGS BY  
FIGHTING THE EXISTING REALITY.  
TO CHANGE SOMETHING, BUILD A  
NEW MODEL THAT MAKES THE  
EXISTING MODEL OBSOLETE."

- BUCKMINSTER FULLER

"You are the light at the end of the tunnel transforming anger, apathy, and violence into love, unity, and peace among all people for this generation and all generations to come. Who you are makes a difference."

*Grandma Sparky*



# I AM INFINITE POTENTIAL

## ACKNOWLEDGING THE WORTH OF SELF

### **How does self-affirmation work?**

Researchers at the Annenberg School for Communication, in collaboration with researchers at the University of Michigan and UCLA, have uncovered what goes on in our brains during self-affirmation. The study, led by Doctoral Candidate Christopher Cascio and Associate Neuroscience Emily Falk are published in the journal *Social Cognitive and Affective Neuroscience*, used functional magnetic resonance imaging (fMRI) to find that self-affirmation activates well-known reward centers in the brain. These areas are the same reward centers that respond to other pleasurable experiences, such as eating your favorite meal or winning a prize.

“Affirmation takes advantage of our reward circuits, which can be quite powerful,” says Cascio. “Many studies have shown that these circuits can do things like dampen pain and help us maintain balance in the face of threats.”

Source: Annenberg School of Communication – University of Pennsylvania

### **Definition Self-Affirmation**

The recognition and assertion of the existence and value of one's individual self.

### **Process of Self-Affirmation**

Focusing on the important qualities that make you who you are.

### **What NOT to do when Self-Affirming**

We all have shortcomings. When a thought arises that reminds you of what you do wrong, simply notice that thought, and move on to affirming what you do that makes a positive difference. Example: Whenever you say things like: *I'm not enough, Nothing I do makes a difference, I'm too fat, too short, too tall, clumsy, ugly, confused...* remember, this exercise is about affirming who you are!

### **Researchers Declare Benefits of Self-Affirmation**

The majority of students who reflect on their core values do better in school. People with opposing political views become more open to hearing one another. The simple act of focusing on the sources of meaning and purpose in our lives is incredibly effective at lowering defenses and changing behavior.

# CHOOSE TO MAKE A DIFFERENCE

**Name 3 core values that Make You Who You Are.**

Examples: Integrity – Honesty – Responsibility – Sportsmanship – Servant Leadership  
I treat others with respect. I take responsibility for my actions. I embrace opportunities and contribute to making the world a better place. I apologize when I'm wrong. I am open to learning, growing, and becoming a better person.

Write your answers below

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As a LEADER, how do your core values make a positive model for others?

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# Session 2

## SOUL WORK

**1. Find at least two people to honor** with the *Who I Am Makes A Difference*® Blue Ribbon.

- a. In person
- b. FaceTime
- c. Virtual Blue Ribbon via [blueribbons.org/virtual-ribbon](http://blueribbons.org/virtual-ribbon)

Write their names in your Soul Reflections journal and the difference this exercise made for you and the person you honored.

**2. Before you go to sleep each night**, write in your Soul Reflections journal or here, 3 things you accomplished that day that you were proud of.

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**3.** Be certain to always have Session 1 by your side during Session 2.

**Acknowledge Worth of Self**  
**Acknowledge Worth of Others**  
**Build Trust – Connect & Respect**  
**Bethe Voice of Change - Empower and Support Dreams**  
**Make a World of Difference – Be the Change**

**Together We Are the Voice Uniting Humanity Through the Power of Love!**

WHO YOU ARE MAKES A DIFFERENCE!

*Love Grandma Sparky*

*BING!*

