



Standing Strong Together™

COMMUNITY BUILDING LEADERSHIP TRAINING CERTIFICATION

Session 4 - The Spirit of Higher Thinking



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Powerful Lessons on Money



Lynne Twist is the founder of the Soul of Money Institute, which aims to create a context of sufficiency, responsibility, and integrity for individuals and organizations in their relationship with money. She is the author of the best-selling book, **The Soul of Money: Transforming Your Relationship with Money and Life**. She has worked with over 100,000 people in 50 countries on conscious philanthropy and strategic visioning.

Exercise

Scarcity Thinking

Ask: Raise your hands if you or anyone you know have some of these thoughts:
There's not enough to go around. I'm not enough. I'm not tall enough. I don't have enough money. I don't have enough education. I don't have enough time. I'm not pretty enough,. I'm not smart enough.

Ask: What are some of the scarcity thoughts you have about yourself?
(Example of Grandma `Sparky 's thoughts: I'm not enough. I don't have enough money. I'm confused. I make too many mistakes.)

Write 3 scarcity thoughts you have about yourself.

1. _____

2. _____

3. _____

Sufficiency - Take Your Thinking Higher

Ask: What can you say to yourself that reminds you that your enough?

(Example Grandma Sparky says: I make a difference! I am abundant. I attract support. I am smart. I am focused and clear. I have all the time I need to create the perfect results.)

Write: 3 thoughts you can take higher

1. _____

2. _____

3. _____

Say: The “Who I Am Makes A Difference”® Blue Ribbon is a constant reminder that I am enough, I am abundant, I am sufficient, I am creative, My ideas make a difference.

“Before I speak I remember to think uplifting thoughts that bring health, peace, love, unity, and prosperity for all people in our world.”

~ Grandma Sparky

Five Steps to Higher Thinking

Practice Morning and Night

1. **Breath.**

- a. Take in a deep breath through your nose.
- b. Fill your lungs.
- c. Hold for a count of four.
- d. Exhale slowly for a count of eight.
- e. Exhale, relax your shoulders, relax your jaw muscles. Relax the muscles behind your eyes.
- f. Repeat two more times.
- g. Each time feel every cell in your body relaxing more and more.

2. **Quite your mind.**

- a. Sit quietly for 1-3 minutes.
- b. Focus on your inhale and exhale.
- c. Notice your thoughts and let them go.

3. **Be in Gratitude.**

- a. Focus on what you have that makes a difference.
- b. Thank yourself for your hands, feet, smile, mind, clothes, etc.
- c. Acknowledge what you're doing right.

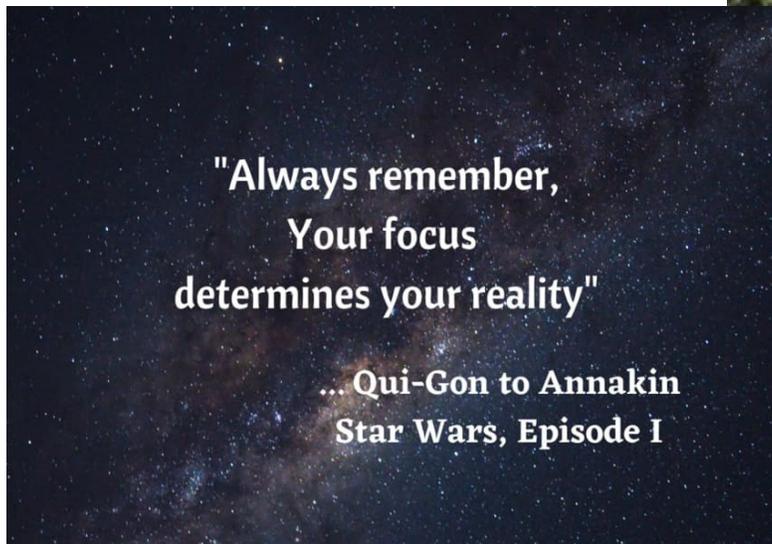
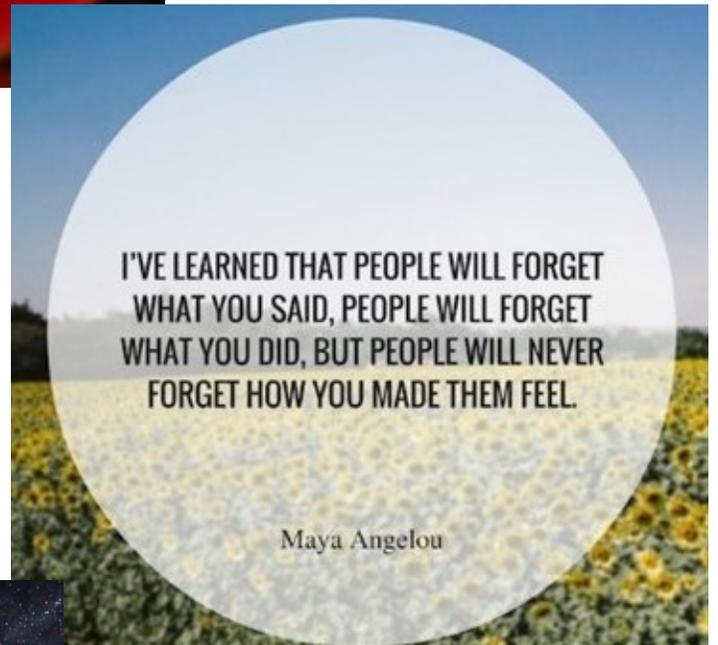
4. **Acknowledge what others are doing right.**

- a. Shift your thoughts from what's not working to what's working.
- b. Focus on what people are doing that makes a difference.
- c. Notice the difference it makes when you see what's working.

5. **Honor someone with a Blue Ribbon.**

- a. Let a person(s) know how much they make a difference.
- b. Honor them with a virtual or physical Blue Ribbon.
- c. Send them a letter or email telling them how much they make a difference.

Quotes That Make a Difference



Session 4

SOUL WORK

1. Practice 5-Steps to Higher Thinking and journal your experiences.

2. Practice shifting your focus from what's not working to what's working and journal the results of your shifts.

3. Notice the difference it makes to see the best in yourself and others and journal your thoughts.

4. Be certain to always have previous guidebooks by your side during sessions.

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

WHO YOU ARE MAKES A DIFFERENCE!

Love Grandma Sparky

BING!

