



Standing Strong Together™

COMMUNITY BUILDING LEADERSHIP TRAINING CERTIFICATION

Session 3 - The Blue Ribbon Present Quieting the Mind



Contents

Maslow Hierarchy	3
The Present	4
Grandma Sparky's Vision	5
Quotations That Make A Difference	6
Soul Work	7

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Maslow's Hierarchy Of Human Needs

In order to move from where you are to where you want to be, to fulfill your dreams and the dreams of our world, we all need our basic human needs met.



The Present = The Gift

The Present = The Moment

**The Blue Ribbon Ceremony Quiets the Mind and
Gifts you with Being in the Present Moment**

Mindset Exercise

Ask: How many of you feel stressed, overwhelmed, anxious?
(Get a show of hands)

Say: In our fast-paced world, we are pressured to achieve and succeed. All too often the demands put upon us by ourselves, our school, family, and society takes a toll on our emotional and physical health, the health of those around us, and our world.

So how do we create a safe, supportive, empowering place where we may continue to feel appreciated, respected, and loved?

The Blue Ribbon Ceremony achieves this by:

- Acknowledgment creates a shift in your attention to the witnessing awareness and value of another person.
- Creates self-healing.
- Ignites energy and higher vision.

“I quiet my mind and bring more love into the world.”

~ Grandma Sparky

Grandma Sparky's Vision

The “Who I Am Makes A Difference”® Blue Ribbon Ceremony was born out of my desire to create a world where all people would feel connected, valued, and loved.

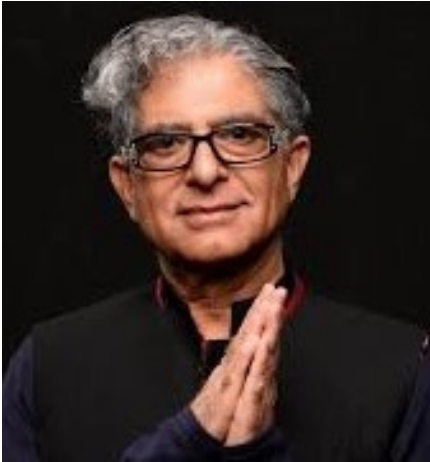
In 1979, I was a 37-year-old wife, mother, and successful businesswoman going through a divorce, feeling lost, alone, and desperate for love. I had thoughts of committing suicide on a daily basis. So how did I manage to find a way to heal the pain of others and bring love to 50 million people throughout the world? I began to teach kids, teachers, parents, neighbors, business people, everyone I came in contact with how to express their appreciation, respect, and love, value uniqueness, and empower dreams.

My deepest desire is that you will know who you are, why you were born, and the difference you make. You will not be alone. Instead, you will be part of a global team helping to Unite Humanity Through the Power of Love for this generation and all generations to come!

1 Billion People Honored with a “Who I Am Makes A Difference”® Blue Ribbon by the year 2021!

The Power of Love is the ultimate motivator to end conflict, enhance health and property, and make dreams come true!

Quotes That make a Difference



“Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there - buried under the 50,000 thoughts the average person thinks every day” ~ Deepak Chopra

Physician, Indian-American author, alternative-medicine advocate, and a prominent Spokesperson in the New Age movement.

Peace does not mean to be in a place where there is no noise, trouble, or hard work.

Peace means to be in the midst of all those things and still be calm in your heart. ~unknown



"On this platform of peace, we can create a language to translate ourselves to ourselves and to each other." ~ Maya Angelou

American Poet and Author

Celebrations: Rituals of Peace and Prayer

Session 3

SOUL WORK

Soul Work journal

1. Write down who you honored and the difference it made to you and them.

2. Notice when you feel stressed, anxious, overwhelmed.

Close Your Eyes. Observe. Breathe. Quietly honor yourself for slowing down.

Write how this made you feel in your journal.

3. Give yourself a BING! Lighten up and time will EXPAND!

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

WHO YOU ARE MAKES A DIFFERENCE!

Love Grandma Sparky

BING!

