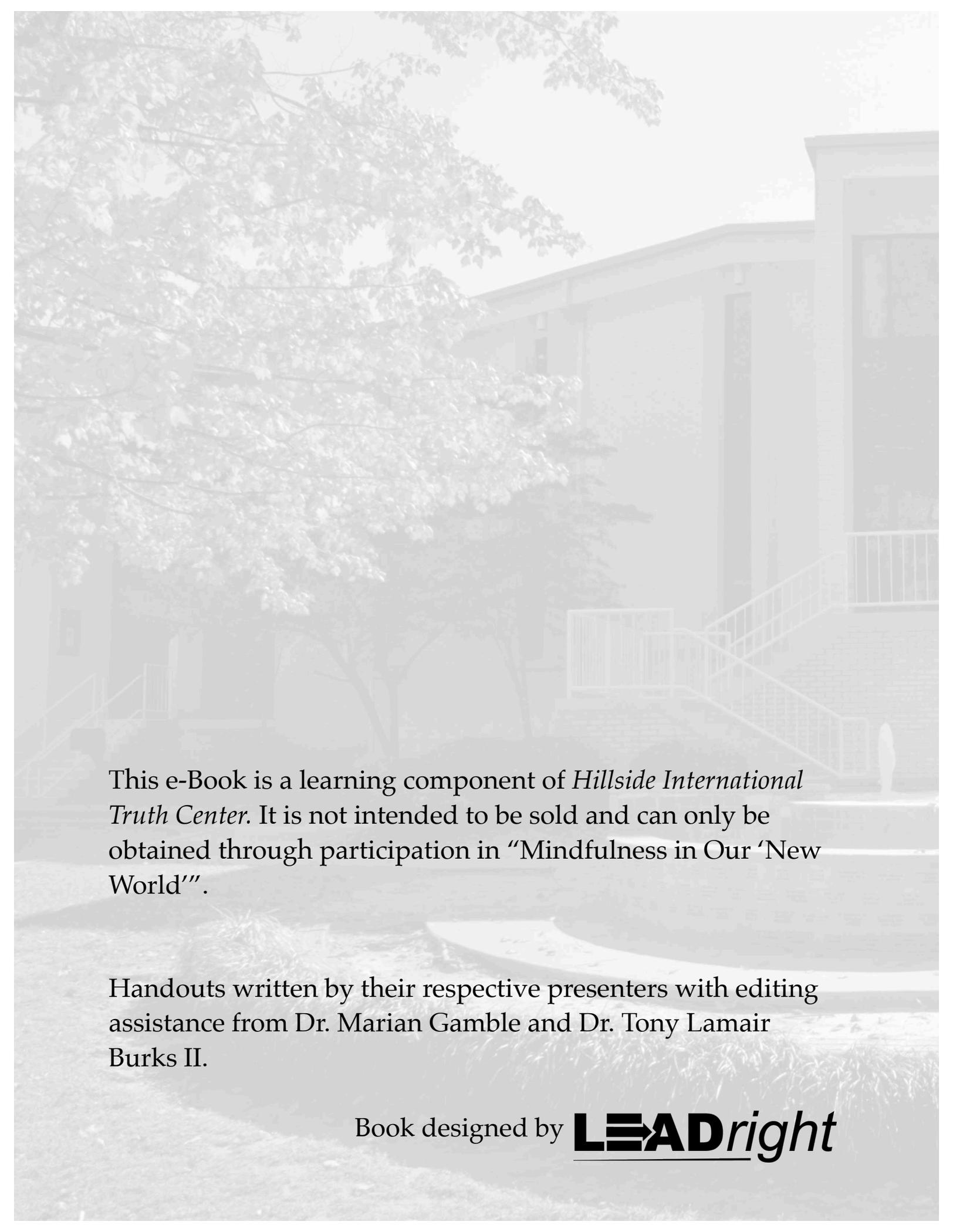


HANDOUTS

MINDFULNESS
IN OUR

"NEW WORLD"

June 27, 2020



This e-Book is a learning component of *Hillside International Truth Center*. It is not intended to be sold and can only be obtained through participation in “Mindfulness in Our ‘New World’”.

Handouts written by their respective presenters with editing assistance from Dr. Marian Gamble and Dr. Tony Lamair Burks II.

Book designed by **LEADright**

MINDFULNESS IN OUR “NEW WORLD”

Opening - Welcome, Prayer, Introduction: Bishop Dr. Jack L. Bomar |
Executive Bishop, Hillside International Truth Center

Mindfulness: A Spiritual Perspective: Bishop Dr. Barbara Lewis King |
Founder Minister / World Spiritual Leader, Hillside International Truth Center

SESSION ONE - Mindfulness Throughout The Day: Caroline Durham |
Attorney + Barbara King School of Ministry Student

Breathe

What is mindfulness?

- Our day is filled with _____.
- The question is “What will bring us to being present and _____ with our ‘I am’ being?”

Simple

- Keep it simple.
- You already have _____.
- You are already doing good things.

Take moments

HALT

- A pause makes all the difference.
- A 5-minute break from everything...10 is better.
- Sit in silence.
- Breathe. 6-4-7
- Feet on the ground.
- You can do this _____.

When

Our transitions:

- _____ to start the day
- Drive to work
- Court back to office
- Office to home

Injuries usually happen during transition periods for athletes.

Where

- As you awake
- At lunch
- At a traffic light
- Standing in line
- In the _____
- Anywhere!

SIMPLE Tools within reach

- The Daily Thoughts from the Hill
- Our _____
- Our Feet
- The I AM
- Meditation
- Online Resources

Mindful consumption

What we consume through our senses impacts our mental state.

- _____
- Radio and Television
- Social Media
- Conversations

WHY DOES MINDFULNESS MATTER?

- We deserve a beautiful, fulfilling life.
- Our family deserves a healthy, vibrant you.
- Spirit is ever-present and we can be too.

SESSION TWO - Affirmative Prayer: Rev. Gertrude Moore | *Hillside Director of Prayer Ministry*

A Definition of Affirmative Prayer

Alignment with God; a “_____” state of Mind. It connects us with the Spirit of God within. Affirmative prayer reflects the certainty that we are being led to our highest good, despite any temporary appearance.

SESSION FOUR - Conscious Eating: Debra L. Keyes, MA, RD, LD |
Registered & Licensed Dietitian + Lifestyle & Business Consultant

EATING MEDITATION

- **Create** an atmosphere – your _____ space
 - **Begin** with your personal prayer or affirmation and remain in the silence
 - **Connect** with your _____ and body
 - **Feel** your feet on the ground
 - **Notice** your experience in this moment
 - **Tune** into the awareness or sensation
-
- Take a moment, take a breath and take it all in – look at your food item.
 - Take a moment and smell the food item.
 - Take a moment to listen to your food.
 - Take a bite and explore it in your mouth.
 - Slow down. (If using a utensil – put it down in between each mouthful.)
 - Thoroughly chew the food item before you swallow (suggested 20+ times).
 - Throughout, notice your experience in the moment.
 - Tune into your awareness and sensations.
 - Be conscious and sensitive to all that is taking place in your wonderfully made body.
 - Honor the eating experiences; give thanks for the food and the marvelous functions of your body temple.

REFLECTION

Reflect on the Eating Meditation. What comes up for you? What did you feel? What did you think?

8 TIPS FOR MINDFUL EATING

EAT...

1. when you are _____. Ask yourself, am I hungry?
2. after giving conscious thought to what you will eat.
3. while sitting down, not while standing or walking...and not in your car.
4. free from _____ such as TV, cellular phones, intense or anxiety producing conversations.
5. what your BODY desires and not what your MIND desires.
6. until you're satisfied—not until you are full or _____.
7. with enjoyment and pleasure.
8. as a _____ act so that what you eat, when you eat, and where you eat are not habitual or routine.

PERSONAL COMMITMENT CONTRACT

Today I commit to maintaining my Divine Conscious Connection with Food by...

STARTING...

CONTINUING...

STOPPING...

PRESENTERS

Bishop Dr. Barbara Lewis King is the Founder of Hillside International Truth Center (1971) and the Barbara King School of Ministry (1977) in Atlanta, Georgia. She is a World Spiritual Leader, having taught, spoken, and ministered throughout the United States, in Canada, Finland, Russia, England, Israel, Egypt, Kenya, Caribbean, Ghana, Berlin and other countries. In 2001, she became the first woman enstooled as a Chief at Assin Nsuta, Ghana, West Africa. She has authored 10 books and monographs and received numerous other awards and honors. She was consecrated as Bishop on September 26, 2010, the first New Thought minister to receive that honor. Her personal collection of writings, photographs, awards, and memorabilia are archived at the Auburn Avenue Research Library on African American Culture and History (Atlanta). Collection opened August 17, 2019. The interfaith chapel in the Hartsfield-Jackson Atlanta International Airport (busiest passenger airport in the world) was renamed and dedicated as Dr. Barbara Lewis King Interfaith Chapel on March 29, 2019. She earned a doctorate in ministry from the Ecumenical Theological Seminary in 2012 at the age of 81. www.drbarbaraking.com .

Bishop Jack L. Bomar, a Global Community Builder, is the Executive Bishop of Hillside International Truth Center and Lead Pastor at UNITED Church in Beaufort, South Carolina. He has committed nearly 40 years of his life to ministry and has presided over, revived, revitalized, repositioned ministries throughout the continental United States and beyond. He has served as Senior Minister for various New Thought communities in states including Hawaii, New York, Tennessee, California, Illinois, and Georgia; and as International Guest Minister in Australia and U.S. Virgin Islands. He is a graduate of the Barbara King School of Ministry and received his Doctor of Ministry degree from McCormick Theological Seminary in Chicago, Illinois. He is also the founder of Blessing Hands USA, Inc., a non-profit humanitarian organization established to revive, restructure and revitalize communities. For the past few years he has traveled abroad providing pastoral and mission support to communities in Dominican Republic, Haiti, Australia, Ghana, Philippines, West Indies, and India.

Caroline Durham JD, a student in the Barbara King School of Ministry, began her mindfulness studies fifteen years through Buddhism led by Thich Nhat Hahn. After serving more than twenty-five years as a public defender, she began Warrior Wellness, a mindfulness training resource for people serving trauma-informed communities. Integration of mindfulness in her daily life fuels her work to dismantle the school-to-prison-pipeline, as Legal and Policy Director of the Georgia Appleseed Center for Law and Justice.

Rev. Gertrude Moore is Director of the Affirmative Prayer Ministry at Hillside International Truth Center. She has taught Hillside Truth classes, leads the daily noon day prayer, provides messages for the Affirmative Prayer Line coordinates the Hillside “I Help” fund, and provides support and guidance to Hillside families who have experienced transitions. She is known on “The Hill” and beyond as a powerful praying woman who prays consistently and continuously with fervor for others and who demonstrates in her own life the power of prayer. She is a graduate of the Barbara King School of Ministry.

Evanye Lawson is a licensed psychotherapist and love coach. She calls herself a love propagandist and self-proclaimed pleasure witch. She teaches womxn and couples how to get the love they want in their relationships. She runs and operates The Self Love Center, which is an online center providing classes on conscious relationship building. www.theseelflovecenter.com

Debra L. Keyes, MA, RD, LD is a licensed Professional Practitioner Emeritus of the Center for Spiritual Living. For more than 25 years she served as the ecclesiastical arm of Guidance Church (Los Angeles) under the Divine leadership of Dr. Daniel Morgan and Rev. Nirvana Gayle. Her professional background and degrees are in Nutrition and Public Health. She is the Chief Consultant of DKeyingredient Consultants LLC where she coaches individuals, businesses, and organizations. She moved to Atlanta in 2012 and is now a proud, active member of Hillside International Truth Center.

Rev. Sedrick Gardner is Dean of the Barbara King School of Ministry. He studied meditation for 5 years from a Meditation Master in his early twenties and has practiced it every day for the past 30 years. He has studied Vipassana, Transcendental Meditation, and various other techniques and has taught meditation for over 25 years. He attributes his daily meditation practice as the vehicle that helps him to navigate through business, governmental, and societal systems for positive results. His CD, *Guided Meditations*, has reached millions on iTunes, Amazon, Spotify, and Google Music. He has degrees from Duke University and Emory University School of Medicine. He has addressed aspects of the AIDS epidemic throughout the world, particularly in Africa and North America. He is an ordained minister who was traditionally initiated by Zulu High Sanusi Credo Mutwa of South Africa and graduated from the Barbara King School of Ministry in 2004.

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