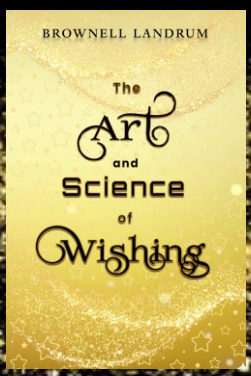
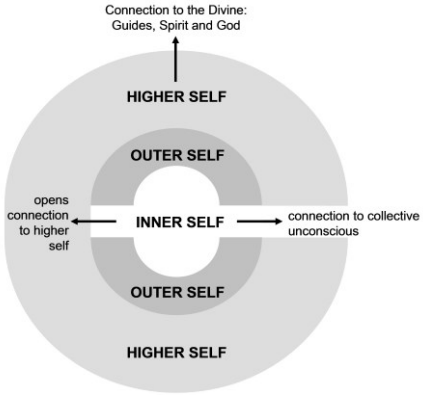
BROWNELL LANDRUM

Cosmic Wishes

BONUS



MY BODY MY FRIEND



The Three Selves are a crucial part of the Art and Science of Wishing. These "selves" are:

- Conscious, Mind, or "Outer Self"
- Superconscious, Spirit, or "Higher Self"
- Subconscious, Body, or "Inner Self."

For this activity, we're going to focus o your body or Inner Self.
For an entire week, pay extra attention to your body.
Start by asking him/her/them to tell you their name. It might sound odd, but this practice is backed up by – you got it – science!

- Focus on every bite you eat.
- Ask him/her/them: what do you want to do today? And *listen*.
- Play games to engage them in tasks where you need to focus. For example, let's say you need to finish a project, but you keep getting distracted. Tell your body: "If you'll help me get this done by X time, we'll do something extra fun right after!"
- Have fun! Your inner self thrives on FUN!
- The following excerpt from The Art & Science of Wishing explains it best;

"Think of it this way: Have you ever seen a neighbor walking a dog and the dog runs off? What does the neighbor usually do? They yell at the dog to come back. But that doesn't work. Instead, what does work is to get all excited and point in a different direction, and say, "Look, it's fun over here!" and the dog will happily go along.

Your Inner Self (body) works the same way!"

How did it feel? _____

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What did you learn?_____

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Share your experience on social media for Brownell points!

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