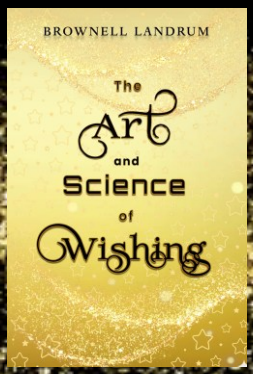
BROWNELL LANDRUM

# Cosmic Wishes

## SCIENCE & ACTIVITY CARDS

with Caroline Biesalski



# SCIENCE CARD

This is the SCIENCE card drawn during the show with Caroline Biesalski:

64

***Neuroscience • Spiritual/Metaphysical***

**Why "Looking Up" Works**

The simple act of looking up changes your brain.
Researcher Fred Previc found that upward gaze activates dopaminergic pathways linked to meditation, dreaming, and spiritual experience — the same pathways involved in religious awe across cultures. Your nervous system responds to "looking up" before your mind even forms a thought.
This is why Cosmic Wishes asks you to look to the sky. Your tagline IS the science.

Notes

# ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Caroline Biesalski:

34

***Spiritual/Metaphysical***

**The 90/10 Rule**

You've done 90% (ritual, alignment, repetition, fun). Now: let go. Open the door for something to meet you.

The movie Hitch demonstrates this 90/10 rule in a kiss — go 90% and wait.

Similarly, the things “not in your control” might require some “cosmic collaboration” to get to 100. Allow it.

Notes

# SCIENCE CARD

This is the SCIENCE card drawn during the show with Caroline Biesalski:

27

**Storytelling • Psychology**

**Wants vs. Needs**

Like Luke wanting adventure but needing to find his purpose (or Elle wanting to marry Warner but needing to stand on her own), your surface wish and your deeper need may differ.

Psychologists Deci and Ryan identified three universal needs beneath surface wants: autonomy, competence, and connection.

Notes

# ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Caroline Biesalski:

30

***Neuroscience • Psychology***

**Break a Routine**

Take a different route, brush teeth with the other hand, eat something new. Breaking routines creates neuroplastic openness — your brain becomes more receptive to new possibilities.

Notes

# SCIENCE CARD

This is the SCIENCE card drawn during the show with Caroline Biesalski:

19

*Psychology*

**Progress Tracking**

What gets measured gets improved. Tracking creates feedback loops that reveal what's working.

Notes

# ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Caroline Biesalski:

86

***Psychology • Neuroscience • Biology***

**The Wish Dance**

Put on a song and move your body as if your wish has already come true. Play and embodied movement bypass the inner critic and activate the Inner Self.

Notes

## 5 Key Lessons from This Episode:

1 _____

2 _____

3 _____

4 _____

5 _____

## 5 Ways You'll Apply These Lessons to Your Wish

1 _____

2 _____

3 _____

4 _____

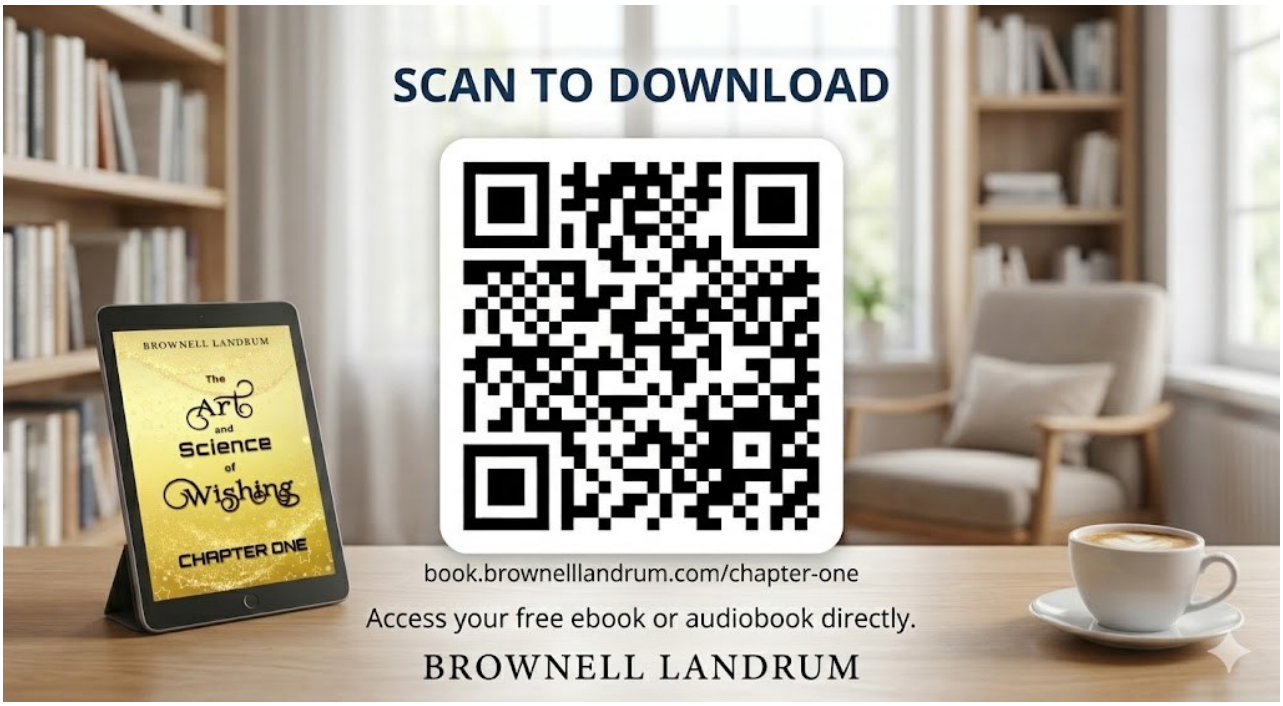
5 _____

Use the space below to doodle, draw, or come up with something FUN to do today!

## Make Room for FUN!

BROWNELL LANDRUM

## Download Chapter 1 of The Art & Science of Wishing for FREE!




And look for Brownell's TEDx talk – coming soon!

## FOLLOW

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Cosmic Wishes