

BROWNELL LANDRUM

Cosmic Wishes



SCIENCE & ACTIVITY CARDS

with Zach Randles Friedman



SCIENCE CARD

This is the SCIENCE card drawn during the show with Zach Randles Friedman:

55



Four Responses

Synchronicity Interpretation

Meaningful coincidences are data points worth tracking. Not proof of magic — but signals worth noticing. Carl Jung coined "synchronicity" to describe meaningful coincidences that can't be explained by cause and effect alone. Whether they're external messages or your RAS spotting patterns, they're worth your attention. Track them. Patterns reveal themselves only when you're watching.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Zach Randles Friedman:

8



Anthropology • Cognitive Science

The Threshold Ritual

Stand in a doorway. State your wish as you cross the threshold. In Victor Turner's book *The Ritual Process*, his research on liminality shows that transition spaces activate openness to transformation.

Notes

SCIENCE CARD

This is the SCIENCE card drawn during the show with Zach Randles Friedman:

153



Psychology

Honoring the Ending

Every meaningful beginning requires a real ending.

William Bridges spent decades studying transitions and found that unprocessed loss from what you're leaving behind quietly blocks what's trying to arrive. The ending isn't a hurdle to jump — it's a passage to honor.

Before chasing the new wish, name what you're letting go of. Then thank it.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Zach Randles Friedman:

96



Biology • Neuroscience

Cold Water Wake-Up

Splash cold water on your face. State your wish from a place of calm clarity. Andrew Huberman highlights research on the mammalian dive reflex: cold water on the face activates the parasympathetic nervous system, lowering heart rate and creating a settled, focused state.

Notes

5 Key Lessons from This Episode:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

5 Ways You'll Apply These Lessons to Your Wish

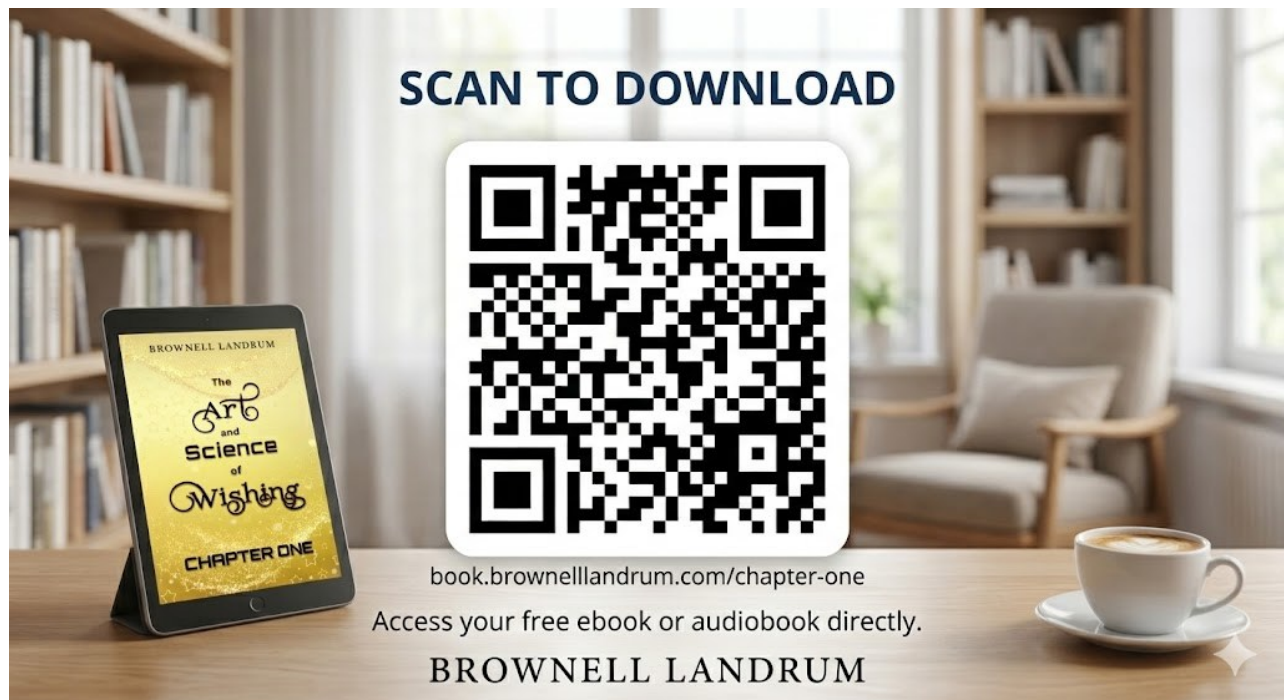
- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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!



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Cosmic Wishes