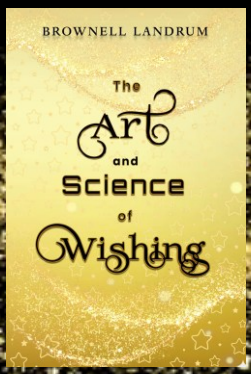
BROWNELL LANDRUM

Cosmic Wishes

BONUS



HAWKINS SCALE CHALLENGE

Rise into Power! ⚡

You know that moment when you're about to fire off an angry reply, snap at someone, or spiral into negativity? This week, your mission is to CATCH YOURSELF before you react - and shift UP the Hawkins Scale instead!

How to do it:

When you feel yourself dropping into the lower levels (Shame, Guilt, Apathy, Grief, Fear, Desire, Anger, Pride), PAUSE. Use the 3 P's, breathe, or any tool you've learned to shift UP toward the higher levels (Courage, Neutrality, Willingness, Acceptance, Reason, Love, Joy, Peace). Report what happened: What triggered you? How did you catch yourself? What shifted?

POWER

FORCE

Level	Scale
Enlightenment	700–1,000
Peace	600
Joy	540
Love	500
Reason	400
Acceptance	350
Willingness	310
Neutrality	250
Courage	200
Pride	175
Anger	150
Desire	125
Fear	100
Grief	75
Apathy	50
Guilt	30
Shame	20

Use the 3 P's to get HERE and SHARE how it worked!

Whenever you feel yourself getting here

Share your experience on social media for Brownell points!

Source: David Hawkins Power vs. Force

📚 **Book tie-in:** David Hawkins' Power vs. Force scale shows that higher vibrations are literally more powerful. Every time you shift UP, you're raising your frequency for wishing!

⭐ **Brownell Points:** Share your story for bonus points!

Cosmic Wishes

© Brownell Landrum
All rights reserved

WEEK 6 DAILY PRACTICE AND INSPIRATION

Track your energy level each day for a whole week.

MY WISH

First, rewrite your wish. It helps with reinforcement and allows you to see if (or how) it changed:

Day 1

Day 2

Day 3

© Brownell Landrum
All rights reserved

WEEK 6 DAILY PRACTICE AND INSPIRATION

Day 4

Day 5

Day 6

Day 7

© Brownell Landrum
All rights reserved