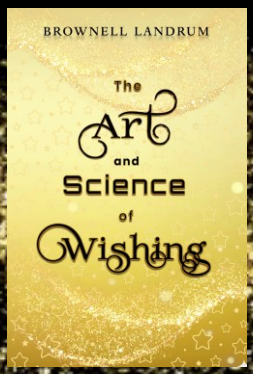
BROWNELL LANDRUM

Cosmic Wishes

SCIENCE & ACTIVITY CARDS

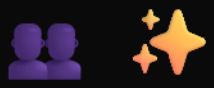
with Mathew Collins



SCIENCE CARD

This is the SCIENCE card drawn during the show with Mathew Collins:

87



Social Psychology • Spiritual/Metaphysical

Wish Circles

When people gather with shared intention, something emerges that exceeds what any individual could generate alone.
Sociologist Émile Durkheim called this "collective effervescence" — the heightened energy that arises when humans come together in shared purpose. Modern neuroscience confirms it: brains in shared ritual literally synchronize, oxytocin rises, and individual willpower becomes group momentum. Your Wish Circle isn't just support. It's a measurable amplifier.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Mathew Collins:

32



Neuroscience • Biology • Three Ps

Vagus Nerve Activation

Hum, sing, splash cold water on your face, or do a long slow exhale. You're stimulating the vagus nerve, shifting from fight-or-flight to rest-and-receive — the state where wishes thrive.

Notes

SCIENCE CARD

This is the SCIENCE card drawn during the show with Mathew Collins:

191



Psychology

The Four Responses

Every wish receives one of four responses:

- YES
- NO
- WAIT
- SOMETHING BETTER

The thing is, not every response is what you think it is. Sometimes “yes” isn’t what’s best for you, and “no” might guide you on a different, better path. Staying open to these responses is the key to Cosmic Wishing.

Notes

ACTIVITY CARD

This is the ACTIVITY card drawn during the show with Mathew Collins:

118



Biology • Neuroscience • Spiritual/Metaphysical

Epigenetic Intention

Epigenetics shows that your environment, behavior, and stress levels can shift how your genes express themselves.

Write your wish as if sending a message to your DNA for now and for generations to come: "This is who I'm becoming."

Notes

5 Key Lessons from This Episode:

1 _____
2 _____
3 _____
4 _____
5 _____

5 Ways You'll Apply These Lessons to Your Wish

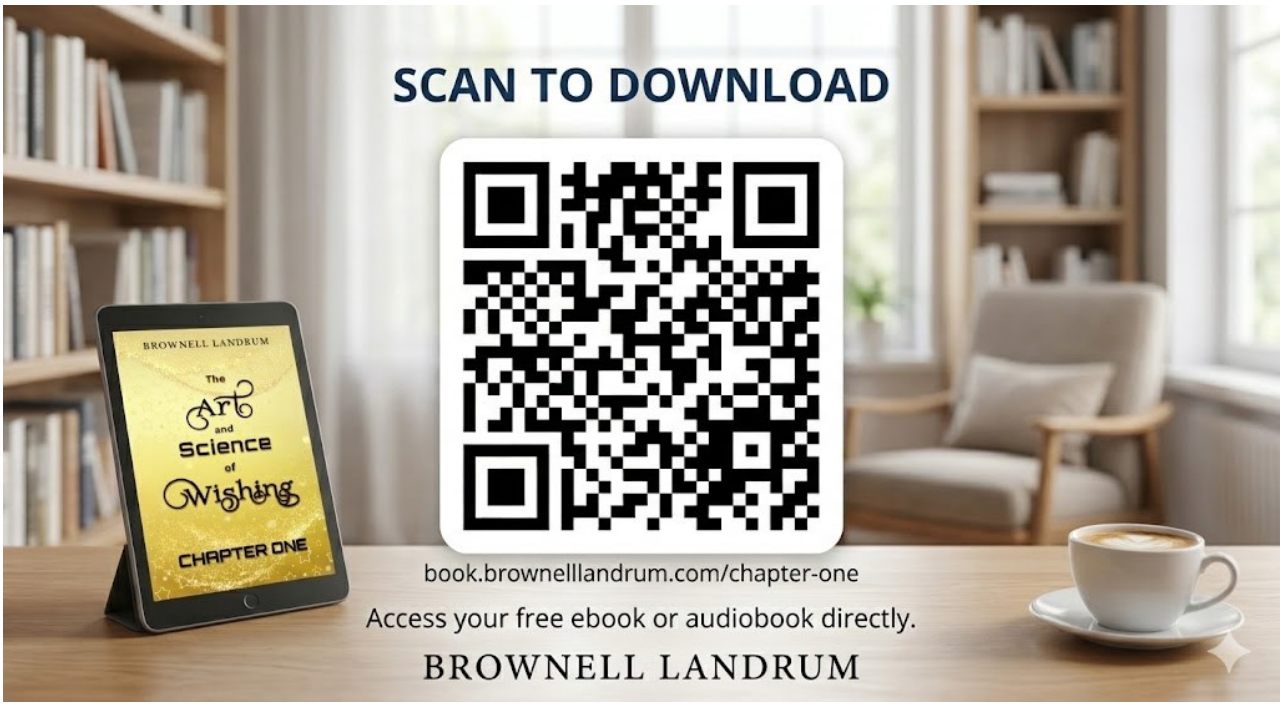
1 _____
2 _____
3 _____
4 _____
5 _____

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

Make Room for FUN!

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



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



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