

HEY HELLO YOU!

This is the Wishing Compass,
a **guide** to support you in
making your wishes and dreams come true.
It's an **adventure** filled with creation,
including a true wishing party!

To begin, go to START, make a wish,
do one of the creative wishing actions
and create your own Wishing Treasuremap
on the back side.
Wishing you lots of creation
and wishing **fun!**

WHAT IS
MY EXPERIENCE
NOW?
AND NOW?
AND NOW?

WHAT DO I
WISH TO
EXPERIENCE?

WHAT IS A WISH?

A wish is something that you long for
in your life and the world around you.

You dream about it becoming **real**.

Wishes can be large and small,
and are about much more than owning something.

Discover what a wish is to you!

Share about it with your family and friends.

Can you help each other realize your wishes?

THE GAME

1.

I find myself a favorite place to sit or lie down.

2.

I breathe in through my nose
and out through my mouth with an
'hhaaaaaa fffffff f sssssss' sound for three times.

3.

I rub the palms of my hands together until they feel warm.

4.

I feel the energy flow through my hands.

5.

I lay my hands on the centre of my chest.
I breathe into my heart.

6.

I feel the earth holding me.
I feel the universe hugging me.

7.

I relax now.

8.

I focus my attention on me.
I feel myself with all of my senses.
All that I feel and sense is alright!

9.

I smile at myself.
I feel happy with who I am!

10.

I picture myself in my imagination,
and I now imagine that everything is possible ... éverything!

11.

If everything is possible, then ...
How do I Wish to be?
How do I Wish to feel?
What is it I Wish I could do?
What do I Wish in my life?

12.

What do I Wish to give, share or contribute
to my surrounding?

13.

I follow my enthusiasm!

14.

I now make a short sentence of my Wish and
I write it down into the spheres
on the back side of the poster:
I am ... I feel ... I can ... I do ... I ... !

15.

I vividly bring my Wish to life in my imagination.
It becomes a Wishing Dream and now it's real!

16.

Now that my wish feels real I notice how I feel!
I make this feeling very large!

17.

I will remember this feeling well,
so that I can always return to the feeling.

18.

I now imagine that I transform my Wishing Dream
into golden stardust and I send it
far and wide into the universe.

19.

I open myself up to the possibility
that my Wish will be fulfilled in a surprising way.

20.

I trust that the fulfillment of my Wish
will be far greater than I can imagine now.

21.

Today I pay attention to messages and
signs I perceive from my surrounding
that help fulfill my Wish.

22.

I get to know myself more because of my Wishes!

23.

What can I do or make to activate my Wish?
I choose a Creative Wishing Action from the spheres.

24.

TREASURE

I make my own Wishing treasuremap
on the back side of the poster.

CREATIVE WISHING ACTION

DECORATE

I find outside stones and sticks that I like.
I paint them with my Wish.

WRITE

I write a story or poem about my Wish.

DRAW

I make a drawing or painting of my Wish.

SING

I make a song about my Wish
and sing it with all my feeling!

DANCE

I express my Wish and how it makes me feel
on my favourite music.

SPEAK

I look at myself in the mirror.
Out loud I repeat my wish with passion!

CHERISH

I collect objects that suit and remind me of my Wish.

CUT & GLUE

I collect images that match my Wish.
I choose a photo of myself and
glue everything together on paper.

DRESS UP

I dress myself with clothes that match my Wish.
I consider colours, shapes and style.

PARTY

I organise a Wishing Party!
Together we do the Wishing Compass game.
For the party we make a flag of everyone's Wish,
with paper or fabric, and bring
all flags together in a bunting.