

Using your cookie for a wish

(can be done anywhere, takes 3 days)

Day 1- finding a wishing well near you

Go for a walk wherever you are

Look around for water

This might be a lake, stream, pond, pool

Or a less obvious place like

A birdbath, trash can filled with rainwater, puddle...

Take note of each of these places.

Day 2- getting ready

Take stock of the water sources you found yesterday

Which one feels right

This is totally up to you.

Once you decide what it is

Go back, this time with the cookie in hand

This way the cookie becomes familiar with the location

You have found your wishing well.

Take a minute to practice your technique

Hold the cookie in your hand but make sure it is very secure

Practice swinging your arm

So that tomorrow when you come back for the real thing

you will have muscle memory and the motion will come naturally.

Day 3 - wish day

Finalize your wish in your head

This is similar to blowing out birthday candles

(You should never tell another person what you wished for).

Once you come to a decision

You need to do two things to make sure you remember when the time comes

Write down the wish on a piece of paper

The writing helps solidify the wish in your memory

Then tear the paper up and dispose of it

Second practice saying it in your head three times.

Now walk back to the spot

The MOST important step to ensure the wish will work is

You need to make it before the cookie goes under water

Hearing is much harder under water.

Your timing needs to be perfect

Remember what you practiced yesterday with swinging your arm

Once you are ready

Make your wish.