

WELCOME!

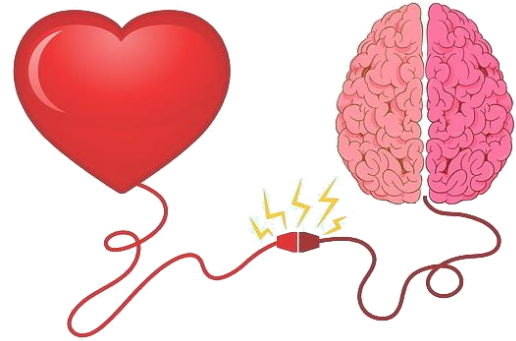
YOUR INNER WISDOM WANTS
TO COME OUT TO PLAY

Here's what you'll need to get started with

Cosmic Smash Booking

THE RULES

- 1 THERE ARE NO RULES
- 2 HAVE FUN!
- 3 DON'T STOP
- 4 WHEN IN DOUBT, SEE #1



- A notebook or 2 sheets of paper
- Gluestick or glue
- Scissors
- Pen or pencil
- Colours: gift wrap, markers, pastels, kids' watercolours, wax crayons
- Random pictures/text: Junk mail, magazines, news, old photos, maps, mementos, old book/journal/letters

get more info on the [basic-materials page](#)

at [Smash.Garden](#)

To begin: decide what you want to shift

Write what you know and how you feel about it right now, writing across the full width of your book

Set your intention: frame a wish or a prayer

Write your wish over top of what's already on the page, inviting wisdom to teach you about this shift

Grab your Rules and Smash!

Find colours, lines, images, words that resonate with your wish; move them around 'til they spark; glue it!