

Wishing and hoping and praying

by **Connie Brisson**

I wish, I wish, I would have wished so many more wishes.

When I look back on my childhood, if I could go back to that little blonde girl and tell her just one thing that could change her life, I would tell her to never stop WISHING.

I don't remember wishing for very many things when I was young. Early on I learned to quickly accept the way things were. Life was the way life was.

As an adult who has taken a fair bit of personal development classes, I've frequently journeyed back to the little girl I once was. I've often asked myself what I could have done differently to have collapsed time/learning/pain to get to the 'good' stuff in my life faster.

One day I realized that it was me that stopped my own progress and bliss. Somewhere in my youth I started to believe other people (other unhappy and limited people) who would tell me that I could not have what I really wanted; that it was not possible. Because I saw that it was true for them, I somehow decided it must be true for me too. That was one of the biggest lies I've ever told myself.

It's true that when you give up on yourself or your dreams that the doors to those dreams quickly close and evaporate. It is our energy that opens or closes life's doors. I stopped my own opportunities (quite unconsciously) because I believed that I couldn't have what I really wanted.

I thought that if I couldn't get what I needed and wanted from people in my immediate environment, that 'it' was not available to me at all. It never occurred to me at the time that I could just wish, an anonymous wish sent out to the abundant universe, like a message in a bottle in the sea for anyone to synchronistically find.

Now that I know more about the power of positive thinking and the vast quantum energy that is evoked when we use our limitless imaginations, I know that a wish is more than just a wish.

A wish is like a prayer. It's a concentrated burst of our energy put into a thought form. When you make the wish, like a balloon it drifts off into the air, into the Universe, in a bubble of light that will (by the Law of Attraction) attract and be attracted to thoughts/energies of similar vibrations. You don't

know who will find your balloon and answer/help you with your wish. That's up to the Universe. Your job is just to release that wish. Let serendipity do the rest.

Recently I was in an art gallery in Friday Harbor on San Juan Island in Washington, USA. I told myself I could only look, but then I saw it... It was a photo of 26 wishing stones shaped into a heart, aptly named *Wishing Heart*. Stones with a white stripe through them are often called 'wishing stones'.

At first I just stood there, trying to figure out if the white stripes on the stones were real. It seemed incredible to me that anyone could have found that many wishing stones that worked so beautifully together. Then I read the bio on the artist, Jane Buck, and discovered that she and her young granddaughter had indeed found these stones themselves and that the stripes were real (not painted on, but formed naturally).



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I was captivated by it. This image instantly reminded me that I needed to wish for what I want and not surrender to what currently appeared to be true. The message really struck me, as that day I was (once again) internally struggling to make sense of a difficult (almost 20 year old) family dynamic that sometimes seemed rather hopeless.

I bought the artwork, intending it to serve as a catalyst, an anchor/physical reminder in my home to remind me to keep wishing. And it's working. I've found myself lost in negative thought walking by it and then smile, remembering to make a wish for what I want, not what is.

It's what I would have told that little Connie if I had been a mentor to her long ago... Don't accept what is. Wish, hope and pray for what you really want.

Wishing stones can often be found in nature. Here is a magical process to follow if you find one along a lake, river, ocean...

Blow on the stone three times and then whisper your wish to the stone. (Jane and her granddaughter kiss the stones too after they make their wishes.) Then throw it into a body of water, but don't look where you threw it; if possible throw it with your back to the water and listen for the splash. Then walk away without looking back.

What will your first wish be?

Connie