



REKINDLE YOUR

WONDER

99 WAYS TO LOOK UP

By Sas Petherick

Welcome



If every time you - stand in a queue, wait at the lights, wait for your kids, sit on a train, sit in a meeting, sit on the loo, feel alone, feel bored, feel unlovable - you reach for your phone: this is for you.


I've just spent three months on an intentional hiatus from all social media.

It began as a way to create some thinking space so I could finish writing my MA dissertation. And I've a whole new way for me to BE in my life.

When I stopped the endless freakin' scrolling, my imagination, creativity, excitement, and powers of concentration came rushing back to me.

"We've created a world that we never have to spend one moment alone in".

I believe we're hungry for rich, deep soul-filling connection - but when we look for this through a tiny screen, we will only ever find the echoes of other people's lives.



And then there's the constant checking for the likes, comments and retweets – the sense of inclusion and validation that never feels quite enough.

The constant distraction leaves us feeling jaded, bored, anxious and disengaged.

*“I believe the entire Universe is eager
for us to look up”.*

So I wrote this for you.

Rekindle Your Wonder is packed with ideas for all the things you can do instead of the thumb-achey swiping, scrolling and checking.

It was so much fun to create!

My hope is that it will inspire you to look up from your phone, come back to the world, to the present moment, to yourself.

Enjoy xx

A top-down view of a rustic wooden table. In the center, a white paper tag with a deckled edge contains the text 'REKINDLE YOUR WONDER WITHIN 10 MINUTES'. To the left is a brown recipe book with 'RECIPES' and a floral illustration on its cover. In the foreground, a white cup of coffee sits on a floral saucer with a spoon. To the right, a glass vase holds a bouquet of white baby's breath flowers. The scene is lit with soft, natural light, creating shadows on the wood.

REKINDLE YOUR
WONDER
WITHIN 10 MINUTES

LOOK UP FROM YOUR PHONE.

Notice what's around you - what can you see hear and smell?

Place your attention on a human that you don't know - what do you imagine is the most interesting thing that has ever happened to them?

WRITE A HAIKU.

I spent a year writing a Haiku every time I got on the Tube. It changed my literally body-and-soul crushing commute, into a creative endeavour that helped me pay attention to my whole life - my 'tubeku' are now a whole book!

CLEAN OUT YOUR WALLET.

INTRODUCE YOURSELF TO YOUR NEIGHBOURS.

SET AN INTENTION.

Before any event in your day, ask yourself three questions: 1. *Who do I want to be?* Envision who you want to be in this situation - get clear in your own mind: 'I intend to be patient and confident, I won't rush to answer'. 2. *How do I want to feel?* Deciding how you want to feel is the best way to stop feelings from just "happening" to you: 'I intend to feel calm, relaxed, curious'. 3. *What is the best 'walk-away' outcome?* Choose how you want to feel as you walk away from the situation, and you have an internal GPS to guide you to that place. Try not to get too attached to the outcome :)

GET MENTORED.

Who in your company do you really respect? Take them out for a coffee and ask them three awesome questions: What are you most proud of? How do you spend your day? What advice would you give to your younger self?

WAKE UP 10 MINUTES EARLIER.

Before the morning carnage, give yourself a few moments to greet the day. Use the extra 10 to meditate, remember last night's dream, do sun salutations or have lazy morning sex!

CULTIVATE YOUR MEMORY BOX.

Bring to mind a memory of a time when you felt proud, in flow, connected, blissful. Recall as many details of this memory as you can. Notice that this is producing physical sensations in your body. Notice *where* they are in your body - what are they *like*? (nb: let that be weird - e.g. 'a warm yellow light of chirping birds in my chest'.) Allow these physical sensations to grow until you are encased in the feeling.

SAY THANK YOU.

Write someone a note. Or record a message on your phone and send it.



Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside

~ Ramana Maharshi

FEEL SOMETHING.

Ask yourself - *how am I feeling right now?* Try and be as specific as possible. Notice what that specific emotion feels like in your body. Allow it to just be there while you breathe. Count to 100. Notice that the emotion shifts and changes and morphs into something else.

BE A GENEROUS CHEERLEADER.

It feels so good to let someone know you noticed them! Save a few words of kindness for the knackered Mum, teaching her toddler the art of being unsatisfied, in the supermarket aisle. Or the gym trainer who offers nothing but encouragement and belief. The suited businessman who helps an older couple off the train with their suitcases.

INSTEAD OF SENDING AN EMAIL TO A COLLEAGUE.

Visit them at their desk. Or take them out for a coffee.

TOP AND TAIL YOUR DAY.

When you wake up, imagine the day ahead. Decide the three tiny and doable things that you want to complete. At the Tail of your day, write down three things you are grateful for.

FEEL HOW WEALTHY YOU ARE.

Withdraw from your bank account the highest denomination cash note you feel comfortable with. Keep it in your wallet and notice all the things you could spend it on. Notice how much choice you have. There is research that suggests we are less likely to go through the hassle of breaking larger notes to indulge our impulsive whims.

GIVE SOMEONE A BREAK.

The waiter who keeps forgetting to bring the cheque, the bank teller who's 'in training', the crazy lady who's had three goes at reverse parallel parking (that's probably me). Just assume they are doing their best.

DOODLE.

LISTEN TO YOUR FAVOURITE SONG.

Turn it up to 11.

MAKE SPACE FOR SLOW.

I've noticed that when I say to someone: *'please take your time, I'm in no rush'* they immediately physically relax and some tiny, sacred space is created between us.

BITCH.

Got a boss that takes credit for your ideas? Or a mother-in-law that loves to comment on *everything* you wear? Are you telling yourself that a more 'evolved' person would send them love and light? Allow yourself to feel the full spectrum of your emotions! Tell *yourself* the truth. Give yourself the gift of a 3 minute bitch and get your true feelings out on paper. Feel better?

CULTIVATE RESILIENCE.

Spend 10 minutes a day writing down every detail you can remember about a positive experience that occurred within the past 24 hours.

BUY YOURSELF FLOWERS.

The ones you like. Not the ones your partner/room-mate/mother buys. And not for a special occasion, just... because. Notice what you think about treating yourself to a relatively small indulgence of (let's face it) something that is already dead :)

CALL SOMEONE YOU HAVEN'T SPOKEN TO IN AGES.

Call your mum.

IMAGINE.

Because your brain can't tell the difference between visualisation and experience. Spend 10 minutes imagining the perfect outcome of something.

REKINDLE YOUR WONDER WITHIN 10 MINUTES

SAY NO.

Just try it once and see what doesn't happen.

SAY YES.

It's a great way to unblock stagnant creativity.

FIX SOMETHING THAT BUGS YOU.

I have a necklace that I haven't worn for a year because the catch is broken! But all I need to do is buy a replacement catch and hook it back together. Also the kettle needs descaling, and the pots and pans cupboard is a shambles...

LIGHT CANDLES, USE A TABLE CLOTH AND THE GOOD CHINA.

Order in.

PAINT A SQUARE ON YOUR KITCHEN WALL WITH BLACKBOARD PAINT.

WANDERLIST!

Write a list of the top ten places in the world, you've always wanted to go.

UNTANGLE.

Choose one cupboard, one corner, one pile that you want to bring order and calm to. Try to touch each thing once – is this an object to keep, to put somewhere else, to give away or throw out? Trust yourself to decide.

EMBELLISH SOMETHING YOU USE EVERY DAY.

I've hung citrine and Lakshmi pendants from my desk lamp (bring on abundance!) and there is a massive 'You Are Beautiful' sticker on my laptop.

BOOK A BREAKFAST DATE.

Bacon with your besties - is there a more perfect positive start to a day? Use www.doodle.com to align everybody's calendars and find a date and time.

PUT ON YOUR INVISIBLE CROWN.

Proceed.



*All of my possessions
for a moment of time*

~ the last words
of Queen Elizabeth I

A close-up photograph of a person's hands kneading a ball of dough on a wooden surface. The scene is set on a dark wooden table. To the left, there is a metal flour sifter and a metal scoop filled with flour. In the background, a wicker basket contains a white cloth with red stripes. A large metal bench scraper is also visible. The lighting is warm and focused on the hands and dough.

REKINDLE YOUR

WONDER

IN AN HOUR

INSTEAD OF SPENDING YOUR LUNCH BREAK AT YOUR DESK...

take a walk around the block, eat your sandwich the park with a book, go to a stationery shop and stock up on cards that make you laugh, meet a friend (or lover) for lunch, listen to a podcast, get a blow-dry, go to a lunchtime concert, go to the library, take a nap in the first aid room, find a tree and rest against it, sit in a church, walk for 20 minutes and explore what you find there.

START A 365-DAY CREATIVE PROJECT.

Choose one creative habit. Do it every day for 365 days. Reflect on the process along the way. Optional: share it!

BAKE YOUR OWN BREAD

(nb: bread has a bad rep these days. I try to remember that its just a foodstuff and not you know, inherently evil. But I *totally* see how easy it is to mix it up with genocide). Anyhoo, try this recipe! It's foolproof, gluten and (refined) sugar free, and if you happen to have a tiny sous chef on hand, they will love getting the bananas ready.

*Bananarama Bread**

- 5 large over-ripe bananas
- 1 cup of almonds
- 2 cups of pecans
- 1 cup of buckwheat or brown rice flour
- 1/2 cup of maple syrup
- 3 tablespoons of chia seeds
- 2 tablespoons of cinnamon

Start by pre-heating the oven to 160C. Grease a loaf tin with coconut oil.

Mash the bananas together with a fork, until gloopy.

Bung the almonds and pecans in a food processor until they look like flour (this should take about 30-60 seconds).

Put all the other ingredients in a bowl and stir lightly until combined.

Add in the pecans and almonds, then the bananas.

At this point it should resemble thick porridge.

Pour into the loaf tin and allow it to bake for about 50 minutes (until a knife comes out clean).

**Adapted from Deliciously Ella*



*How we spend our
days is, of course,
how we spend our lives*

~ Annie Dillard

CULL.

Go through your wardrobe and cull anything that is the wrong colour, size, or that you haven't worn in a year. Donate the whole lot to charity. Bask in feelings of peaceful organisation.

MAKE BRACELETS.

I love how meditative it is to thread beads and jewels onto stretchy twine. Or you could go retro with friendship bracelets, just like we used to: **here's a tutorial!** Make them for your pals in their favourite colours and add some appropriate charms.

GET BENDY.

I know. Everyone who lives in the internet, does yoga. Mr P convinced me to try and now we go to Hatha yoga on Monday nights. There's a lovely range of ages and body-shapes in our community class, and it's nowhere near as complicated or as confronting as I expected. You can also try www.yogaglo.com for online classes.

DREAM.

Fill a blank sheet of paper with everything you want to do in the next decade. Write down things that thrill you and things you know you'll do. Add Wildly Improbable Goals that feel so big that you have no idea how they could ever possibly happen. Then put your list somewhere where you'll see it every day.

WIG OUT.

Pick one of your Wildly Improbable Goals and do the smallest, most doable thing that will take you towards it. e.g.: if you have a WIG of becoming a published author, play with all the possible ways you could tell the story you want to tell: is it fiction, memoir, poetry, short stories, your best blog posts?

VEG OUT.

Visit a farmer's market and stock up on what's in season. You could plan recipes before you go, or wing it and research when you get home. This is a great way to jazz up your food if you are sick of cooking the same half a dozen meals.

GET INKED.

If you've always wanted a tattoo, you can totally get a small one in under an hour (who remembers when Rachel and Phoebe got inked?!) Most tattoo parlours happily take walk-ins. If you are queasy about pain, take a couple of paracetamol beforehand.

TRY EMBROIDERY.

Cross-stitch is the easiest crafty thing going and there are kits with everything in them available from Etsy stores. Check out: DeliciousThreads, ModernNeedleworks and MidCenturyMaude for some fab ideas.

WRITE A THANK YOU LETTER.

Who changed your life? Write to a teacher, a friend, coach, therapist, an ex-buddy-with-benefits: thank them for being in the world.

VISIT A SECOND-HAND BOOK STORE.

Pick up some classics (how many of the **100 Best Books** have you read?) or early editions of your favourites. I love how all second-hand book stores smell the same.

GET FREE POTIONS AND PERFUMES.

Visit a department store and collect the samples!

GO BACK TO SCHOOL.

An hour a day for two years = a Master's degree (I totally just did that!). If you aren't sure what to study, ask to sit-in on a class that interests you.

DEAL WITH THE RASH.

Or the sore tooth, the funny click in your knee, the weird discharge, the persistent cough, the smear, the lump. Get it checked out!

MAKE SOME MEMORIES.

(Tim Riggins would be so proud of you right now). There are loads of places that will print your Instagram pics cheaply - put your favourites on the wall. Use masking tape to create straight lines, or go for a random placement. Double-sided tape makes this easy-peasy.

HAVE THE DIFFICULT CONVERSATION.

Ask your boss about the fate of the company. Tell your partner you want to go to couples therapy. Tell your friend why you are pissed off. Explain sex to your kids. Tell your mother you won't be coming home for Christmas this year.

TREAT YOUR LADYPARTS.

Get properly fitted for a bra that makes you feel like Elizabeth Taylor. Buy matching pants. Onwards.

DEAL WITH THE HAIRINESS.

Get a wax, pluck your face, dye your greys or add a streak of blue, perhaps even fashion a merkin.

WRITE YOURSELF A LETTER.

Fill it with all the things you love about yourself, your proudest moments for reference as and when required. Or write down your goals for the next 12 months and send it to yourself one year from now via www.futureme.org

READ AN ACTUAL BOOK.

Write in the margins.

GO TO A RECORD STORE.

Find your favourite album as a *literal* album (if you don't have a record player, hang it on your wall).

DONATE BLOOD.

MEET GOD.

Have a conversation with God. Go for a walk in nature and allow this to take place in your imagination. Or write everything down. Ask questions, ask for help. See what answers show up (hint: this may not manifest as Morgan Freeman's disembodied voice explaining the secrets to life, love and eternal happiness. But it might).

NAP.

Allow your body to wake up naturally, without using an alarm.

PLAY SCRABBLE.

Or if you're alone, do the Crossword.

WATCH A SUNSET OR A SUNRISE.

Leave your camera at home. Just be there.

CREATE A VISION.

What do you want for yourself? True love, a career, adventures, more money, more creativity? Get super clear on what you want and how it would feel to have it. Spend an hour rifling through magazines and noticing the images and words that represent the feelings you want. Stick the images on a piece of paper and hang your vision board somewhere you can see it every day.

LEARN A LANGUAGE.

Check out what is spoken in the countries that made your Wanderlist!

OR A MUSICAL INSTRUMENT.

TREAT YO' SELF.

In summer take a wander to get an ice cream, in winter: a hot chocolate.

HAVE AN ORGASM.

Or two.



Life can only be understood backwards; but it must be lived forwards.

~ Kierkegaard

A yellow bicycle with a brown leather saddle and a wicker basket on the handlebars is parked on a dirt path. The background is a dense, lush green forest with sunlight filtering through the trees, creating a bokeh effect. The overall mood is peaceful and natural.

REKINDLE YOUR

WONDER

IN AN AFTERNOON

GO SEE A MOVIE BY YOURSELF.

Get the VIP seats and a bucket of popcorn.

SPEND A FEW HOURS WITH SOMEONE 20 YEARS OLDER OR 20 YEARS YOUNGER THAN YOU.

Ask. Listen.

HANG OUT WITH SOMEONE FURRY.

Take a dog for a walk and give them all your attention. Prepare for *ridogulous* levels of love in return.

GO TO AN ART GALLERY.

Take the audio tour. Immerse yourself in how someone else sees the world for a little while. Buy a postcard of your favourite image and put it on your wall.

PARTICIPATE IN SOMETHING YOU BELIEVE IN.

Volunteer at a soup kitchen, animal shelter, adult literacy programme; canvass for a political party.

MAKE YOUR OWN BODY SCRUB.

This is my favourite for my feet! And it will keep in the fridge for up to 2 years (makes enough to fill a half litre Kilner clip-top jar).

Eucalyptus Foot Scrub

- 1 cup coconut oil (room temperature)
- 2 cups sugar
- 15 drops Eucalyptus essential oil

Put the coconut oil and one cup of sugar in a large bowl and mix (I use a fork and mash it up) until creamy.

Add in the essential oil and keep stirring.

Add the remaining sugar in 1/4 cup scoops until the mixture resembles soft wet sand.

Use a rubber spatula to make sure everything is combined.

To use: scrub your feet after a hot bath for a few minutes and and rinse. Store the remaining scrub in a sealed container.

MAKE AN ORGANIC NATURE MOBILE.

Take a wander through the woods or along the beach, hike a trail. Collect items on the path that catch your eye: leaves, twigs, shells, stones. Create a mobile.



*Find something you're
passionate about and
keep tremendously
interested in it*

~ Julia Child

FENG SHUI A ROOM!

This is surprisingly simple and kind of fun - **here's how to do it.**

UNTAX YOUR TAXES.

Get a system. Spend a few hours organising receipts, create a spreadsheet for your expenses, write down a budget. And as **my favourite accountant** says: reward self with cake, because: TAXES.

GET PISSY AND PRODUCTIVE.

Is there something in your community that annoys you - it might be litter or graffiti, fracking, no place for the young'uns to hang out. Do something about it!

LEAVE SPACE IN YOUR CALENDAR.

Create room for spontaneity.

ADORN AND ADORE YOURSELF.

Go shopping for an outfit that you feel amazing in! Get something that fits and shows off your gorgeous body *right now*. At this weight, age, shape. Allow yourself to feel beautiful.

START A BOOK CLUB.

PLANT A KITCHEN GARDEN.

Pick up a bunch of herb cuttings. Best for growing indoors: basil, chives, oregano, rosemary and thyme. All love bright, warm surroundings - just don't over-water the rosemary!

ACTIVELY PLAN YOUR WILDLY IMPROBABLE GOAL.

Start with actually doing your WIG and work backwards - just keep asking yourself: what would need to happen immediately before this?

RIDE A BIKE.

GET HOLY CLEAN.

Try a Hammam at a Russian or Turkish bath house. Traditionally Hammam is a ritual bathing performed before prayer and uses steam, water and sweat. It takes a few hours and you will be amazed at the filthy toxins washed off your skin.

GO ON A ROAD-TRIP.

Pack a bag, grab a pal, pick a direction and start driving. Avoid motorways wherever possible.

TAKE A PEEK AT THE UNIVERSE.

Find your nearest observatory and visit at night.

TRY A 5 RHYTHMS CLASS.

It's intuitive dance and meditation and an insanely groovy new way to be aware of your body.

VISIT THE PAST.

Check out your local historical society (I love how they manage to convolute the most tenuous of links to known people or events).

VISIT THE FUTURE.

Book a tarot reading (a session with Theresa from www.thetarotlady.com is my annual treat). Or find an intuitive. Ask really good questions.

MAKE YOUR HOME A LITTLE GREENER.

Switch to an energy supplier with greener credentials, switch to energy efficient light bulbs, stop using plastic bags and bottles of water (get a filter jug for tap water, and if you like it fizzy, use a Sodastream), fix leaking taps (and turn taps off when you brush your teeth), wash your laundry in colder water, unplug unused appliances, use a compost bin for food scraps, plant pollinator-friendly flowers, buy second-hand. Bask in the knowledge you are single-handedly saving the world.

ORGANISE A CLOTHING SWAP WITH YOUR FRIENDS.

Everyone has to bring a few items they don't wear anymore. Everything goes in a pile and everyone goes home with something new.

GET ON THE WATER.

Hire a rowboat, kayak, canoe, paddle board or a skiff. Sail away.

CONDUCT A POST-MORTEM.

Is there a pattern of *wrongness* that keeps replaying in your life? Perhaps in romantic relationships, friendships, or the jobs you end up in. Go through each of the incidents that make up the pattern and list all the ways that you *have contributed* to it. What do you do or say, or not do, and not say? What are the beliefs you hold about this pattern (perhaps inherited from your family, or co-opted from the people in your life)?

ORGANISE A LAST MEAL POT LUCK.

Everyone brings a dish that begins with the first letter of their last name (I'll bring the Paella or the Pineapple Upside-down Cake).

BE A TOURIST IN YOUR OWN VILLAGE.

Imagine you are hosting pals from out of town - where would you take them? Do that!

DIP YOUR TOE IN.

What have you always wanted to do? Find a calligraphy, ballroom dancing, life drawing, pottery, flower arranging, html, braille, modern philosophy or photography workshop in your area.



The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself

~ Henry Miller



*There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as though everything is a miracle*

~ Albert Einstein

SPEND A DAY AT THE MUSEUM.

There is something insanely humbling about dinosaur bones and Egyptian hieroglyphs.

SEE SOMETHING ON STAGE.

Nothing beats the frisson of actual people trying to create an entirely different reality in the same room – check out live theatre, comedians, improv, debates and panel discussions.

GET ON STAGE.

Tell your best anecdote at an open mic night. Be like my friend Halley and **try stand-up comedy**. Perhaps you'd rather try improv, or am-dram?

PICNIC.

100TH BONUS – FOR ADVANCED MASTER NINJA'S.

Implement the 'Sunday Screen Sabbatical' – all devices in your house get turned off and put in a basket for a whole day.



Hello!

I hope your wonder has been well and truly rekindled!

One of the paintings Belgian surrealist René Magritte is known for, is 'The Treachery of Images' (fans of *The Fault in Our Stars* may be familiar).

The painting is of a gentleman's pipe and below it are the words *ceci n'est pas une pipe* which translates in English to: 'this is not a pipe.'

Which is completely true. It's a painting of a pipe.

If I find myself giving too much of my attention to the twits, instagram or the book of faces, I try to remember Magritte's pipe.

Because social media is not life.

Like Magritte's pipe, they can only ever be representations of life.

I think our little souls need way more than these facsimiles - we need to touch and smell and taste our world. We need to be engaged to feel alive.

This is why we feel empty when we go too long without looking up.

So I wish for you a mega-tonne of fulfilling and wondrous off-screen moments.

Don't be a stranger okay?

You can find me at www.saspetherick.com and (occasionally!) on social media as @saspetherick

Arohanui,
xx

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