

Cosmic Wish Science Glossary

Prefrontal Cortex

The thinking part of your brain! It helps you make good decisions, solve problems, and come up with creative ideas. When you're calm and peaceful, this part works best.

Reticular Activating System (RAS)

Your brain's search engine! It helps you notice things that match what you're thinking about. If you wish for something positive, your RAS helps you spot opportunities to make it happen.

Mirror Neurons

Special brain cells that help you understand and connect with others. When you have a purposeful wish that helps people, these neurons make others want to help you too!

Neuroplasticity

Your brain's superpower to change and grow! Every time you practice positive thinking and wishing, you're training your brain to be happier and stronger.

Polyvagal Theory

The science of feeling safe and calm. When your nervous system feels peaceful, your whole body relaxes and your brain works better.

Mind-Body Medicine

The way your thoughts and feelings affect your body. When you think peaceful thoughts, your body feels calmer. When you're stressed, your body feels tense.

Heart Coherence

When your heart and brain work together in harmony! When you feel grateful, loving, or purposeful, your heart beats in a smooth, steady rhythm that helps your whole body feel good.

Field Effect

The invisible energy that connects us all! When you make positive wishes with others, your combined energy becomes stronger and can create change in the world.

Dopamine

Your brain's "happy chemical!" When you imagine good things happening or work toward your wishes, your brain releases dopamine, which makes you feel motivated and joyful.

The Three Ps

The secret formula for Cosmic Wishes: **Peaceful** (calm and relaxed), **Positive** (focused on what you want), and **Purposeful** (helping others). When you combine all three, your wishes become more powerful!