

Instructions

for Travelling without Touching the Ground

- 1** Discover a love for butterflies
 - a. Become a butterfly collector
 - b. Learn facts about butterflies, for example:
 - why butterflies are prettier than moths
 - why butterflies don't fly at night
 - why butterflies taste with their feet
 - c. Bore your family with these facts over dinner (don't worry about boring them – they'll get over it).
- 2** Buy a kitset model of a plane
 - a. Spend two days and two nights putting it together on your bedroom floor (listening to podcasts about famous aviators)
 - b. Paint the plane (don't let your brother/sister touch it).
- 3** Put the plane beside your bed
 - a. Keep one eye open when you go to sleep (so you can watch if the plane lifts off)
 - b. Sleep
 - c. Dream (of flying)
 - d. Repeat.
- 4** Grow your own wings ASAP
 - a. Research food that contains the protein needed to do this
 - b. Add these items to the shopping list
 - c. Eat these foods (eggs? tuna? chocolate yoghurt?) in vast quantities
 - d. Be patient.
- 5** Join an online forum about growing wings
 - a. Do everything anyone has ever suggested ("anyone" especially means old people)
 - b. Introduce yourself to this new community
 - c. Share progress.
- 6** Locate a handheld mirror
 - a. Stand in front of the bathroom mirror
 - b. Check for obvious changes around the collarbone (aka wingbones)
 - c. Arrange handheld mirror so you can see your back
 - d. Take photos to track progress – if possible.
- 7** Whenever you're alone, simulate flight
 - a. Close your eyes
 - b. Make a whooshing sound with your mouth
 - c. Imagine this sound in your ears (air passing over your wings)
 - d. Do this regularly.
- 8** Make sure all your friends and relatives know you're growing wings
 - a. Request flying-related things for your birthday and Christmas
 - b. Share the wing thing with long-lost relatives
 - They may come out of the woodwork
 - This will help you understand your identity
 - They may become the role model you have been looking for.

Lynley Edmeades



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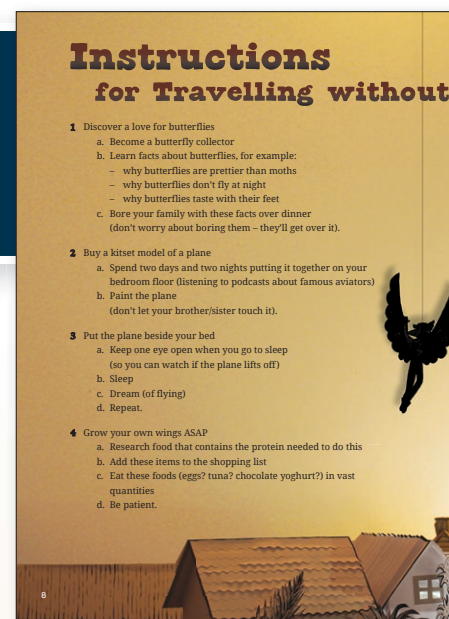
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