

# 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.



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by Lynley Edmeades

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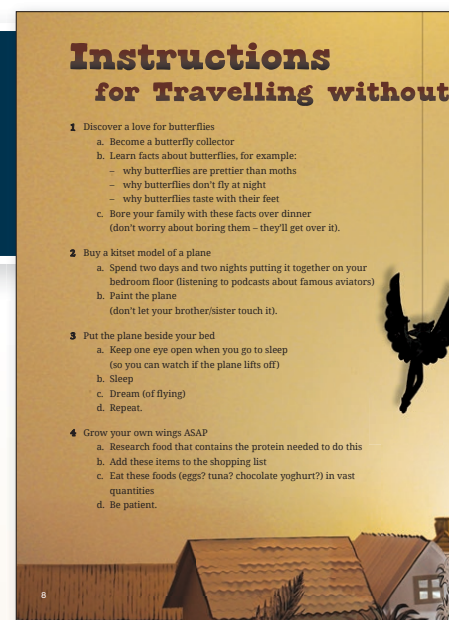
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