

## full tilt living newsletter

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### **Lucky shot, lucky number, lucky shirt.**

**Good luck.** Hoping for it when the odds are against you. It comes in streaks, with no rhyme or reason. Some people seem to have a lot. Most of us suspect we have been shorted in the luck department. The Irish have been awarded a monopoly on it and it seems as unpredictable as their leprechauns. It doesn't have a goddess, it only rates a lady. And she's as flighty as the leprechauns. But it can sure make things better when it comes along. Wouldn't it be great if there was a way to get on a lucky streak and stay there? Casino owners would quake when you walked in the door. Dating would become a thing of the past. Stuff would just fall in your lap--jobs, winning lotto tickets, the new car from a drawing that had a gazillion other entrants,

the best seats at the concert. A wild, fun, crazy ride, no doubt.

Are you waiting for me to tell you that it is actually possible to get in that good luck zone and stay there? I'm not going to--that much luck could kill you if your friends didn't first. They'd all zoom right past green with envy and start glowing chartreuse.

I *am* going to say that you can make your own luck. It's just a matter of a little shift in perspective from, say, a lucky horseshoe to a magnet. Similar shapes. But one is charged with a weird kind of energy that attracts. In the scientific world, this only gets you iron particles. You take this magnetism concept to the imagination level and things can happen.

There are a couple of prerequisites to this little shift from luck to magnetism. . First, you have to take aim. With magnets, you need to

choose a target. You have to be clear about what you want. Different than luck, which just lands on you. And then (and this is the part that takes some practice) that part of you that is so very fond of making wise choices, has to be in agreement. It needs to be clear that what you want is really going to be good for you. At least that has been my experience. Maybe that just isn't so.

Tell you what--I'm going to lay out how you can go about setting up a magnet and you play with it for a while and let me know how it goes.

Here's the steps:

- Set aside a few minutes when you can be quiet and focused and free of interruptions. Allow yourself to settle into that quiet space. Closing your eyes and following your

breathing, as they say, will get you there.

- Now bring in an image of what you want to magnetize. Play with this picture, making it as complete as you can. Check it out to make sure you have it just the way you want it and make some adjustments to the image if it needs them.
- While it's sitting there in front of you, do a little tire kicking. Try it on for size in your imagination. Does it feel right? Do some comparison shopping--change your picture and see which fits you better.
- If after you do this, your image doesn't feel comfortable, let it go. Because you will probably not be happy with it.
- Let's say this situation or thing you want is a "go." You have a nice clean image, it feels

right for you. You are ready to turn your picture into a magnet.

- You start with a seed, a core, and then you are going to energize it, charge it up, just like a magnet gets charged. While you are in your quiet space, gently hold the image in your imagination and surround it with light. Choose a color for the light if you like. Let your image glow with the light for a few minutes as you hold it. And then let it go.
- Give yourself a few quiet minutes every day to do this. Hold your seed steadily in your imagination and envision it getting brighter and stronger. As you do this, you are actually charging it with your own energy.
- If you can, step back from expecting things to

happen in a certain time or a certain way. Time in regards to this process is not something that can be marked on a calendar. Things are getting lined up on an energy level. It's like a good soup--it needs to simmer. And you are doing a little simmering yourself. Just stay with the magnetizing process and let what happens happens.

If you would like to share your experience with this magnet exercise, send me an email at

[maureensmith@fulltiltliving.com](mailto:maureensmith@fulltiltliving.com).

Or go to the "Feedback" page and leave me a message there. There's lots to discover here and I'd love to know how it goes for you!