

Ursula James's Mystic Masterclass

PART TWO
HOW TO MANIFEST LUCK

In the second part of her series, Ursula James, scientist, author and witch, shows you how to turn your fortunes around by bringing luck and happiness into your life with a little magic



Do you feel lucky? Are you one of those remarkable individuals who always seem to get the breaks, or are you someone who feels luck is something that happens to other people?

Luck is about so much more than being in the right place at the right time. It's about opening up your senses, mind and heart to the possibilities of good fortune. Then, when you've done all these things, it's about having the confidence

to grasp that luck and make it firmly yours.

Perhaps you think you're already doing all the right things, yet luck still doesn't seem to appear in your life. To manifest good luck consistently and successfully, you need something more than simply an open heart and mind. What you need is the belief that you *deserve* that lucky break when it happens. Many of us are open to the idea of luck, and even dare to step outside our usual patterns of behaviour to seek it out, but when it comes

to self-belief, we fall short. Yet if you don't believe you deserve good fortune, you won't make it happen. End of story.

I'm a lucky person - I tell myself that every day. And guess what? On a daily basis pieces of good fortune find their way into my life. To be lucky you need to affirm that it's a part of how you operate each and every day. But it wasn't always that way for me. I first had to learn to like the person I was, and make changes to my attitudes about other people's success. I was resentful of their joys and

triumphs, instead of feeling pleased and happy for them.

I had to learn to let this go and value myself as an individual before the luck that was all around me could become 'sticky' and stay in my life. This isn't easy to do, so I've recorded a meditation on the *Spirit & Destiny* website to help you with this - there's a link at the end of this article to download it. Liking and accepting the person you are now is the start of turning your luck into a positive force for change. Once you've mastered it, luck will come thick and fast.

SUMMONING GOOD FORTUNE

The more you act as a lucky person, the more luck you'll manifest

STEP ONE CREATE A LUCK SHRINE

If you want to become more sensitive and open to luck, creating a luck shrine or altar in your home is a good way to do this. Place on it any object that symbolises luck for you (preferably something beautiful) and the clearest crystal you can find - your birthstone would be a good choice.

Make sure this object is visible and in a place full of light. Keep the area clean and clear. Luck comes to the individual who respects harmony and beauty, so a good de-cluttering will help luck to flow. Your shrine will become your luck magnet, and the more you look upon it, the more attuned you'll become to good fortune.

I like to add a bamboo plant, too, because bamboo is a symbol of luck in feng shui, and caring for the plant helps you nourish that connection. A trio of objects is perfect because in many cultures the number

three represents unity and creativity, helping you to use luck wisely.

STEP TWO CHANT A LUCK MANTRA

The sight of your luck magnet will remind you regularly of what it symbolises. Saying an affirmation whenever you look at it will strengthen your ability to manifest luck. Make your statement in the present tense to acknowledge that luck is already present around you. For example, say: 'I am a lucky person', or 'Luck is already around me'. Statements talking about the future ('I will be lucky', or 'One day I'll...') will postpone good luck, rather than promoting it.

Affirmations in the present tense are designed to create a real and personal connection with luck - as though it were a person, rather than an abstract. If you think of luck in this way it becomes easier to understand the changes you're making. And if you're a kind and loving person, who loves themselves and respects their environment, luck will want to hang around, whereas if you're grumpy and resentful, as I once was, luck will pack its bags and go. Wouldn't you?

STEP THREE ATTUNE YOUR THOUGHTS

Now that you have your luck magnet, and you're learning to like the person you are, luck will find you more attractive and come into your life. But how do you make

it stay? Well, luck is also a habit - the more you act as a lucky person, the stronger your magnet becomes and the more luck you'll manifest in your life.

Before you're fully awake each morning, let your first thought be, 'This is my lucky day!' and all your senses will tune into making this happen. Thoughts become things. By accepting yourself as a valid individual you'll be able to acknowledge that luck is there because you created it, so you can accept the gift and own its benefits. Feel you deserve luck, and it will be your constant companion. Feel you don't deserve it, and it won't come to you, or it won't stay. As Shakespeare said, 'Self-love is not so vile a sin as self-neglecting'. Love yourself and luck will be on your side.

STEP FOUR BE GRATEFUL

To manifest luck regularly, you need a way of saying thank you to the universe for allowing it to happen. This is done in two stages. The first is a thanksgiving ritual in front of the object you've chosen as your luck magnet. Make sure your shrine or altar is clean and tidy, then light a white candle on it. For this, I created my own success candle with almond and frankincense, which create inner and outer representations of your readiness to be lucky.

Light the candle and sit silently before the luck magnet. Close your eyes and hold the image of the candle flame in your mind. Tell

the flame what it is you're thankful for. Rest for a few minutes and let the stress of the day be lifted from you by this act of gratitude. When you're ready, open your eyes and blow out the flame. Light the candle once a month, preferably during the period of a full moon, a symbol of fulfilment. Don't use it for any other purpose.

STEP FIVE SHARE THE BENEFITS

The final part of this process - and the one that will massively magnify your future luck - is to share the luck with someone else. It doesn't matter who it is or how you go about it, but it's best if you can do it without them knowing you've given them the gift. Share luck and it will amplify. I look forward to hearing your good-luck stories. **SPIRIT-DESTINY**

NEXT MONTH Ursula's advice on shielding yourself from negativity.

CONTINUING YOUR JOURNEY

This month's free meditation will help you attract good fortune into your life. To listen and download as an MP3, visit www.spiritanddestiny.co.uk/ursulajames

WANT TO FIND OUT MORE?

Ursula James is author of the international best-seller *The Source: A Manual Of Everyday Magic* (£8.99, Arrow). For more about her work, visit www.ursulajames.com

This is my lucky day!

I am a lucky person