

The Luck Of the Irish
By
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"You'll never plow a field by turning it over in your mind"
-Irish Proverb

So you want the "luck of the Irish"? We think this refers to an abundance of good fortune long enjoyed by the Irish, but in truth they endured 1,000 years of invasions, exploitations, starvations and immigrations before this term even came into being. During the American gold and silver rush in the 1800s, most of the successful miners were of Irish birth or descent. Over time this association of the Irish with mining fortunes led to the expression "luck of the Irish.". It carried with it a certain mocking tone, as if to say, only by sheer luck, as opposed to brains, could these fools succeed. In truth, their success – and luck – was based on these principles.

What actually makes people successful is a right use of both mental and physical energies. The common thought we are brought up with is that one must work constantly, relying only on physical energies: "Keep your nose to the grindstone, your shoulder to the wheel, your ear to the ground". Imagine trying to live a balanced life in that position! Others who have newly found spirituality go to the extreme opposite end of the spectrum and rely solely on mental energies. They wait for the Universe to bring them "their stuff" without putting forth any effort. As they amass debt rather than fortune, they are often left feeling that God has deserted them or they are somehow not good enough yet.

"Lucky" people do these things: They take calculated risks and never risk more than they can afford to lose. They turn problems into possibilities by looking for opportunities in every misfortune. They know when to back off, change direction and admit a mistake. They are never too busy to meet new people or keep in touch with old friends. They have many opportunities come to them through a friend of a friend. They have a positive attitude that expects good things to happen and they willingly do whatever needs to be done.

How can you become lucky, too?

1. Watch your language for what you think, say and do becomes your reality. Rather than saying "I don't want to be poor" say "I always have what I need and more."
2. Give whatever it is that you want to receive. If you want new clothes, give away those things you no longer wear. If you want more money, donate money to a favorite charity or nonprofit group. If you want to be respected, give respect. Let your generosity be uncalculated – with no strings or expectations attached.
3. Be precise with your goals. Spend no more than 10 minutes each day visualizing that they have already been achieved. Focus on positive emotions and excitement to empower them into being. Then keep your focus on the present moment and enjoy life as it unfolds one easy step at a time.
4. Say "I want" rather than "I need". Keep a list of all the good you have in your life already and give thanks for all that is and all that is coming to you.

Luck isn't as elusive as you think it might be. It does take commitment and concentration to these simple adjustments. It does take being mindful of your thoughts, feelings and actions. And it produces without exception a wonderful way to see your dreams come true easily!

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