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A Charmed Life

Becoming a Lucky Woman | March 2025

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“You know what luck is?
Luck is believing you’re lucky.”
Tennessee Williams, A Streetcar Named Desire
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Purpose of This Workshop:

Learn how to be a lucky woman:

- Cultivate a new concept of luck
- Common blocks to luck
- Practices that will make you a lucky woman

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Theories of Luck



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Luck = Hard Work?

Defined: Success or failure apparently brought by chance rather than through one's own actions.



"Shallow men believe in luck. Strong men believe in cause and effect." - RWE

"The harder you work, the luckier you get."

"Luck is what happens when preparation meets opportunity." - Seneca

The trouble with attaching “hard work” to luck

- Believing that luck is a reward for hard work can increase graspiness and need for control
- My experience: Never FELT lucky, no matter how many good things happened.
- Every good thing was fragile, hard-won, doomed to be fleeting
- Could never enjoy anything... needed to keep grinding if I wanted the success to continue



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The HUBRIS of believing we can control luck via will, determination, or hard work is antithetical to the nature of luck.

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How Luck Works

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The nature of luck is playful. Even mischievous.

Luck is...

An energy - specficially, it’s the energy of the unexpected.

- You can’t demand a certain outcome of the unexpected.
- Luck is the opposite of grasping and rigidity and insistence.

Non-linear and not what you thought you wanted:

- Walking into a casino and meeting the love of your life.

Moments of unexpected delight:

- Synchronicity, coincidences, playful surprises



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Luck is a game the Universe plays with us.

- Luck isn’t only the big “lucky breaks” - it’s the tiny, unexpected stuff that makes life itself feel like a game.
- The more delighted we are, the more Life wants to play with us.
- A game of Peekaboo.



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Luck responds to humility, not demands.

The fable of the Chinese farmer
The humility to acknowledge you DON’T KNOW



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Luck loves willingness.

Luck is a subset of the unexpected.

You can’t reject and resist neutral or negative unexpecteds and expect to have good luck.

You have to be WILLING to encounter the unexpected in all its forms and not shy away from it.



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How to tell the Universe is playing.

Synchronicity and weird coincidences - the Champagne Jam record

Reticular Activating System

“Coincidence is God’s way of remaining anonymous.”

“Things were definitey under control...
just not MY control.”



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Other people are the Universe's messengers.

Good luck is delivered via other people.



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Common Blocks to Luck



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Ways you're blocking the Universe from playing...

1. Believing you have to do it all alone
2. Believing hard work / drudgery / misery is a prerequisite / mandatory
3. Persistent energy of frustration, bitterness, anger, or resistance
4. Being closed off / always saying "no"
5. Grasping for goals and outcomes
6. Feeling "meh" about yourself
7. Demanding linear results
8. Rigidity and formulas - having a lot of rules you've learned from other people
9. Refusing the bad (Amazon Thong Grab Bag)
10. Letting your world get small and repetitive
11. Overanalyzing



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“Now that I’m no longer grasping,
I’m no longer afraid.”

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Practices to become a Lucky Woman

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REM:
Reverse Engineer Magic

Exercise I developed when I got fed up with feeling constantly frustrated.

Nothing I did was “working,” so I looked at my past. to understand “how” seemingly magical things had happened before.

REM helps you find patterns of
Highly Unlikely Events in your own life
 - your Luck Signature.

In the workbook: Reverse engineer a past “I can’t believe that happened” experience



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Make up some “leaving the house” mantras

I might meet the love of my life today!

Something wonderful is going to happen today.

I’m a lucky woman.

Fortune always finds me.

I can’t wait to see what happens.

In the workbook:
Write your own “leaving the house” mantras



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Smile at strangers

Engage with the world in a lucky way.

Contribute a little warmth and connection to the world.

In the workbook:
The “smile at strangers” challenge



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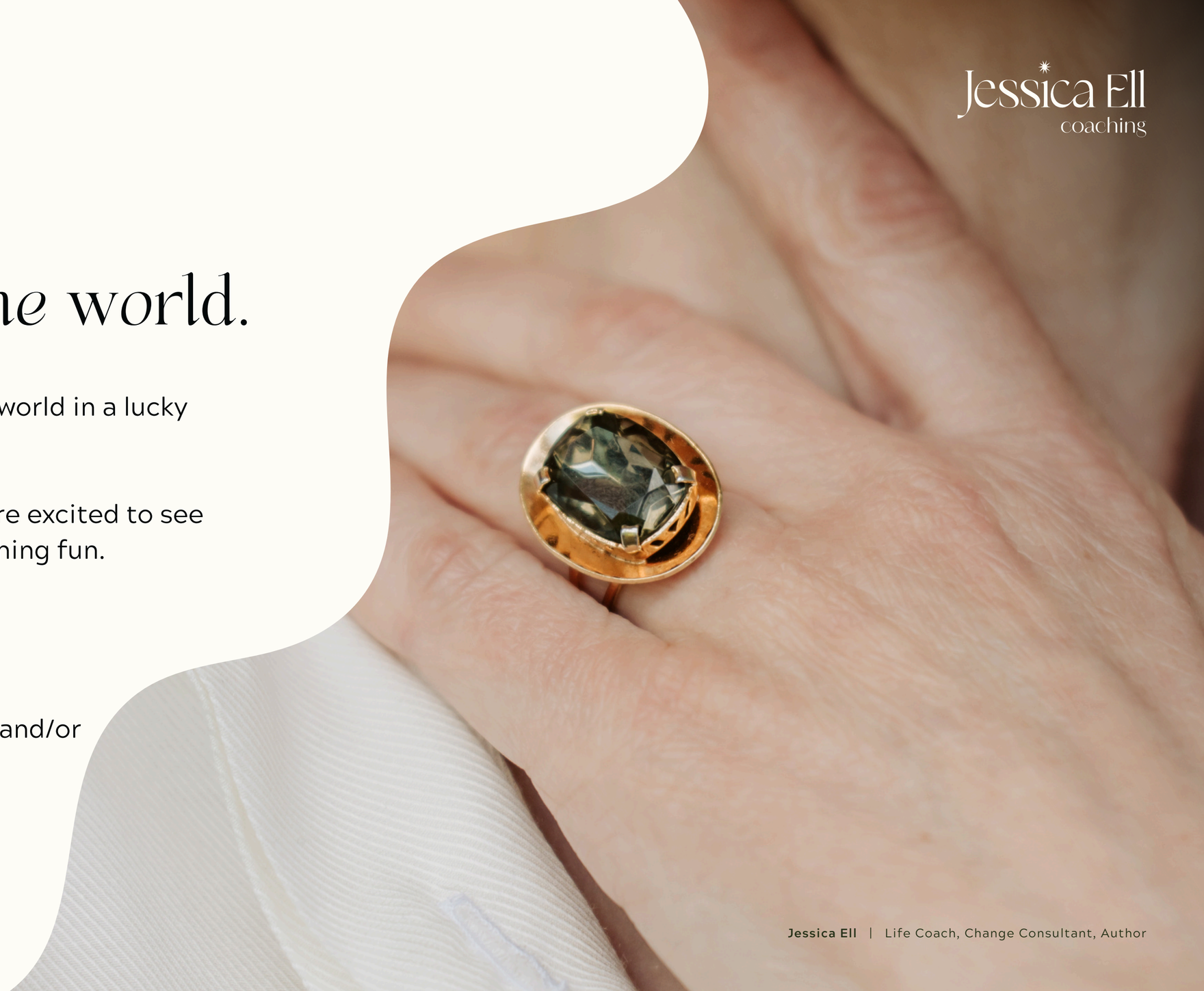
Dress up for the world.

Another way of engaging with the world in a lucky way.

Treat life like a friend or date you're excited to see because you're about to do something fun.

Not just clothes.

In the workbook:
Make a list of things you can wear and/or do that make you feel good about your appearance.



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Spike your coffee with Liquid Luck

Believing you are lucky, fortunate, and living a charmed life gives you more things to feel lucky about.

In the workbook:
Create your Liquid Luck scenario and enact it in your real life



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Take off the gloves

Luck falls under the umbrella category of The Unexpected, and one of the key tenets of becoming lucky is being willing and releasing control.

Remember that you can't command luck or reject negative experiences.

Becoming **willing** to engage with The Unexpected--good or bad--signals openness to receive.

"The warrior's approach is to say "yea..."

In the workbook:
"Take off the gloves" visualization



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Follow the magnets, even if they don't make any sense.

When you follow your heart, you get luckier.

"Follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be. If you follow your bliss, doors will open for you that wouldn't have opened for anyone else." - JC

In the workbook:
"Calibrate your magnets" exercise
"Follow the magnets" day exercise



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Trust the flow of your energy. Stop interrupting it!

Big, magical, “I can’t believe that happened” stuff happens when you’re in the flow of life, and the best way to get into it is to start honoring the flow of your energy.

In the workbook:
Rigidity assessment
Surf the flow experiment
Guided conversation: Talking to your inner control freak



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Start a logbook of miracles.

It’s good manners to acknowledge gifts you receive.

Look for coincidences, synchronicities, and good fortune **you didn’t control or force to happen.**

Document what you were doing before / during, and your general energetic state in the runup to the experience

In the workbook:
Your Luck Logbook for documenting how the Universe is playing with you.



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To put *a* bow on it...

Magic never looks rational. Trust the magnets. Follow your heart.

You don’t have to fight for every good thing that ever happens to you.

Cultivate an attitude of wonder and delight.

Other people are the Universe’s messengers. Listen. Connect. Give when you want to withhold.

You can’t control timing.



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Leave space for the unexpected... the magical unexpected.

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