

# **The Bowl of Luck and Good Fortune:** **A Huna version of Liquid Luck**

**by Pete Dalton and Stewart Blackburn**

(Pete Dalton and I have put together an online course called *The Huna Adventurer's Guide to Luck, Good Fortune, and Success* in which we go into the various elements of what make up what seem like luck and good fortune. We then put all these elements together in a ritual called *The Bowl of Luck and Good Fortune*. We thought that others might want to use it and we're happy to share it.)

We start this ritual by choosing our bowl and cleaning it thoroughly. Once we have found a bowl, gourd, coconut shell, or something else that pleases us, we clean out all the debris that is sticking to it, things like doubts, fears, and criticisms. If we have any beliefs that inhibit our good fortune, like resistances to abundance, shame about who we are, distrust of wealth or power, or doubts about what we can have, then we need to spend some time changing those beliefs. We want to start with a shiny bowl of love and good will. Go ahead and prepare your bowl now.

[Pause]

The first thing we want to put into our Bowl of Luck and Good Fortune is appreciation and gratitude. So, take a few moments now to appreciate all the wonderful things that are already a part of your life. Not just the physical things like a good home, delicious food to nurture you, decent clothes to wear, and beautiful objects to surround yourself with, but also all the emotional things like love, fun, playfulness, curiosity, and friendship.

In addition to appreciating all these things, give thanks for as many things as you can think of in this moment and allow your feelings of gratitude to flow into your Bowl. This is the basis for the elixir you are brewing.

[Pause]

The next ingredient for your bowl is abundance. This is not just a concept, but also an important feeling. When you feel your abundance, you open to all the energies around you. You are telling the Universe that you are ready to let in all the goodness that is just waiting for your acceptance. It is like standing in front of a buffet with loads of delicious foods just ready for you to pick. All you have to do is choose what you want and take it.

Abundance is a mindset; it is an attitude towards life. Since the world is what you think it is and you are creating your own reality, by staying in the vibration of abundance you are creating it.

So, create a very strong potion of *abundance* energy and put that in your bowl.

[Pause]

Your desire is the next ingredient to go in. Knowing what we like and imagining what we would like to experience are very powerful things to understand. This is how we steer our lives. We move towards that which we like and away from that which we don't like. And our imagination gives us a preview of whether we will like something or not.

Some people are not used to tracking their pleasures, thinking that there are more important factors in life. But even these people see that that is what makes them feel good, that is what drives them in one direction or another. By looking at what we like and what we would like more of, we then see how we are choosing our life's paths.

So, here we feel into the major things we'd like to have in our lives. These are generally feelings. So, summon the feelings that you most want as best you can. Allow them to be as big as they want to be. Then add these feelings to your bowl.

[Pause]

To this potent mix of energies, we now want to add a dose of expectation. Expectation is an often-misunderstood tool as it is often blamed for disappointment. First, disappointment is a choice; an arbitrary response to an experience that is only one response out of many to any given circumstance. Secondly, expectations, while very powerful, are not as powerful as freewill. Thus, expectations of other people are generally a poor idea. We can't control them, and we shouldn't even try. But, thirdly, expectations of experiences do a very good job of focusing our energies on the fulfillment of our desires.

When we "expect the best," we are programming the Universe for what we want. The concept of "everything is working out perfectly," (EWOP) is an expectation that allows for deviations from our vision that might be even better. Expectations remove doubts and that's one of their major benefits.

So now, feel an expectation that you will get with what you desire in feeling terms. That is, you may not get the precise thing you desire, but you will get something that will help you feel the feeling that you desire. Make your expectation as strong as you can and then send it to your bowl.

[Pause]

Next, we want to make sure that what we are wanting and doing are in alignment with our Inner Being. This is a very important element of luck and good fortune as it is here that we are aided by the creative forces from which our whole lives are generated. Those forces respond to our desires, but it is up to us to be clear about what we want. If what we want goes against our well-being, we are less likely to get any help from our Inner Guidance. But when we are in alignment with our Inner Guidance, we get intuitions and inspirations galore. These seem like magic and are easily credited to Luck.

Therefore, we want to add to our potion as much of this element as we can. The easiest way to do this is to just ask for it and then express gratitude for it. A simple statement like "Spirit, I ask for your help and guidance now. Thank you for all your assistance." will do nicely. That is, we address this greater consciousness in any fashion that appeals to us. Then we state in

whatever emotionally potent fashion what we are seeking. In this case, we are asking for love in the broadest sense possible. And then we express gratitude – Thank you.

For now, think of this greater consciousness in whatever terms appeal to you, ask for its help in bringing about your desire, give thanks for that help and put all these feelings into your bowl.

[Pause]

And finally, summon as much love as you can. Not so much the love of anything in particular, but the experience of Love itself. When you think about someone or something you love *and* you allow that experience of love to magnify, you are mastering energy. Pour as much of that love into your bowl.

Now that you have your potion, you need to serve it.

You may want to inwardly invite people to join you in drinking this potion. You can invite family, those living and those not, friends, other people you care about to partake of the Bowl of Luck and Good Fortune. Take some time now to assemble all those who you would like to share your Luck and Good Fortune with.

Mentally hold the bowl up in front of you and let all assembled bless it and its contents. Each person should contribute their feelings of love and power to this potion. Words are not necessary, but strong feelings are.

[Pause]

As the bowl is passed around for each to sip from, let the person passing the bowl say, “May your life be filled with Love, Luck, and Good Fortune” to which the receiver responds “Always!” Let yourself be the last person and drain the bowl. You might say something like, “It is done! Thank you!”

You can create a new bowl anytime you want, and doing so often is a good idea. Sharing it, sharing your good fortune helps it grow.

Pete and I have put together a video of this that you might want to check out at <https://youtu.be/Ft0PkUDSLEc>. Your feedback would be most welcome.

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