

Good Luck!

- by Dr. David Coppola, Holistic Doctor, DC, Author

An excerpt from his book "***The Wisdom of Emotions - Building Genuine Happiness and Finding Inner Peace***," copyright © 2013. Books available at the offices of Dr. Coppola, or purchase online: www.DrDavidCoppola.com

Create your reality by welcoming good luck into your life. Good luck is merely preparedness when opportunity arises. I tell my patients that we must overcome our challenges creatively instead of helplessly. So begin to set your table for luck and pull up a chair. Not feeling lucky lately? "Hard work, sweat and perseverance will often lead to good luck," according to my friend Frank Hawkins, an entrepreneur and author. Those words of wisdom are from his first-hand experience.

When you are emotionally strong and stable, with a well-developed consciousness and awareness, you are able to harmonize negative emotions that otherwise might contribute to a weakness when you are faced with misfortune. None of us are exempt from life's difficulties—tragedies affect us all because we are all interconnected. One way or another we are affected by the disasters in this world. Hopefully, you personally are not feeling overwhelmed by negative emotions stemming from tragedies and difficult circumstances. But if you are, see this as your wake up call to get to work on yourself. This is *your* time. You owe it to yourself to live your own best life, and you owe it to the world. We are all interconnected and your inner peace and well-being are integral aspects of the whole universe.

Start with a daily practice to foster your inner peace and innate ability to be kind, which are important keys to cultivating happiness. Begin to serve your neighbor and give to your favorite charities. Live compassionately. Allow a shift to

empower your intention and fulfill your dream of living in heaven here on earth. "It's always here and now!" says my friend Kelly Hostetler, a creative artist, poet and philosopher. This is *your* chance to live your very best life. As you increase your learning capacity, which is your willingness to learn and accept change, you begin to foster your innate ability to heal from any health condition. Begin realizing that you are powerful beyond your imagination!