



The way and Art
Of Living

by
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This book is dedicated
To
Zelia, Faith, and Thomas

The Way and Art of Living is not just a book to be read. This book is unlike any other that you have ever read before.

The tried and true principles in this book are to be lived, and will work every time you use them. This is because the Truths contained in the book are reminders of who you truly are and have always been, but just lost touch with along the way. This book is your answer to how to specifically live the life of your dreams.

It may take a while before you come across certain situations for these Truths/reminders to be appropriate.

Some of this material you are currently living (practicing), and will serve as a daily reminder.

For some of you, the information will be an entirely new way of thinking. If so, embody these principles, and your life will begin to open up to joy, deep peace, and complete fulfillment and happiness. You will realize that life can be a lot easier and much more fun at the same time. You will open up to the magic of your life.

Read it until you make these Truths/reminders a part of your everyday thought processes. This way you will be able to use them to help you stay grounded, be your true Self, and able to enjoy life to its fullest.

Before you read on, I want you to be in the right state of mind to receive these Truths/reminders, and be able to understand as much as possible from each time you read and refer to it.

So take a deep breath and allow your body to completely relax.

Let go of all of your tensions, concerns, and worries of the day.

Allow yourself to just relax.

NOW, you are ready.

***“We sleep to life’s hurdy-gurdy and wake, if we ever wake, to the
silence of God” ~Annie Dillard***

Relax your body, and keep it relaxed throughout the day. You might be surprised at how much tension you feel and store in your body. The Truth, The Answer is so simple and uncomplicated that most people will hear it and immediately dismiss it as too simple to work. It's not necessarily easy to put into practice, but it is simple, and it more than works, once you know, and live, The Answer.

Once you are completely relaxed into the feeling of your God energy, your True Self, you are Awareness "only". You will enjoy life without feeling the need to control; and while feeling, just be.

The more you get out of the way, the more of the positively charged God energy you let in, and feel.

You have to live by feeling-- a relaxed body as your baseline.

You can't live a happy and fulfilled life living by what you should think about life and reality, or what others may or may not think. The Enlightened path is not a concept to be pondered, but is a Knowing/Feeling way of life. Relax your body.

Rest here and it will set you free. Having a tense body takes more energy to move, makes you slower, and makes you more tired than you normally would be.

This is a huge waste of energy.

Though it makes your day go bad to the extent that you feel any tension anywhere in your body, if there ever came a time when you had to act, whatever that action may be, you would be so conflicted in the way you feel and think that you would most likely fail, have a bad experience, or at the very least, barely get anything done in a satisfactory way.

The presence of God is the feeling of Peace.

We have a tendency for shallow breathing throughout the day. When we are aware of this, we have the ability to change it. Awareness is the key to changing anything. How can you change what you are not aware of?

At times when you are feeling stressful, you may have to tell yourself to just Reelaaax--sometimes over and over throughout the day. Sometimes staying relaxed (Being Peace) is easier said than done.

Practicing the future in your head is a waste of your energy. Plans are great; just don't get too attached to them. Let life reveal to you things and experiences that may be new and enjoyable. Life has many surprises and the future probably won't turn out like you plan, or as bad as you might think. This way, you can "roll with the punches". Life still happens while you're making other plans.

Get out of your head, and live in your body; after all, that's what your body is for—to live in.

Preparation is one thing, but sticking to a rigid plan just for the sake of the plan, is setting you up for frustration. You will be going against the natural, fluid flow of the situation.

"Not justifying themselves, they are distinguished" ~Tao Te Ching

Do whatever you do your own way, the way you feel most comfortable doing it.

Sane and insane are misnomers. It's more accurate to think in terms of balanced and unbalanced.

“The secrets of the universe are printed on every cell of your body” You
can never lose the Truth~ Way of the Peaceful Warrior

“That’s interesting”, or “that’s different”, is a better way of looking at people than “that’s weird”. When you think or say someone is weird, you close yourself off to the possibilities that might benefit you and enhance your life. Go with the natural flow. Don’t let the unnatural feeling of resistance close you off from the possibilities that this person may bring into your life. Their “weirdness” may be a new and liberating way to live. People who are judgmental, and/or bullies have boring lives.

It’s not enough to know the Truth, you’ve got to live it, be it. You’ve got to commit to it. Living happy and fulfilled is a choice.

Better to do something and say you’ve done it, than to say you’re gonna’ do something and not do it. You save yourself from embarrassment that way and lack of trust with other people.

Being Peace sharpens your awareness. It will make you more aware of beautiful vistas and people. When you're relaxed, you notice more fun and happy things, and life feels easier. When you are coming from that place, you have a tendency to lift your head from the ground, and raise it to see the beautiful, wild, and interesting things in life. When you're tense, you notice more negative things, and have a bad trip. You will find evidence to back up your beliefs however tenuous that evidence may be.

Get to the point where you love everything you do throughout the day as much as you can--Be Peace. If you feel depressed, anxious, or angry at certain thoughts, let them go. The negative is not True Reality, no matter how real it seems. Be dedicated to peace, and you will see things clearly. This may seem too simple, but God/The Universe is not trying to trick us with complex answers. Any negativity you feel or have in your life exists simply to let you know what is not to be done and not to be thought.

Now, what I am about to tell you is the most important Wisdom in this book. As a matter of fact, it will be the most important thing which is all encompassing that you will learn in life. With it, you will be able to know and understand any question you could ever ask about the secrets to the Universe, finding and being your True Self, what your purpose and true calling is on this planet, and literally any questions you have about anyone or anything despite what you may be told is the "truth". It is simple, but extremely powerful. This Truth may not be easy to live every moment of every day, but the more you live it, the easier it becomes. By doing this one thing (the 1st most important), you will feel that you are finally "home" within yourself. You will feel empowered and able to live your life free of the petty worries and uncertainties that plague the average person.

Warning: Don't apply the following focusing techniques/Way of life/The Answer when you have to do anything potentially dangerous or while operating any dangerous machinery until you make them a part of your everyday life.