

Life Book

THE ART OF LIVING A HAPPY LIFE

LESLIE DEAN DRURY



Also by Leslie Dean Drury

Fractured

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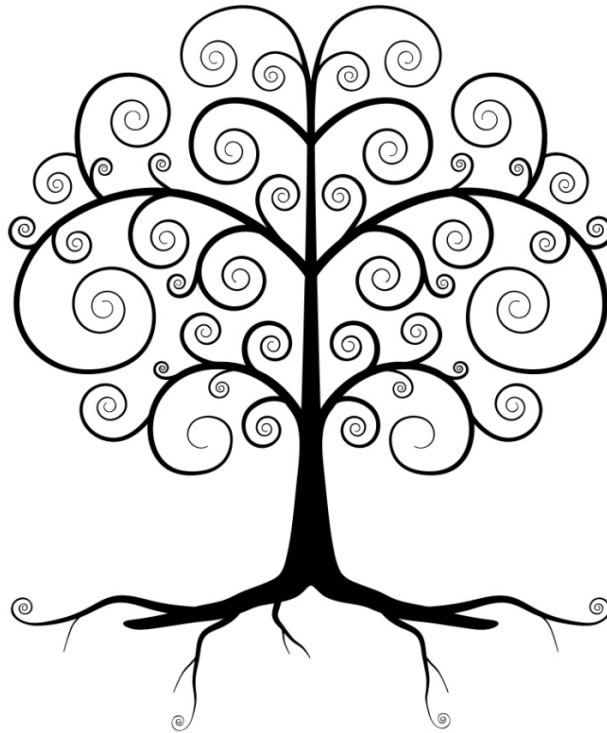
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DEDICATION

To Melvin, Aliona, and Melvin II,
my happiness equations.

-and-

To Lee, Lois, Alison, and Elaine,
my loving parents and sisters, whom I love.



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I acknowledge with gratitude
the two heavenly beings who visited me on
June 12, 2008, causing my awakening.

-and-

I acknowledge with gratitude
Naples, Florida,
the city in which I live and love,
whose beauty has opened my heart like its endless blooms,
inspiring me to live fully in all ways.

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1: THE PURPOSE OF LIFE BOOK

In a nutshell, Life Book is about making a personal dossier (journal, scrapbook, record compilation) on how to live a gloriously, joy-filled, happy life, and with two primary goals: One, to make entries about your life experience - life lessons - for enriched personal understanding; and Two, to share your Life Book entries, if you so choose, to benefit others and/or the highest good.

Life Book is about making Akashic records now, here on earth, to supplement heaven's own. Co-creationism in process.

Life Book is similar to a diary, but with enhanced aspects. Entries can include writings about life lessons that you've learned, such as struggles that you've overcome. Or, writings about celebratory events that have happened in your life, such as the birth of a child. Entries can include letters, statements, poems, pictures, papers, writings, family trees, scrap book items, and literally any other content imaginable with one ideal in mind: to connect with yourself, all of the beautiful parts of you, to define happiness in your life.

Unlike a diary, however, Life Book recommends keeping the pages of your Life Book open. That there's no need for a lock. And to be a fearless adventurer while peacefully but boldly facing fear without impeding your soul's stance. And while you control the privacy of your Life Book, including all contents and items, to consider sharing your gifts of life experience with loved ones and/or others in order to benefit the highest good.

Additionally, Life Book is an ongoing sacred space for self-discovery each day, providing divine thoughts for excavating journeys within.

2: THE ARTFULNESS OF HAPPINESS

If only we could buy happiness... Wouldn't it be so much easier? We wouldn't have to "find happiness anymore," as the old saying goes. We could just go to the nearest store and buy it: happiness, that is.

I imagine that happiness would be in a fancy bottle, probably crystal, and be as fancy on the inside as the outside, because surely happiness is the finest specimen to be held only by the finest of containers. With a bottle of happiness, we could make our lives absolutely glorious and abundant, and efficiently so all the while. We would never experience unhappiness again because we would finally have it: happiness, and all that it entails.

And after we bought happiness, we would use it to the very fullest and live happily ever after. Just like in storybooks. In fact, our lives would be storybooks, because we'd be ever-happiness-filled. We would then share our happiness with our family, friends, neighbors, and the world.

But happiness doesn't work that way. We can't buy happiness in a bottle. There isn't a store that sells fancy bottles called "happiness" such that when we open it, happiness jumps out like the genie that it is and takes over, we to never be unhappy again. Sure, we can buy a fancy car or fancy material item that often makes us feel a short term, "fool's gold" hint of happiness, but the hint never lasts, always fades, and eventually disappears. The hint is never happiness, but only a temporary distraction from the pursuit of acknowledging the real holes within us that need to be embraced, the holes that we often fill by way of medication, whether the drug of choice be material items, food, drugs, or other medicinal forms.

The truth is that there isn't a certain formula or magic container for happiness. This

is because there isn't an agreed-to universal formula or definition of happiness, this being one of the most debated philosophical questions of all time, second only to the existence of God. And while I could give you hundreds if not thousands of proclamations of "happiness" and what happiness supposedly is from countless theologians, philosophers, and thought leaders, both modern day and old, the point is that uncertainty pervades the definition of happiness. Not only about what happiness is, but also how you become happy, stay happy, and handle states of unhappiness which is the flip of the happiness coin that we all carry in our lives.

Yet despite the seemingly endless proclamations of what happiness is and what it isn't, those definitional, belief-system walls sought to cage it by definitions, a common characteristic appears to register: namely, that *happiness comes from within*. Happiness comes from the inside, not the outside. From the soul, not from any external force, despite our internal and external worlds being connected, influenced, and co-existing and cooperating together. Further, that happiness is a state of being experienced by the feeler, the person, the you, the me, not some third party or external agent in the world. We don't go around in life subcontracting with third parties to feel happiness for us. It just doesn't work that way. For no matter the life coach, no matter the earthly factors such as wealth, status, or power, only you can feel your own state of happiness. You're the one responsible for bringing your horse to water, and you must drink the water yourself. You must feel happiness yourself. No agent or privity can circumvent this operating system. Happiness is a state of being, a ***chosen state of being***. "Choice" being fundamental, as well as "being," within you.

Thus, in your own state of happiness, whether you're happy or not, "you" are the variable in your own happiness equation. Whether you're happy... Why you aren't happy... What makes you happy... What makes you unhappy, and what fundamentally blocks you from being happy. Certainly, this gets complicated. Though simply complex, for God charged you - solely you - to answer the most exquisite question of your life, "What is happiness?" To find and teach yourself what happiness means to you.

And you are beautifully complex. You are a one-of-a-kind butterfly of the heavens, God's child. You are an instrument with unique attributes. There's no other you. There's no instrument like you in God's orchestra. It is important to recognize this, breathe it in, and appreciate the splendor for the glory that it is, that God bestowed upon you. For while you may want to model others people's attributes, behavior, and qualities, you are your own wild card and they are their own wild card, and this is meant to be. There are no replicated cards at God's gaming table, the game being this earth school called life, and the game being not a folly or trivial enjoyment, but a process of creationism, a school, begetting cycles of cycles for curriculum study, fellowship, and ingenuity, the hallmarks of creativity itself.

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Acknowledge this. Really acknowledge this! Look within yourself. Dig! Then, dig deeper. Then after digging deeper, still dig deeper within yourself. See yourself as God's sculpture, which you are, divinely instilled with co-creative ability to shape, design, and realize life. This will be discussed more in Life Book in chapter eleven, "Manifestation and Synchronicity."

The point is, happiness depends on you. Beautiful you! Unique you! Your valuable perspective, and including your archetypal wiring and personal choices, the all that constitutes "you" and for me, the all that constitutes "me."

Recognizing this is empowering. You realize that you're not going to buy a magic bottle of "happiness" and just open it to experience happiness for all that it is. Likewise, you're not going to follow someone's definition of happiness and apply it to your life, and presto, like magic, you're happy, never to be unhappy again.

You are the great illustrator and viewer of happiness in your life. God charged you with this celestial artistry. Therefore, to serve that end, Life Book provides a canvas and tools for your authorship, discussed more in chapter four, "The Mechanics of Life Book."

At the outset, however, and which will greatly assist you in making your Life Book, realize that you're a master-in-training, a student here on earth, enrolled to learn and share what you learn about happiness, expressions of love. As such, study ascended masters and saints who've walked the earth before you, along with those who are walking it now. This is imperative, for because we're all created in God's image, we each have learned tablets to bring to God's table through life experience, and what majestic knowledge comes from those who have ascended spiritually! Therefore, study and decipher ascended masters' works as you make your Life Book journey, omitting parts that may not serve the focus of your mission. For when we emphasize everything, we emphasize nothing, individuality being the universe's way of showcasing itself. At the same time, engage in private fellowship about your life lessons, things learned and to be learned, ***in order to define happiness for yourself in your Life Book.***

Acknowledge and embrace this life force while making your Life Book. If you do, then you'll find your Life Book to be fertile with earthly Akashic records for spiritually high living. You'll also find that life lessons learned will turn into sub-lessons, and then other lessons, and still other lessons, like a ripple of a pond that never ends, perpetually pregnant with life, excitement, and possibility, they being one and the same.

Acknowledge that you must consciously engage ***your own quest*** for happiness by ***defining it yourself***, not by accepting or memorizing someone else's definition of happiness. That happiness isn't a one size fits all. That happiness is a state of being within yourself, and that you're the giver and recipient of happiness in your life.

Splendidly, at the same time as you engage your personal quest for happiness, acknowledge other persons' definitions of happiness too, which is the ultimate goal of

happiness on a higher level of consciousness, for all instruments to sound in one harmonic orchestra. Happiness, a state of being, has consciousness, that higher order element virtue.

This means that we learn from others' views of happiness. Recognize this too! If you do, then you'll find yourself including shade variations of others' happiness models in your own happiness equation. Contrarily, you'll also omit shades in part or altogether from your definition, your individual happiness formula. As brothers and sisters on earth, we learn from each others' viewpoints of happiness as we navigate our happiness compasses in life. We learn from others while manning our own ship, and others learn from us while manning their vessels.

For we're all connected. We're all teachers and students, like a mirror within a mirror. Birthed from the divine, our unique, individual perspectives have value not only to ourselves, but also others. By looking and connecting within ourselves, we ascertain that connectivity, learning from different perspectives.

This is how music is made. By blending, by harmonizing, by balancing sounds with other sounds, instruments with other instruments. By creating music that expresses our soul's soul, God's over-soul, as well as feeling and hearing the vibrations and notes of others, their soulful expressions too.

The overarching point is to acknowledge that happiness isn't designed to be perfectly defined, encompassed, or caged. To do so defies its essence. Such a uniform declaration would be like declaring a sunset to only be one shade, one design, one blend, one painting, and for sunsets to never be redrawn. To never be expressed from a different viewpoint, a connected viewpoint, from the universe's sacred geometry. The never-ending thesis of creationism, fueled by God's creationism - creativity - , part imagination and part manifested design, those boundless, design-filled wings of God.

While abstract, we can concretely understand designs by having a conscious, individual relationship with God. This too is important to realize. For when we consciously look at paintings in our lives, things that happen to us, traumas that we suffer or bad situations, we can consciously choose to see the designs differently. This is a key ingredient in most happiness equations. For after we acknowledge pain and the expression of its form, we can then step back and see life lessons in its art. We can consciously choose to see what lies within the forms, within the pain, including its penumbras, if we'll choose to take a broader look and see the designs for what they are: life lessons.

Thus, happiness is term of art, and you are the artist who defines it in your life. You must define happiness by drawing it (creating happiness) with your co-creative hand through free will, while viewing non-free will designs (based on destiny or other forces) with your visionary eyes. In other words, use free will to bring about happiness based

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upon how you choose to define happiness. And when something crazy happens in your life that you didn't want, choose to see it differently. Turn the painting that you didn't draw from your free will around. See it from another angle. Infuse it with meaning that you do prefer. Do this even when it rationally seems impossible, for the rational mind has boundaries, and faith and other spiritual dimensions lack such encumbrances. Thus, see life events that are hurtful to you with a different lens. See the spectrum within them, the "silver linings." Silver linings being anything but trite, and in fact sophisticated and exotic because silver linings often go unrecognized because of the dark clouds that pervade them.

When you do this, you'll discover great life lessons. Moreover, you will ascend. You'll realize that you're more than a human being with a past, present, and future, but an explorer! An explorer of now, you Christopher Columbus, who will find new lands, new species, and new birth and life even in the most traumatic, bewildering, non-desirable places. You'll also see that life will always find a way, even in the midst of hell on earth. A way to breathe, to sound, to commence growth again, all paths leading to love despite supposed impassés. Your discovery of harmonic sounds amidst rubble will then enable tranquility to transide. The breeze of that tranquility being a visible rainbow in your paintings - your life - telling you without a shadow of a doubt that good does come out of bad, that love will always win.

Hence, within your Life Book, see happiness as art when you make your entries. See your life as a personal, unique relationship with God communicated through art, including your entries. See your entries as communions with God, a contextual relationship with God through yearnings and makings of prayers in process, that sacred dialogue, born of those silent moments when we majestically recognize our connection to all that is and the divinity within us. Use God's language too, speaking through signs, symbols, and parables, to illustrate life lessons. Art being the source of creationism, sounding by way of infinite, contextual sign language embedded into our lives and we enrolled by birth to decode it/remember by becoming awakened.

Thus, there are no trade secrets on how to make happiness, how to make our lives ever happiness-filled, much less by simply buying and opening a bottle of happiness, or following a certain, happiness formula by championing its ingredients. No one has cracked the code to happiness, "the happiness code." Happiness being a universe of different fingerprints, individual snowflakes, which we all reach and long for but no one has ever fully and completely understood the longitudinal and latitudinal dimensions and textures thereof because there isn't one universal "happiness code" to be cracked. There are many. Not only many, but also infinite codes to happiness. And you, an explorer, are charged to crack your own happiness code. Such is the mission of your life.

And the priceless question for you to answer, is to be answered solely by yourself.

“What is happiness?” Further, what does happiness mean? How is happiness defined? The code to be cracked is your code, to be cracked solely by you. For the greatest thinkers finally realize that the answers aren’t to be bestowed upon others, but upon ourselves individually.

Such is the mission of this book, to ascertain happiness. To find happiness! The most exciting, personal, noble, creative, challenging, and meaningful quest of your life!

To activate your happiness equation in order to live a gloriously happy, magnificent, splendid, joy-filled life! And to make highly evolved, impactful, fertile, macro-filled earthly Akashic records from which to learn and study in this world now.

Some may feel that such a mission of Life Book is far-fetched. Others may call it impossible. It is true that such a mission may be tantamount to going to the moon, to another place that most people have not personally been before, or even a different dimension.

But it is possible.

Nothing is impossible.

Such is the substance of what miracles are made of: possibility. And you and I are miracles, God’s children, born of possibility, full of possibility, miracles and possibility being synonymous. Wherefore, we must realize the miraculous within us in order to make miracles, including living in a state of happiness.

Knowing that amidst it all, all of our lives’ variances, similarities, and common denominators, all tablets at God’s table if you will... And despite the individualized essence of happiness... We’re all connected, and laws of happiness do exist. And you are a law-maker, having a birthright to codify laws of happiness for yourself. Happiness being part destiny and part free will, totaling the whole. The yin and yang combined, we simply changing the slide of our individual kaleidoscope when we need to in order to see good.

Implementing the realization that although happiness isn’t a one size fits all because we must individually design happiness in our lives, an automatic-pilot state of “happiness no matter what” safety-nets us in God’s hands. It being a force which propels us through anything, and to the heart of all: God’s love.

Thus, being happy, is up to each of us. For we’re divine beings who have more power than we claim. Why shouldn’t God give us a magic pen and want to see our individual, divine penmanship? To individually co-author our earthly experience? And so what if we don’t know exactly where we got our penmanship ways, the curves in our “r’s, the loops in our “s’es” that we make. To understand that each point of wiring is from God’s hand is sublime. It is enough of an evolutionary spiritual leap to acknowledge the majesty of God’s archetypal wiring within us, that we’re all divine beings, not glitches of nature but intentions of nature, part of the universe at large, all-that-is.

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For while we may never fully - all dimensionally - understand the complete volume and magnitude of the universe's mysterious authorship on happiness (destiny), or all of the degrees of our co-creative strokes (free will), happiness shows us that laws of happiness exist and can be found and expressed, and as reflected in its symbolic making: that happiness can always find a way. Happiness can always be created, for to seek is to find, by creation. We utilize this scholarship by uniting with high joy that's been dormant in our lives, then designing it into happiness with our co-creative hand. And we, being the powerful beings that we are, design not only in the light, but in the darkness too. For as lovers of happiness, we seek it always. And the presence and absence of light lead us to the same source energy: God.

Thus, the purpose of Life Book is to create happiness in our lives.

Further, to share those glorious, splendid, unique, beautiful happiness codes with our loved ones, if we so choose, so that our spiritual tapestries may hang in God's window, colorfully shadowed and spotlighted by each other, to illustrate the full spectrum rainbow of God's work, ones that speak without words that happiness can always find a way, that love will triumph over fear by showing fear "love." To make and share our earthly Akashic records now, which will greatly impact the heavenly Akashic records by measureless increases in speed, evolution, and mastery of life lessons learned here on earth, including karma. To implement a new, advanced earth school curriculum of scholarship from the heavens about the meaning of life: ascension.

Wherefore, Life Book is more than a diary. Life Book is a "diary plus," having higher order than a personal journal or notepad.

Life Book is a source - your source, from source - filled with information and contents spanning many different, intricate spiritual topics and levels of your life experience.

Life Book (*see the example template in Appendix A at the end of this book*) is a form of your conscious Earthly "Akashic records" to comprise your individual book of life that is viewable, communicable, and transferable now so that we may dramatically increase sharing earth school knowledge, as well as address karmic lessons, by sharing each Life Book's valuable information.

Every Life Book has value. We can always learn from someone else's viewpoint, their perspective and experience. Like a pearl in an oyster, we must open shells and examine and polish the contents within so that we can make the most of our life experiences. Then, string our pearls together to illustrate our unity.

Life Book is meant to transcend the here and now and all of the nows to come. To examine life experience now in order to extract knowledge and expand. Your Life Book will do this, showcasing lessons that you've learned in life as created by you.

Know that you're the writer and reader of your Life Book, as well as teacher (to

yourself and others, should you choose to share any Life Book contents).

Furthermore, you're a student of your Life Book, as well as other students' Life Books should others share their Life Book contents with you.

With regard to your privacy, the spectrum of connection with others and to whom you connect is entirely up to you. Just like bringing the horse to water doesn't make it drink, such is the same when it comes to spiritual connectivity. And this is not only okay, but beautifully perfect, because timing is individualized too, a spiritual puberty, and we must honor the patterns within us while at the same time being discerning, idealistic, and dreamful in imagination.

However, you control your Life Book in all respects, including all content in your Life Book and with whom you share your Life Book, if anyone.

You can choose to keep all of your Life Book contents private. That is your personal, individual choice. Many people prefer to keep their Life Book private and use their Life Book in a completely private, individualized way.

Some people, however, choose to share part or all of their Life Book, bestowing blessings upon others by giving gifts of their life experience. Giving a loved one a life lesson - a gift of your Life Book valuable experience and perspective - is a powerful blessing to bestow upon them, more valuable than any material item. A spiritual gift has no wear and tear and can keep on giving, such that your loved can pass the life lesson onto someone else, and then someone else, and so on. The ripples of the waters of sharing life lessons have no boundaries as the power of love attunes itself to knowledge from which others can benefit, learn from, enjoy, and moreover, ascend.

But that's your choice. You decide what's best for you. However, if you choose to share part or all of your Life Book with others, then consider how you would like to share the contents. Would you like to share content on a temporal basis, such as once a month? Or, would you like to share contents only on special occasions, such as a birthday or holiday? Or, both? You can even share part or all of your Life Book contents when you pass away, such as on marked events such as loved ones' birthdays, holidays, or other set or dates and/or events. You can even give part or all of your Life Book contents in your Last Will and Testament.

The bottom line is that you determine with whom you share all or part of your Life Book contents, if anyone, as well as when, what, and how you share. If you do decide to share parts of your Life Book, then how wonderful it will be to connect in this way with people that you love! And from their perspective, what a priceless gift to receive, a spiritual gift of life study from you!

The only essential requirement of Life Book is that you connect with yourself. For when you connect with yourself, by spiritual law you connect with others, and what a beautiful connection to make!



EXERCISE

How do you define happiness? What does happiness mean to you?

How has your definition of happiness evolved over time?

How do you feel about society's definition(s) of happiness?

3: UNDERSTANDING VERSIONS OF YOU

God is in the details.

“Details”

As I open the cabin door wide open, its aged and splotched hinges creaking with orange and bronze rust, - in a split second - I suddenly realize that I’ve done this before, though not sure when. I tingle ever so slightly as the breeze of what we call “Desha vu” feathers over me.

And again, like before and so many other times, I see you, and clearly. Your bright blue eyes gaze upon me, firm in delivery, opening windows of the soul. Like a black-light upon darkness bestowing darkness no more, I see you for who you truly are and were, and we.

I’m sorry that it took me so long to get here. I’d like to tell you that I got lost for some legitimate reason, but that wouldn’t be true. As I stand here, amidst the cold winter sky and the fallen leaves curled up against the fresh snow this December day, I feel the shade of the cabin in which I stand and in which you sit. I hear the tempo of the wind amidst the rustling of the dead, calico leaves. I smell the elderly, alive cedar wood which frames the cabin, while cold air separating the logs interstices warmth around us. My feet hurt from walking, and I am tired. I am hungry and weak. I am *infantly* joyful, however, to have finally made it back home. There you are, sitting on the cabin floor playing with black and white kittens, as if I’d just left the cabin a few minutes ago, decades having in-fact passed since I last remember your presence. You haven’t aged at all, still the same blonde, blue-eyed five year old girl that my memories corroborate. The

kittens jump around, joyfully playing, black and white color palettes creating their own individual, yet collective designs and you yours, you chasing them with your smiles and half-laugh breaths of air.

“It has been too long. I am sorry,” I say to you. I look down to the floor, feeling embarrassed, such time having elapsed time since our separation. You gracefully and non-judgmentally whisper back to me, “You are here, and that’s all that matters.”

And so it was.

(2011)

Details Explained

When I was a little girl, my parents used to have a small, wooden shed in the back of our house in rural Harrodsburg, Kentucky where my three sisters and I would play. It was somewhat old and rickety, smelling of lawnmower oil (it housed the lawnmower), but still evoking a strong, safe, and inviting place for us to play.

That shed was a special, magic place. Sometimes it was a clubhouse for us. Other times, the shed was a headquarters for our magic kingdom that just so happened to have a large green monster of a lawnmower in it that appeared like a ravenous bull about to plow forward through any outside threat, though always gentle toward us. Like a mean, green protector of we three children in its refuge.

I remember one winter playing in that shed with a mother cat and her baby kittens. The mother had taken her kittens there for shelter from the harsh winter cold. The front doors of the shed were somewhat uneven, such that the mother cat could pry open one of the doors for entry with her paw, which she regularly did. That winter, we played with the mother cat and her kittens religiously, like a secret club that would meet for sessions, familial visits with each other. What wonderful times those were, full of freedom and simplicity, quests being only to use our imagination and care for the mother cat and her kittens in that small, strong, angel-protected shed.

Money didn’t matter back then. Not that money didn’t exist, or the game of money wasn’t going on in the outside world. Our perspective was perfectly beautiful then because to us, imperfections didn’t exist. We didn’t see imperfections. We didn’t see the oil smell or the uneven shed as imperfections. We saw everything as perfect and possible, where imagination was the only currency needed in addition to love. That beautiful space where we could commune together, let our imagination run free, and enjoy the delight and joy of playing in life.

A part of me is still in that shed playing with my sisters and those kittens. I’m still there. That version of me still exists.

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You are no different. You too have different versions of you in special places, just waiting to be found. This is because versions of us never die. None of them. We just develop different versions of who we are along the way.

Think about and find former versions of you, and there are many. What versions of you do you miss? Do you have a favorite childhood version of you from a time when you felt the most happy? When you felt a spectacular breed of joy on your face that seemingly nothing could erase? Go see that version of you. What's that version of you doing? What does happiness mean to that version of you? Embrace that version (or versions) of you that you miss. You can visit multiple versions. You're not limited to one. If you have trouble making this journey, then open a box of old pictures and see which version of you jumps out of the box and grabs your heart and takes you there, to that place, to that time, to that moment when you felt the most alive, the most electric and vivid, when you emanated joy like an aura of the heavens.

From an energetic, metaphysical standpoint, all versions of you still exist, are alive. Who you've been... Who you are... All those versions are embedded and active in the heavenly Akashic records. And with Life Book, you can visit and commune with those versions through your entries, connecting with them. Every version of you... Literally take yourself in, your own light, which is why you can always be found.



EXERCISE

And I finally saw her. That girl looking back at me in the mirror. She had the same ruby-red strewn, fuzzy cotton rope ribbon bows and lopsided pigtails that I remembered.

I recognized her. And she recognized me. Our smiles were identical.

Those two versions of me finally coming together, no longer separate, one five years old and the other forty-one, we now being one, fragmented no more.

Go and visit a prior version of you, one that you love, cherish, and adore. Write about that version. What does that version of yourself have to say to you?

What do you have to say to that prior version?

Gently hold the hand of the prior version of you. Vow to never let go of that part of you again.

Then, detail how you can incorporate that version of you into your current life, to feel, enjoy, and honor the joy that it bestows.