

## What is The Art of Living?

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It's advisable to live fearlessly with your eyes, ears and heart wide open; because you never know when, where, or from whom inspiration will come. Case in point: While previewing a couple of songs for this project, Curtis Gadson, a deeply insightful, spiritually attuned brother, whom I consider an old friend, though we'd met earlier in the day, emerged from his seemingly meditative posture and asked, "Raja, what is the art of living.

Now it's important to note that it's not that Curtis didn't already know the answer that I would give. Instead, it's clear to me that his asking was a gift to me and, consequently, a gift to you.

Background: Raja, What is The Art of Living?...

My response was that, though it can only be experienced when one has awakened to and is living from his or her authentic self, in a broader sense and at its core, the art of living is the ability to take whatever life gives and extract the best and highest personal and mutual benefit; whether it appears as a clear benefit or an imposing challenge.

It is conscious life creativity born of a commitment to – despite the presence of darkness – seek the light and walk in the light until one becomes the light. It is the understanding that all life experience is a story which holds only the truth and power assigned it by you.

From a biblical perspective, it's the understanding that all things work together for good to them that love the Lord and are called according to his purpose. Or, as I like to view it, "All things are worked together for good by those who love the light and embrace the call to demonstrate the power of truth."

On a more personal level, I call this project "The Art of Living," because it doles out the wisdom I've garnered from an early commitment to live with my eyes wide open. It's the personal and masterful though eclectic work of the master's hand lifting the veil that shrouded my face at birth, ordering the often seemingly chaotic steps of my life and, consequently, molding my life story.

I vividly recall having such an early and acute awareness of the presence of the creator that at five years old it was my practice to retreat to the woods seeking, solace from the oppression and debasement leveled in my environment. It was there that I cried out to what I intrinsically knew of an ever-present creator asking, "Why am I here," and why I have to endure such hurt and hardship. It was then that, in a way that defies explanation, I heard that I was not alone. I was assured that as I continued to endure, remain respectful and trust, I would come to know why my life had to travel a certain path.

I emerged from this conversation with God clear that I was called according to a specific purpose. And, though I was not clear about the particulars, I was initiated into knowing that the way I lived and interpreted the events of my life would have powerful implications for the

lives of many others. I also emerged with the certainty that no matter how deeply I plunged into the sleep state, my connection with the source and ability to hear its voice were assured. So despite how daunting life appeared at any given moment and how deeply layered the drama, my ability to get the sustaining truth of the matter lie in my default mode of going within to seek understanding from the source of my own being.

A wonderful realization for me is that we live not only for ourselves and family, but our thoughts, words, feelings and deeds have imposing implications for humanity at large. So I'm ever mindful to align myself with what's best and highest for all concerned.

So that's the art of living...the ability to usher head and heart into a listening with the Most High. It's a level of conscious awareness demonstrated by a life that acknowledges, reflects, honors and nurtures the commonality and oneness of our collective existence. It is Christ Consciousness or enlightenment forging its way through the callousness that so often typifies human existence.

It is a clear path to fulfilling our life purpose and claiming our birth rite as beings of light living in the light. It is a commitment to own and responsibly manage your life force through questing for the understanding necessary for manifesting the best and highest outcome for each of your life experiences, with all circumstances considered. It is your right and responsibility to grasp the tools at hand and craft the life you were born to live. So are you ready to live your life be conscious design?

Produced by: Raja

Lead Vocals: Raja

Vocals arranged by: Raja

Background vocals: Marcenia LaFleur and Raja

Intro Music: Desert Nation

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Music Composed by: Peter Moore and arranged by: Raja

Keyboards: Peter Moore and Ilja "ALIEN" Moston

Guitar: Peter Moore

Bass Guitar: Peter Moore

Drums: Victor "Big Vic" Alexander

Percussion: Peter Moore

Recording Engineers: Peter Moore and Raja

Mixing Engineers: Ruiari Kilcullen and Raja

Recorded: Atlanta, GA USA