



# Simply Notice: Clear Awareness is the Key to Happiness, Love and Freedom

*Peter Francis Dziuban*

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## **Simply Notice: Clear Awareness is the Key to Happiness, Love and Freedom** Peter Francis Dziuban

Enjoy The Power of Clear Awareness Do you realize that noticing and awareness basically drive everything you appear to do? Could you have gotten your body out of bed this morning without first having noticed you were awake? Would you have picked up this book without first being aware it was of interest to you? Your awareness is like the clear glass of a windshield-and through it you experience every bit of your life. Awareness is inherently pure and clear. But it can get covered with sludge-of negative thoughts and emotions, and false beliefs. The simple noticing techniques in this book act as wipers to keep your windshield clean. The power of clear awareness takes over, and you automatically enjoy greater happiness, love and freedom. You're free of the mistaken ideas and beliefs that were distorting the view. With clear awareness you also go way beyond the popular saying, "Think outside the box" It's because your awareness is outside of, or beyond, all thinking. Awareness is the unlimited-you that gives rise to all thinking. Awareness is the greater-you that notices all thoughts. Imagine having a big Aha! They usually come as a thought, too. An Aha! is wonderful-but did you ever notice that the Aha! by itself is not really where it's at? What you want is where all the Aha's come from. That's the unlimited awareness you are. And that's just a first glimpse of how magnificent you really are.

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