



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

By Peter Francis Dziuban

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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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Editorial Review

Review

"Peter Dziuban's book, *Simply Notice* is simply one of the best in the growing category of books leading us to our innermost nature as consciousness, awareness. Why? Because it offers a cornucopia of everyday life experiences, common to us all, wherein the direct experience of pure awareness or 'nonduality' is noticed, enlivened and lived, within and without. The results include greater harmony, inner peace, less reactivity, more stability and a deeper connection with one's self and the world. *Simply Notice* is a work I will turn to again and again."

-John Raatz, Principal, The Visioneering Group, and Founder, Global Alliance for Transformational Entertainment (GATE)

"Simply Noticing is like one big exercise in paying attention that is effortless and natural. And simple. The author persistently invites you to notice thoughts, feelings, sensations, objects, body, while leading you on an adventure of discovery of what you really are. To read this book is to experience it, which is a rare achievement for any work."

-Jerry Katz, Nonduality.com

"What Peter Dziuban does so eloquently in *Simply Notice* is to show that Alive Presence is what we really are, and that all that we think is real, is really an illusion, albeit an extremely convincing one. Through the logical pointers so carefully constructed by the author, you will definitely have the means to see through the illusion of a world of separate objects characterised by time, space, and fear. As an academic trying to lead my very educated audiences to see the truth of what's really going on, I most often fail. The illusion holds fast. With *Simply Notice* we now have a tool that should make the task of unmasking the unreal that much easier. This book is highly recommended."

-Professor Kriben Pillay, Dean of Teaching and Learning, College of Law and Management Studies, University of KwaZulu-Natal, Durban, South Africa

"If there was ever a step-by-step 'how to' book for releasing a bodybased, thought limited reality, this is it. Peter Dziuban guides you on an experiential path awakening you to life's un-restrainable, infinite love---the love you are. This book is brilliant and perfect for those who may be new to spiritual literature. It's a fine accompaniment to his earlier *Consciousness Is All*."

-Sherry Harris, Psychotherapist, Spiritual Counselor

About the Author

Peter Francis Dziuban (said Joobin) is a writer and speaker on awareness and spirituality. His first book, *Consciousness Is All*, has helped thousands enjoy greater happiness, freedom and clarity in Life. Peter's work benefits so many because it is not tied to any one teaching or religion. He has studied this field over 40 years, since attending the University of Notre Dame; he also worked many years in corporate America. Now

residing in Arizona, Peter enjoys the outdoors. Peter is available for workshops, webinars and consultations. Please visit: <https://SimplyNotice.com>

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