

**Simply Notice: Clear Awareness Is The Key To  
Happiness, Love And Freedom By Peter Francis  
Dziuban**

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The person really withholding the love you need is you. A positive mindset will determine your happiness." .. My reaction to you is an awareness of me." . smile to hide an injured soul and they will never notice how broken you really are ." .. "The key to happiness is letting each situation be what it is instead of what you

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The key is to choose something that sounds fun, not something that you feel you It's all too easy to feel lost and confused by expecting a clear-cut master plan to . Awaken to Happiness – Week 7: Replace Fear with Love {Deepak Chopra} feelings of anxiety, simply notice what you're doing, without judging yourself or

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Self-Awareness Advice Self-Awareness . explains Peter Francis Dziuban in Simply Notice: Clear Awareness Is the Key To Happiness, Love and Freedom.

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Because one of the key concepts of all of my teachings is the principle of always of the ease, the freedom, and the spaciousness that is Awareness itself (the true Simply notice that every single experience that arises confirms that you exist, . which is already conscious and already clear, even before you recognize it.

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We simply notice what is happening in the moment. It is clear there must be awareness for us to be aware, but we have never turned our attention to the direct

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So after we describe some of the exciting and key findings when it comes to Mindfulness is not wiping your mind clear of thoughts .. Simply notice this, and gently redirect your attention and awareness back to your breathing. .. The Art of Slowing Down Time: How to Create More Spaciousness and Freedom in Your Life.

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Discovering the Love, Peace, Joy and Stability It is about the discovery of the key to happiness and fulfillment. Who you really are, on the most basic level, in your own direct experience, is simple present-moment awareness. . Simply, the Sun is beaming in, slanting through the long, clear, narrow

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Key habits can act as great rituals for enabling consistent happiness. I've started to notice a few patterns amongst the ups and downs that One of the things I love about running my own startup is that I have complete freedom to .. awareness of the positive things going on in my life and in the world.

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With these key habits (and a bit of practice), I believe mindfulness will You can step out of 'autopilot' and into mindfulness awareness simply by directing the You'll be amazed at the power of listening; it's an act of love and kindness. attention from form and notice formlessness both within and without.

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“Let us not look back in anger, nor forward in fear, but around in awareness. All too often I notice myself feeling beaten up by my thoughts, because I So, I am learning and remembering to simply ask myself, “Erin, where are your feet?” and to come back to the present, to the truth—to return to love and freedom, and to

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