

Why This Book?

Welcome to an adventure in the power of noticing.

Noticing is familiar to all because it is so natural and easy to do. It is as easy as noticing the words on this page.

Inside, you'll go far beyond visual noticing (such as seeing these words) to experience many other types of noticing.

What exactly is meant by noticing? The dictionary says that to notice means to observe or pay attention to.

Noticing is like being aware—but there's a slight difference. Noticing actually is what occurs *thanks to* being aware or conscious.

Imagine a sun-like light so brilliant it can illuminate anything. The light itself, which is always on, is like awareness, consciousness. The *focusing* of the light on something is similar to noticing. It's usually a focusing of attention.

For example, you are aware as these words are being read. It is thanks to first being aware that you are able to do anything. And at this moment, being aware is what enables you to notice and focus on these words.

In the bright light of noticing, many things about oneself, one's world, and the astounding nature of Life itself become crystal clear.

Awareness and noticing are such an integral part of living, that to speak of them in terms of benefit almost sounds silly. It's like saying breathing is a benefit.

Noticing is one of the most natural, normal things that go on all day. It is so effortless, most of the time it isn't even noticed that noticing is happening!

Yet look at how powerful it is.

Noticing basically drives *everything* you appear to do.

Would it have been possible to get the body out of bed this morning without having first noticed you were awake?

Could any meals have been eaten today without having first noticed the food?

Could you have gotten this book without having first noticed that it said something of interest to you?

When noticing is used *intelligently* it becomes priceless.

It can remove whatever might be in the way of experiencing greater happiness, love and freedom.

Chapter Two shows how awareness is a bit like the clear glass of a car windshield. It is through this windshield of awareness that you appear to experience your entire world.

In its natural, normal state, awareness is inherently pure and clear. But it gets covered sometimes with the mental sludge of old conditioning, negative thoughts and emotions, or maybe just *too many* thoughts and emotions.

Then we try to navigate through daily life with all of that stuff obstructing the view.

Noticing acts as wipers which keep the windshield clean and clear.

Another huge benefit of noticing is that it frees you from false beliefs. Beliefs often limit how you see yourself and your world—thereby severely restricting your life. Yet this isn't even realized.

Suppose you were given a hot new sports car. But when it was given, you were put under a belief, like a hypnotic spell: "Use this car whenever you want, with one rule. You must drive it only on your driveway—nowhere else."

One day you snap out of the hypnosis. You see the driveway story was a belief, not a fact—and you are free to go wherever you wish.

Beliefs are nothing but mistaken assumptions parading as facts. They are like mental clouds. But clouds never block the sun from being the sun.

Similarly, beliefs cannot block or limit you once they are exposed. When false beliefs fall away, the limitations and unhappiness they caused fall away with them.

Other times, noticing is just plain fun, and yes, exciting! The wonderful thing is, noticing is much more than a belief remover. It shows how magnificent Life is, in ways previously unimaginable.

Simply Notice follows this author's first work, *Consciousness Is All – Now Life Is Completely New* (Blue Dolphin 2007). *Consciousness Is All* is an experiential book on the nature of Life and Reality for experienced readers of spiritual literature. For reader comments, please visit www.ConsciousnessIsAll.com or for reviews see www.Amazon.com.

Simply Notice says many of the same things, but in a simple, fresh and entertaining way, intended to interest a wider range of readers.

If you have peeked at the pages after Chapter One, you have seen each page stands alone, as a simple noticing of *something*.

The noticing may be about what you consider yourself to be. Or it may be about thoughts and emotions (this is belief territory).

There also is noticing about everyday things, such as bananas and cell phones—or more serious subjects such as the world, and Life itself. Increasingly, you'll see the *value* of noticing, and how various aspects of noticing work.

With each simple noticing comes a fresh seeing, a sharper awareness and discernment. This ends unnecessary struggling and leaves one free to enjoy Life as it naturally, effortlessly is.

So don't think of these pages as a task, as a new project you must take on in order to improve yourself.

This is meant to be a delightful—and at times eye-opening—discovery of how magnificent and free *you already are*.

The noticing on page 15 says: "*Noticing is self-expanding. The more you notice, the more you **notice** that you are noticing.*"

It's really true. So this *Book 1* is first in a series, all with the main title, *Simply Notice*. Each will have its own theme, but thanks to its self-expanding nature, the noticing will spread in many directions.

As you continue reading you may begin to feel, as the author does, that this book could say so much more. That's correct—and it's actually a good thing.

What will happen is that a noticing here will trigger something you will notice on your own. And that will lead to still more noticing.

You likely will ask, "Why isn't the book talking about *this*—and why doesn't it mention *that*, too?"

Countless things *could* be said about noticing.

That's just an indication of its unlimited power.

Introduction

As just mentioned in the Preface, the very power of noticing led to something huge during the early writing of this book.

It is, as they say, a game changer.

It may be *the* game changer.

This doesn't mean you continue the same game, and change its outcome. It means suddenly you've got a brand new *kind* of game.

The new game is an incredibly significant fact about the limitless nature of Life and awareness, consciousness.

Bottom line is, there truly is only one *universal* consciousness. It is the very consciousness you are now aware of being—and it is not stuck inside the head of the body holding this book.

Consciousness embraces the entire universe.

These pages enable you to *experience* this, rather than merely reading theories *about* it.

Amazingly, this has been known for centuries. Yet it has gone largely unnoticed by most of us, and continues that way today.

The reason this is not more widely known is because it is hidden by an illusion. That illusion is the way the human senses—mostly sight and touch—make the everyday world appear.

If all this sounds far-fetched, don't worry. Making it crystal clear is what this book is for, and simple steps of noticing walk you carefully through it all.

It's like being invited backstage after a magician's show. You see firsthand how the tricks and illusions work. Exposing the illusion begins in Chapter Twelve, "Yes, We Have No Bananas."

All these points kept coming up during the writing, as if asking for special emphasis—so they became the theme of this *Book 1*. A first glimpse is just ahead in the overview in Chapter One.

You are about to go way beyond "thinking outside the box."

That has long been a popular phrase. Notice something about it now, which you may not have noticed before.

Of course, "the box" means the limits of an old way of thinking.

So you get outside of that box by using a new way of thinking.

But notice that even when outside of the old limited thinking, you're still *thinking*.

So now you've got a new box—but it's still a box!

Thinking is a very useful thing, but know this: thinking *is* the box.

This is an adventure in getting altogether *outside of thinking*.

You are going straight to pure consciousness, unlimited awareness—that which gives rise to, and *notices* all thinking.

This is similar to having a big Aha!

To have an Aha! is great—but notice something about those, too.

The Aha! itself is not really where it's at.

What you want is *where all the Aha!'s come from*.

That's the juice.

That's unlimited awareness.

1 Overview—This Book In One Chapter

To say “simply notice” is a call to attention.

Rather than telling you to blindly accept and *believe* something, it’s like saying, “See for yourself.”

It sounds funny, but there is a lot about noticing you may not have noticed.

What usually gets the most attention is the *thing* that is noticed or *what* is noticed.

What is noticed can take many forms. It could be an item such as this book or a vivid red tulip. It could be the smell of fresh paint. A change in a tone of voice can be noticed. When you change your *mind* you notice that, too. It is even possible to notice a certain mental or energetic atmosphere when entering a room.

In another sense, it’s also possible to notice an *absence* of something. Suppose these words were flowing along, and suddenly a blank space appeared right here in this sentence. It’s like noticing there’s nothing to notice.

Then there is the act of noticing, itself. If noticing is like a focusing of attention, who or what is doing the focusing? If awareness is what notices, what exactly is awareness?

Why are some things actively noticed, such as enjoying a sunset, while others are passively noticed, such as the sound of thunder intruding upon the silence?

Then there are many things that seem to have gone unnoticed. Perhaps some of those will soon be brought to light.

Your entire experience can change in an instant when some things that have gone unnoticed are suddenly noticed.

The words *simply notice* as used here are an invitation, too.

They invite you to an entirely new way of experiencing Life, and seeing that Life really is magnificent beyond your wildest dreams. Yes, *really*.

This doesn't mean pumping you up with a lot of inspirational talk.

These pages point out a very different, yet specific and definite way to see or perceive your world, and see what *you* really are.

It is totally natural—and, in fact, it is already happening right now.

It has just gone unnoticed by most of us.

Start with a few things about yourself that may have gone unnoticed until now.

At this moment, there is a "you" that is conscious and aware and noticing these words.

To say, "There is a 'you' that is aware," means to begin knowing yourself more as *a state of awareness*—instead of as just a body.

This "awareness-you" seems able to be aware of other things, too.

The area near your body can be noticed. Perhaps there is a chair on which the body is now seated. Notice it.

Be aware of the feeling of the body's weight against the seat. Really notice the feel. Is it hard or soft?

This you that is aware might be able to notice other things. If there is a window nearby, the outdoors might be noticed; maybe the sky.

Now come back and notice the body again as it is holding this book.

Pause after each of these sentences to *closely* notice the body.

Notice your right foot. Raise it up and move it around a bit.

Specifically, be aware of how it appears—the color and shape. Feel the weight.

Next, slowly pull your left thumb up close.

Really notice the fingernail. There it is—just a fingernail.

Now notice something usually overlooked, yet extremely telling.

That fingernail never notices you.

Always, *you* are the one that notices or is aware of the fingernail.

It never is the other way around.

Stop and see if it ever happens that the fingernail is aware of you.

That fingernail never has said to you, “You’ve been aware of me all day! Now we’ll switch and it’s my turn to be aware of you.”

Stop and confirm this now with other parts of the body. A whole finger. A leg. Chest. Try a tooth. An ear. Even your entire head.

The answer always is: *no part of the body* ever is aware.

The body never is the same as the you that is *aware of* the body.

If no part of the body is aware—and yet *you* are aware—then you must be something more than the body.

The body is what you seem to *use*. It is not what you *are*.

Awareness is what *you* really are.

Perhaps you never noticed this before. That’s okay. Notice it now.

Now take it even further.

Stop again to really notice the body as it is breathing.

The gentle up-and-down rhythm of the lungs is noticed as supposedly occurring *inside* the body.

Go slowly and let these sink in. Notice that the heartbeat, a muscle cramp, and even the taste of toothpaste, are other things that would be noticed as being *inside* the body.

Now notice this book. It appears to be *outside* the body.

Notice other items again where the body is seated. Notice a window if you can. Suppose the moon could be seen through the window.

The book, window, and moon all appear to be *outside* the body.

So—some things are noticed as being inside the body.

Some are noticed as being outside the body.

Either way, inside or outside—*all these things are noticed.*

That's what counts. *Both* the inside and outside things are *within your noticing*. They all have that in common.

It means the muscle cramp and the moon really are found in the exact same "place."

Everything always appears to be going on *within* this state of noticing or awareness.

Be alert that some things appear to be outside the *body*, of course. But nothing you experience is ever outside of noticing or awareness. Otherwise, that thing could not be noticed.

Even the body itself appears to be included within awareness. Awareness is all-inclusive of every last bit of your experience.

The more you notice about this, the more it is clear.

This all-inclusive "bubble" of noticing or awareness really is where the entirety of your universe appears to be experienced.

The popular belief today is that you are a body—and awareness, consciousness, is limited to functioning only *inside* that body.

But you've already begun showing yourself the opposite view.

It can equally be said that you are a state of awareness, and this awareness appears to have a body—and everything else!—within it.

The following example is far from perfect, but here's another quick way to get a sense of the difference.

For a moment, think of one of those clear glass decorative balls that have a miniature snow scene inside them.

If you've never seen one, these glass balls are about the size of a baseball. Inside the glass might be some tiny trees, maybe a house, a sleigh, and a tiny person or two. The glass ball also is filled with water and tiny white flakes.

Pick the glass ball up, shake it, and it starts snowing inside.

You are taught to believe you are limited to being like one of the tiny people in the scene. Supposedly, consciousness or awareness is stuck *inside* that tiny body.

What you will see in these pages is that awareness is like the glass.

The glass (awareness) is not inside the tiny people. It includes or embraces everything in the scene.

In other words, the "seeing" is no longer happening as if looking out from *inside* the body. Now the seeing is done from a state of all-embracing awareness.

The difference simply lies in changing what your starting point is—from body to awareness. It's a change of what you consider yourself to be; what you identify *as*.

Don't be surprised if this stirs up some questions, because you've begun to challenge a huge, long accepted belief.

If any of this seems unusual or intimidating, just know that a lot more simple examples of noticing are coming up. All these points will be made crystal clear—that's what the entire book is for—and this chapter is just a quick overview.

On the other hand, if this isn't new to you, please be patient and open to the possibility that you may see something new here, too.

If all things—body, earth, even the moon and universe—can be said to be within noticing and awareness, it changes *everything*.

You need an entirely new way of seeing how Life works.

In the new view, it's as if the perspective is turned inside-out.

Formerly it seemed you were aware or seeing from inside the body.

Now, as awareness, you're not stuck inside there.

All experience, and even what had seemed to be a separate planet earth "out there" with Life on it, now is seen to be *within* this all-embracing awareness, consciousness.

This awareness is not some far off ethereal state that must be attained. It is *this* very awareness you are presently aware of being.

It just has gone unnoticed.

The irony is that none of this is new.

The notion of an all-embracing universal consciousness or Life has been known to sages, saints, and philosophers for centuries.

It gives new meaning to the spiritual saying, "The kingdom of God is *within you*."

Today this is increasingly accepted by scientists. Their way of putting it is to say that there is no world "out there" that is separate from the observer (awareness) that observes it.

Rather than merely telling you this as if it were an abstract idea, these pages allow you to see and live this experientially.

This little scenario may help put its significance in perspective.

Imagine being able to leave this current year, and talk with those who appeared on earth in the year 1000.

One of the first things you might say is, "Hey! Earth is not the center of the universe, and earth is not flat! That's an illusion. Don't let that false belief limit you! There is a new way of seeing things. Earth is round, floating in a vast space."

Now suppose you fast-forward to the year 3000. You are able to look from there, and have a talk with yourself here, today.

You'd likely tell yourself, "Hey, you are not *in* the world. The world appears *in you*. But you aren't what you now believe you are—not a mere body. You are Life's boundless state of consciousness which includes *everything*—even the whole universe—in its alive embrace. The universe really is made of Love, not space."

The 3000-you then says, "Do you realize what else this means? Life is not *on* earth! If anything, earth is *in* Life. That old belief needs to be dropped, like the old flat earth! There's an entirely new way of seeing."

"Earth has gone from flat to round to now being like an idea or concept in awareness! It's so magnificent it becomes indescribable!"

Finally the 3000-you says, "This is true now! It doesn't have to be waited for, any more than the round earth had to be waited for."

This book is the rest of that conversation with yourself.

It is the very Life you are, showing yourself the magnificence of the Life you are.

2 Notice Some Things About Noticing

To simply notice is easy.

On a clear day, how easy is it to notice the blue sky?

The noticing is so easy, so simple, it happens before there's time to think about it.

Simple noticing is the actual *live experiencing* that the sky is blue.

It is not a thought *about* the sky such as, "Why is the sky blue?"

It is a direct perceiving that is immediate.

Here's one more example.

Simply notice this page.

Instantly, the page is seen—directly observed.

Done.

The noticing of it was effortless, and a complete success.

What counts is the simplicity.

There is no complicated thinking process about the page—no need to analyze, nothing to *understand*.

Yes, it's possible to think endlessly about this page or the blue sky.

In fact, you likely will *want* to think deeply about much of what is noticed in this book. This is encouraged and often leads to exciting insights.

But that comes after each initial simple noticing, which is immediate.

To enjoy the power of simple noticing, it's not necessary to have an advanced college degree, or to have reached some so-called enlightened state.

The fact that the words in this sentence are now being noticed means you've got all it takes.

Please don't rush to judgment if it seems the early noticing in this chapter might be *too* simple.

Simplicity encourages clarity—seeing Life as it plainly is.

In this apparent age of information, we have become driven largely by *thinking*.

There is nothing wrong with thinking, but it often comes in too fast.

Thinking can obscure or taint natural, pure seeing in Life.

Before something can clearly be seen or perceived for what it is, thinking is already adding judgments and commentary, acting like a smoke screen.

Thinking is coloring the view with a bias toward how that thinking has been conditioned—by family, society, education.

The great mistake and source of so much unhappiness is that this thinking is often based on a set of totally false beliefs.

Yet the falsity isn't even realized!

Simple noticing cuts off, or pre-empts that tainting process.

It enables a direct, live experiencing—a clean, clear perceiving. It is totally natural and wonderfully effortless.

Then thinking can be used *later* to ponder what has been noticed.

This simple noticing naturally feels good—the way it feels good when the garden is clean and not full of uninvited weeds.

Instead of being choked with mental and emotional weeds, Life appears to flourish.

There are many types of noticing.

Besides the visual, noticing can involve sounds, touches, tastes and smells.

It can involve thoughts and emotions.

Noticing can also involve insights and realizations—sometimes called discernment.

It can even include more subtle experiences, such as psychic phenomena.

You'll also be amazed at how much can be noticed about the very act of noticing!

Then there is so much that can be noticed about Life itself.

Noticing makes clear what is essential in Life, and shows what is non-essential and limiting.

All of this has an immediate impact on your experience.

All of this has to do directly with you.

One of the main things that will be noticed is what you really are.

In essence, you really are a state of awareness, consciousness, which is capable of *noticing*. (In this book, awareness and consciousness are treated as synonyms.)

It is this very same awareness present right here, now, that is enabling the noticing of these words.

As this awareness, you are far greater than just the body holding this book.

What will be noticed is that Life itself is what you really are.

While reading these pages, many unusual and new things may be noticed.

That's the whole point.

Ideally there will be plenty of, "Hey, I never noticed that before!"

The noticing of these new things for the first time may lead to sudden insights and even breakthroughs. This, too, is wonderful and encouraged.

Always, what will seem unusual or new is *the thing noticed*.

What is not unusual is the act of simple noticing.

This is always completely natural and effortless—just like noticing that blue sky.

Why devote an entire book to something so simple?

To experience the magnificence of Life is this simple.

Being happy is this simple—if one will only notice.

Noticing is in some ways similar to what is called mindfulness.

But it is not meant here as some type of disciplinary practice.

It is a fascination with Life that happens spontaneously. It goes hand-in-hand with being aware.

The more you notice, it is clear what some key differences are between *noticing* and *awareness*—and these are discussed more in upcoming pages.

Sometimes when doing things, we're very aware and alert, or mindful. It's as if noticing is fully turned on.

Other times, it seems things are done without really noticing.

Things are done almost blindly or automatically, and it's as if noticing and awareness are turned off, or ignored, at least partly.

A big part of this book is devoted to showing that actually, awareness always is "on" in Life.

This awareness is always present and available, and it's effortless.

To enjoy this, simply begin noticing that awareness is already here.

Did you ever notice what happens when *really* noticing something, maybe for the first time?

There seems to be a surge of alertness and vitality.

It's as if there is an upward spike in the awareness level.

Distractions dissolve and you are fully, consciously present.

It might come as a surprise, "Omigosh, that's amazing!"

There might be an exciting realization, "Yes! This is so!"

Sometimes realizations are calm, but with a distinct clarity. Or, they might come with a *feeling*—of freedom, joy, or love.

When there seems to be this jump in awareness level and vitality, it's not really that Life suddenly has become *more* turned on or more present.

Life's vitality and alertness always is *fully* present.

Rather, what happens is that some part of Life that seems to have been ignored is no longer being ignored.

Noticing is self-expanding.

The more you notice, the more you **notice** that you are noticing.

Peter Francis Dziuban ~

You've probably seen pictures of a baby chick poking its way out of a shell.

At first, some of the noticings in these pages may feel similar.

It may feel as if you are poking holes in some false beliefs that have been confining.

False beliefs are like *mental* shells.

Notice that once out of the shell, the chick never goes back.

If noticing is so simple, why make such a big deal about it?

Noticing shows what you've been missing.

It shows you the difference between what seems to be going on, and what's *really* going on.

It makes clear who or what is running the show in your experience.

You might be surprised to notice how often it's *not* you!

As you'll see, noticing also makes clear there is a definite, specific way Life naturally functions or "works."

No one can change the way Life works.

Yet many of us unwittingly seem to live in ignorance of this, or try to pretend otherwise.

To try to live in a way that is opposed to how Life naturally functions, is to be opposed to the very Life you are!

It makes you your own worst enemy—but it's not even noticed.

Noticing exposes this, and the opposition dissolves.

That is the difference between happiness and unhappiness.

Being aware and noticing is like being awake—instead of asleep and dreaming.

Imagine having a dream.

You probably have noticed one of the main things about a dream.

Virtually always, the “you” in the dream *doesn't realize it's a dream*.

That's the ironic thing about dreaming.

The characters in a dream automatically assume they are wide awake!

The dream characters are not awake.

The dream experiences are not real.

But in the dream, *none of that has been noticed*.

Notice something else about a dream.

As far as the dream characters are concerned, there is nothing *beyond* the dream.

The dream characters have no idea that there is another, *real* kind of awakesness.

A dream character has no idea of what it's missing.

It is the same in daily living when being up and awake—but not really *aware*.

You have no idea of what you're missing.

You might be shocked at how many of today's beliefs are like that dream.

One such belief is that Life is limited to being only *on* earth.

Many today are willing to agree Life may be on other planets.

But notice that they still believe Life is only *on* planets.

This way of seeing or "model" is that Life always must be *on* something.

Generally speaking, this belief of Life being "on" is virtually unquestioned by society.

It is no one's fault because it seems this is all we've been taught.

This book is speaking of an *entirely different* way of seeing things.

It's showing how earth and the entire universe appear to be *in* Life.

The old belief of Life being "on" is like a dream.

To blindly continue to accept it would be the equivalent of the dream characters saying, "There is nothing beyond this dream."

So there is good reason to notice closely and expose some of today's widely accepted false beliefs about Life.

This dissolves the limitations that seem to have resulted from the false beliefs.

Then unnecessary distress and unhappiness automatically dissolve, too.

Unhappiness is caused only by false beliefs about what Life really is.