

DVD & BOOK REVIEWS

Simply Notice - Book 1: Clear Awareness is the key to Happiness, Love and Freedom By: Peter Francis Dziuban

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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?

– Peter Dziuban

In *Simply Notice*, Peter Dziuban invites the reader to become aware of something that is usually overlooked: the singular act of NOTICING itself. Before you can be aware of a flower, you first have to notice that a flower even exists!

This ability to notice is nothing that we ourselves cause, bring about, or “make happen.” It is LIFE spontaneously noticing itself. But because it happens so quickly/effortlessly/naturally, it is easy to overlook.

The functioning of Life—this alive presence of Life right here, now, is not something that you personally are doing or making happen.

– Peter Dziuban

The big “Aha!” can hit you when you realize that it is LIFE itself doing ALL the noticing, and not a mental “me” in the head. Because even this “me” that claims to be YOU is noticed by something!

But by what? Notice(!) that the mind attempts to “figure this out” using thought. But WHATEVER answer it comes up with MUST be noticed by something, so it’s the “something” we are interested in and not any particular thought. Another word for this “something” is presence. And, as Peter reminds us throughout the book, this presence isn’t anything that any of us makes happen—it is thanks fully to LIFE itself that it is so:

This aliveness literally is the very presence of Life itself—because only Life itself can be this aliveness. This is the real You because only this is what is actually being alive and aware right here... notice it never goes away.

– Peter Dziuban

The key to seeing this is not to start out from/as the commonly held dualistic belief of being a “little separate me,” who is trying their best to become whole. Rather, we start from Wholeness itself, the ONE Life itself, which is the only LIFE actually alive here now and we see there is nowhere to go or get to:

Instead of starting out as one little personal life and seeing everything in terms of it, turn the perspective around. Look out from, or begin to “see” in terms of the one Life that is all Life—rather than a single body that appears to be in Life. See in terms of the whole, not one little part. After all, it really is the job of Life itself to be alive and aware here, now—not “you.”

– Peter Dziuban

While at first the mind can hear this as something negative, as a loss of individual power, of self-identity, in reality the only thing that can ever be lost is what is false, for Truth never goes anywhere.

When false beliefs fall away, the limitations and unhappiness they caused fall away with them. – Peter Dziuban

From **Chapter 5**, Notice Whose Life This Really Is:



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If anything is taken away, it would be misconceptions and stress arising from a mistaken belief that Life itself is a personal ability or responsibility. This also means that right here, there is always something functioning that is far greater than "little me" and all my personal concerns.

And how does one come to see this for themselves? By simply noticing, or being aware of the thoughts in the head, instead of identifying with/as them. What's the difference? When you cry at a movie, it's because you have "identified" with the image up on the screen. You have momentarily forgotten that you are the one sitting in the seat in the theater, and instead identified with the moving colored light on the screen. But are you ever actually the character in the movie? If the character in the movie dies, do you? No. But none-the-less, the experience can feel very real when identification is running.

On the other hand, noticing is more like watching a cloud. You are simply observing it. (As opposed to thinking you ARE the cloud, which again would be identification!)

Throughout **Simply Notice** are little "meditations" you can do to get a direct experience (and seeing this for yourself is everything!) of what is being pointed at. For example, on page 52, Peter has you observe your thoughts:

Watch how the thoughts come and go.

One moment a thought is there, then it's gone.

Soon, a new thought comes up.

Notice also that there is something which is noticing or perceiving those thoughts.

But that which is noticing is not the same as those thoughts.

What becomes obvious, sooner or later (IF you actually do the meditation), is that if you are what is effortlessly observing your thoughts, than they cannot be you!

The I-voice can't be You because even when "I" is absent, You are present. – Peter Dziuban

And now for the dropping of the other shoe: THEY NEVER HAVE BEEN.

Every thought you have ever had has come and gone, and yet YOU have never budged. Thoughts always appear to/in YOU, never the other way around.

Taking it a step further, Peter says:

Try to notice what is present in between the arising of thoughts. What exactly is left after a thought has gone?

This is where words break down as he reminds us:

Notice that it is not possible to think what this open space is. The moment that's attempted, you've got a thought—and not the open space.

And when we are quiet/still within, it's even possible to become aware of something that may have previously been overlooked or not consciously noticed:

If you tune in closely, whatever this invisible open space is, you can feel it is gently alive. Even though it may be no thing, it definitely is present and alive as no thing.

FINAL THOUGHTS

Simply Notice is about noticing that "noticing" is functioning spontaneously every moment, not thanks to a mental "me" in the head, but to LIFE itself!

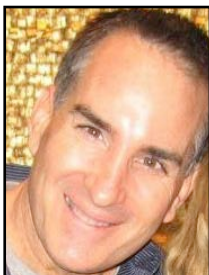
Peter's first book, **Consciousness is All**, is one of my favorite books but can be quite challenging for those new to the pure non-dual "Absolute" perspective of LIFE itself.

Simply Notice is written more for the "general public," as noticing is something that everyone is already familiar with. In fact, that's the "problem"—because noticing is so natural to us we don't even notice that "noticing" is happening!! Meaning, we aren't consciously aware that a tree, for example, is currently being noticed (that the "spotlight" of Consciousness is currently trained/focused on what we label a tree), we simply see a tree. The difference is as subtle as it is profound.

Each sentence in the book is really getting you to "slow everything down," and begin to notice things about your original eternal and pristine nature that have become (innocently) obscured due to the overlay of mental concepts. These concepts and suppositions are not inherently yours, but were unwittingly "picked up along the way." Suddenly, they can begin to feel quite heavy and burdensome as we begin to remember our true nature which does not require ANY concept/belief to exist!

The layout of the book is such that there is space between each sentence, which allows the reader to reflect on what has just been read before moving on to the next "pointer."

Lastly, I want to encourage you not to take anything Peter (or I!) say on face value. Check everything for yourself... otherwise, even though you may agree intellectually with the ideas, they will not burn brightly in you because they lack the power and conviction that can only come from one who knows from direct experience.



Michael Jeffreys is the author of 9 books. He has two stories in *Chicken Soup for the Soul Vol. 3*, and has articles published in *The Whole Person*, *Reader's Digest*, *Success*, and *Entrepreneur Magazines*. He is the organizer of the Santa Monica Eckhart Tolle meetup. His Awakening Blog can be found at: www.mjjeffreys.com and the *Michael Jeffreys' Awakening Community* on facebook is at: www.facebook.com/groups/415496431893041/