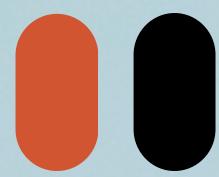


A photograph of a man with dark hair and a beard, wearing an orange Lacoste t-shirt, laughing heartily with his head tilted back. He is standing on a well-maintained green lawn in front of a modern building with large glass windows and doors. Several small trees and a low wall with potted plants are visible in the background. The overall atmosphere is bright and joyful.

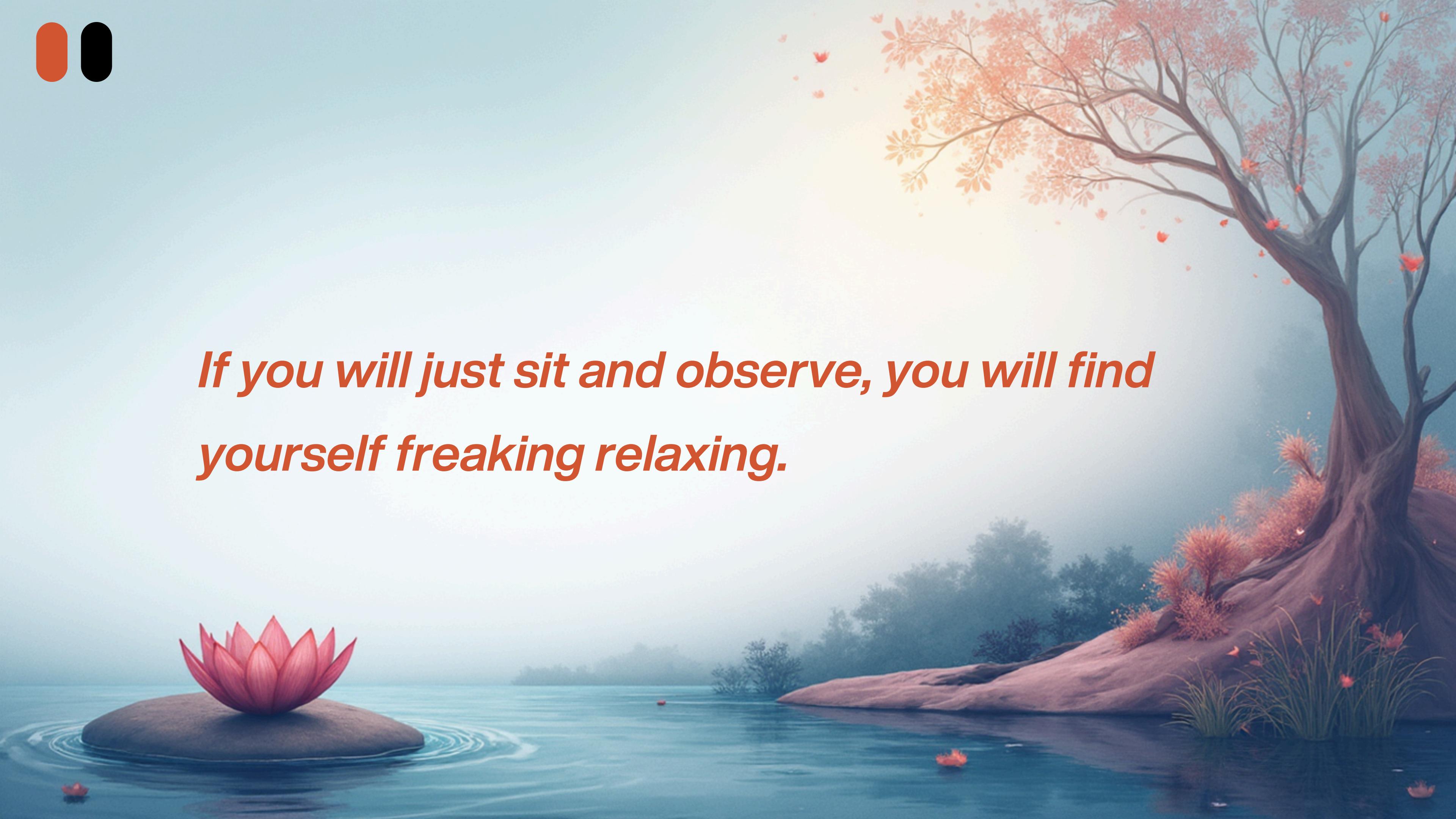
Life's Amazing Secrets

A photograph of a man with dark hair and a beard, wearing an orange Lacoste t-shirt, laughing heartily. He is standing on a green lawn in front of a modern building with large glass windows and a balcony. Several small trees and a low wall are visible in the background.

# Secret 18: Awareness



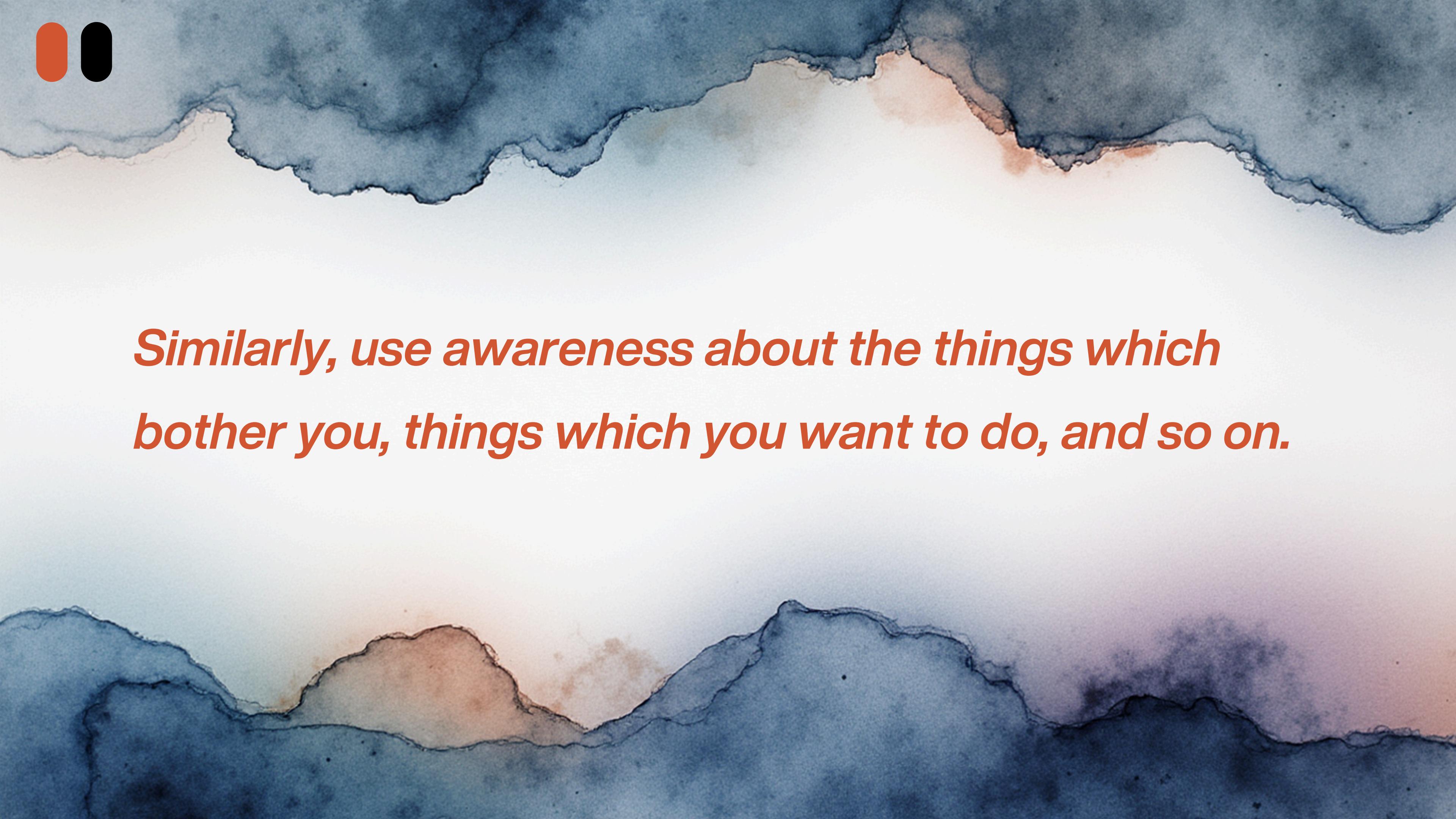
*If you will just sit and observe, you will find  
yourself freaking relaxing.*



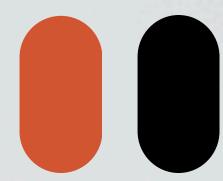


*If you become aware of your anger, it disappears.*

*Similarly, use awareness about the things which bother you, things which you want to do, and so on.*



***Similarly, use awareness about the things which  
bother you, things which you want to do, and so on.***



*Awareness is that beautiful space between  
unawareness and overthinking.*

**(example: responsibility)**



*Be aware of good, bad, low, high, happiness,  
sadness, responsibility, and soon you will achieve  
the quality of deep peace.*