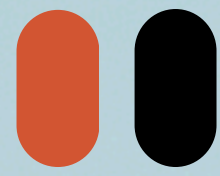


# Life's Amazing Secrets

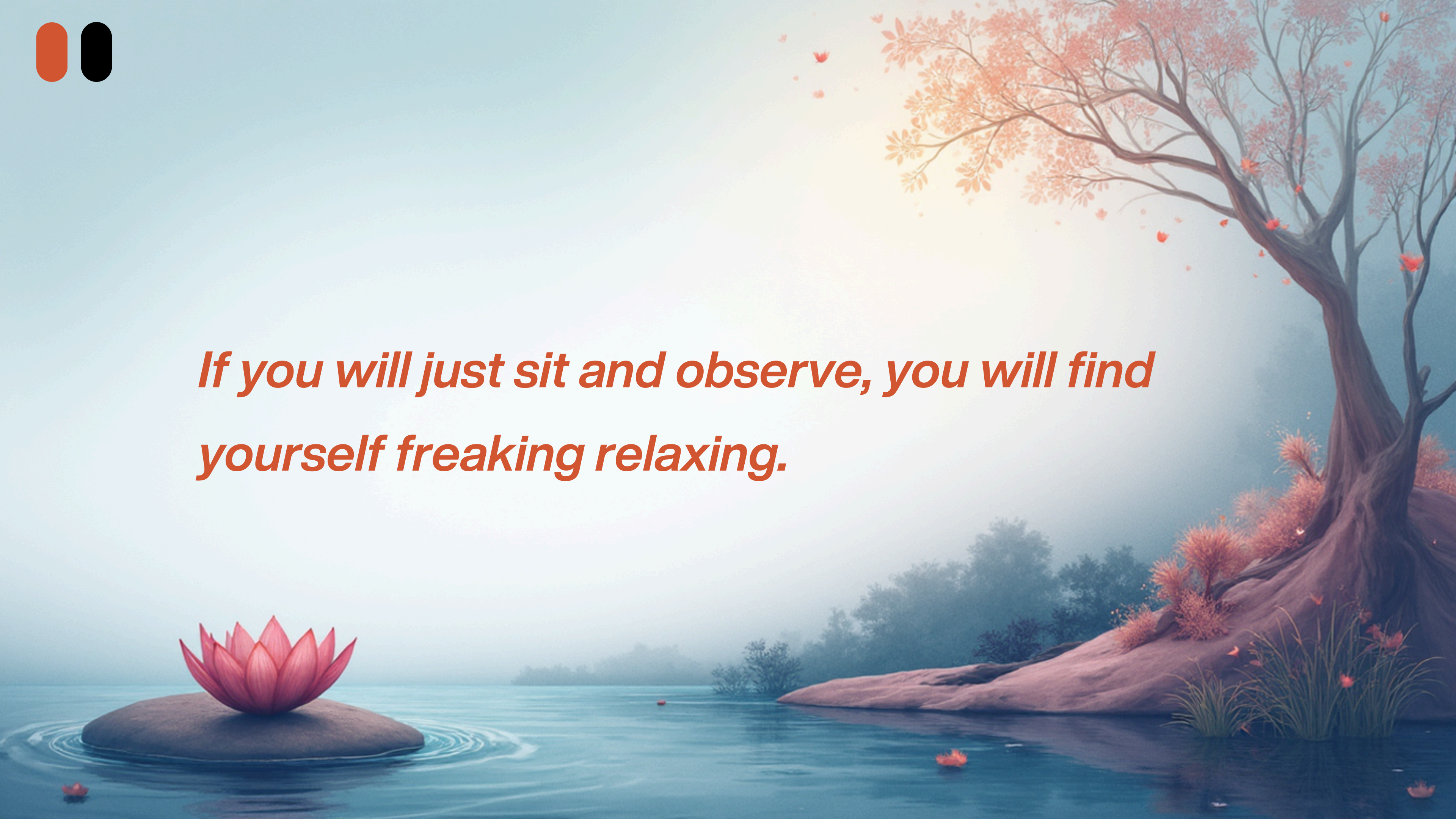


# Secret 18: Awareness



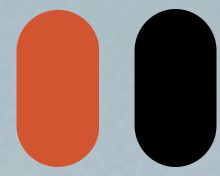


*If you will just sit and observe, you will find  
yourself freaking relaxing.*

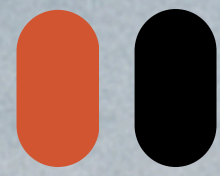




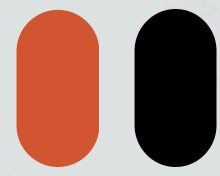
*If you become aware of your anger, it disappears.*



*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.*