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I recently finished reading Michael A. Singer's book, The Untethered Soul; and this is one of the best books on spirituality I've ever read. It is deceitfully simple guide book to connect with your inner being. By taping into traditions of meditation and awareness, Singer shows how developing consciousness enables us all to live in the present moment: solving painful thoughts and memories that we are of achieving happiness and self-realization. Copublished with the Institute of Noetic Sciences (IONS) The Untethered Soul begins by walking through your relationship with your thoughts and emotions, helping you expose the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habit of thoughts, emotions, and energy patterns that limit your consciousness. Although it's hard to cook this wonderful book down in a few key messages, here are five who resonated with me: Instead of identifying with the persistent chat in your head, you can testify about it. By doing so, you create awareness and separate yourself from it, rather than being trapped in it. Singer says that if you see yourself as an observer of the voice, you can see it more objective. You can tell yourself, These are just my thoughts. Just because they don't make them true. I don't have to identify with them. Awareness is key. Singer encourages you to live in the Seat of Self — the space where you allow events, thoughts and emotions to succeed before you, without drifting down the stream. We try so hard to avoid pain that we structure a life designed around it. Singer provides an example of a thorn (pain) embedded in your body. If you don't remove it, you begin to avoid bumping into things so it doesn't disturb. You don't get too close to people because you don't want it to be touched. You're having trouble sleeping because you can roll on it. To live with it, you build a contrap to stop it from touching your sheets. You order specially customized clothes to fit it. The pain you try so hard to prevent all aspects of your life dictates. If you'd rather face the pain and fear, you give yourself permission to be free. We tend to either cling to or resist things rather than accept them. What we focus on expands on. If we cling to something, we work for fear. We don't allow it to go through us so we can be fully present in the next moment. We hold on and get stuck instead. When we no longer hold or resist, we witness our fear and pain without satisfying the impulse to protect ourselves from it. It frees energy and allows us to be present, not caught or paralysed in the past by being in the can't happen. We unnecessarly spend a lot of energy reacting and recovery when we can enjoy freedom Happiness. Much energy is wasted floating the pendulum from one extreme to the other-responsive and recovery. A healthier response is to see a response and then choose to relax and release it. We are most effective when we are balanced. If we have forgotten the extremes, we obviously have more energy available to us to live our lives fully and forth with this purpose. We qualify our happiness. Singer states choosing happiness can be simple. He provides an example of a hungry man who is asked what kind of food he wants. The hungry man simply answers food rather than tempting something specific. He is not picky about the kind of nutrition he receives. When we are too special about how we define happiness, it becomes less available to us. If we choose to embrace it in its broadest sense, we let go of our parameters, and we find peace with more ease and frequency. If you want to learn more, here is an in-depth interview with Oprah and Michael A. Singer on The Untethered Soul: You can access free audio highlights from the book here. Top reviews Most recent Top reviews © 1996-2014, Amazon.com, Inc. or its affiliates Who are you? When you start to explore this question, you find out how elusive it really is. Are you a physical body? A collection of experiences and memories? A partner for relationships? Every time you consider these aspects of yourself, you realize there is much more to you than any of these can define. In The Untethered Soul - now a New York Times bestseller - spiritual teacher Michael Singer explores the question of who we are and comes to the conclusion that our identity is to be found in our consciousness. By taping into traditions of meditation and awareness, Singer shows how developing consciousness can enable us all to live in the present moment and let go of painful thoughts and memories that we are of achieving happiness and self-realisation. This book, co-published with the Institute of Noetic Sciences (IONS), offers an honest and friendly discussion of consciousness and how we can develop it. In part one, he examines the idea of self and the inner dialogue we all live with. Sharing two examines the experience of energy as it flows through us and works to show readers how to open their hearts to the energy of experience that their lives endure. Ways to overcome trends to get close to the rest of the world are the subject of part three. Relief, the embrace of universal consciousness, is the subject of part four. And finally, in part five, returning to daily life and pursuing unconditional happiness. Throughout, the book maintains a light and endearing tone, free from heavy dogma and prescription religious references. The easy exercises found in every chapter figure help readers make the ideas that Offer. Visit www.untetheredsoul.com for more NOTE TO ITSELF : I own these audio books and it is extremely well done and worth listening again and again as I do farmwork as an alternative to pulp fiction good points : 1) talk about Go out of mind to the unlimited freedom and salvation of freedom pure consciousness. 2) It tells us about the uselessness of seeking happiness in outside circumstances that we have no control over like other people behavior and tell us that we can always be happy, regardless of how other act towards us as our note to itself : I own these audio books and it is very well done and worth listening to again and again if I do farmwork as an alternative to pulp fiction good points : 1) talk about Go out of mind to the unlimited freedom and salvation of freedom pure consciousness. 2) It tells us about the uselessness of seeking happiness in outside circumstances that we have no control over like other people behavior and tells us that we can always be happy no matter how other act towards us as we only become aware (aka pay attention) to the fact that we are aware of what we feel rather that on the feeling itself. The science behind it is that from awareness soul is eternal, gdly etc. so instead of focusing on our pain or pleasure we focus on being within ourselves who are aware of the pain or pleasure then we cling -not to the volatile experience, but to the eternal, blessed soul - and therefore we remain eternally happy : 1) Besides only telling you to pay attention to what feels the pain or pleasure rather than the pain or pleasure itself the book doesn't tell you something about how to do this for example it doesn't tell you that if you eat a vegetarian diet your load of painful karma will be much less , it doesn't tell you that unless you remember alcohol or some drugs thinking and restraint to separate your consciousness from your mind, it doesn't tell you that unless you remember sexual thoughts and actions beyond the legal marriage the power of wanting to separate your conspic from your outer desires and it doesn't give specific meditative techniques through which you can distract your focus from the feelings to the feeler .above all don't mention that the only way you can stop clinging to your false identity is to cling to something much better that is the light and sound of shame (aka The Holy Spirit) , THE TAO – a very sweet melody sound and light that always reverses on our eyewitness, but which can only be contacted by the instructions of a perfect living master. So in the end this book remains just an excellently written, express appeal to the soul (the real you) not to cling to this little navy life's pains and pleasures and not your happiness on this but to sow your happiness who you really are a drop of the eternal ocean of Bliss and to try to get to know yourself and reach your sea. But without having any adequate instruction guidance or support in how to do so. This book is about what Sant Mat calls to a silent observer of your destiny discussing it theoretically that sangis experience by the practice of cease-of-minded simran that increases consciousness over identification with the body by increasing consciousness above the body such a person feels one is observing someone else speaking, etc. Maharaj Charan Singh in the book Die to Live (1978) RSSB (a free PDF is here) : 20Die%... Says : 177 Q. Master, when a person is unconscious says simran - such as if you said two or three hours simrane and then you have your duties to perform, and you may need to go to the grocery market or in the street or something, and suddenly you realize that on the background of your head somewhere simrane on – is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically? A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is that of any real value for you, when it goes on automatically?A. Sister, the stage is the stage when it goes on Even if you talk to people, you'll feel like you're doing simultaneously; and we must come into that habit, for first then we are able to concentrate at the eye center. Only it will help us become unconscious from the world, from what's going on around us. Then we'll just move as actors move at some point. In this condition we will feel that there is no reality. Sometimes you will talk to a person and you will feel that you are not you, someone else walking and talking to the other person. Simranhelp to separate your individuality from yourself. Then all day you'll see the world as astage, as if someone else is acting, talking, doing a man's duty, a woman's duty, a child's duty, and you're someone else of yourself. And it helps. This is the effect of simran, and that's ultimately what we want to achieve. We want to separate our true self from this world. Sometimes you may feel that someone else is sitting in meditation and you watch someone sit in meditation, you are separate from the person who meditates. That feeling is coming. -DTL Q 177 (note : no book how well written can help us achieve it we need a living God Man who can initiate us and become roommate #2 (comrade #1 are our thoughts) and we are the soul as long as she is just us and the thought we can't succeed - we need a LIVING master to realize what this book and all books about spirituality purport So with what clearly declares her is the review of Dissatisfied soul : TABLE OF CONTENTSAcksIntroduction Part I: Awakening Consciousness. The voice in your head2. Your inner roommate3. Who are you?4. The Bright SelfPart II: Energy5. Infi nite Energy6. The secrets of the Spiritual Heart7. Transcende the trend to ClosePart III: Free yourself8. Let go now or falcon. Remove your inner thorn10. Steal Freedom for your soul 11. Pain, the Price of FreedomPart IV: Go Beyond12. Take the Walls 13 off. Far beyond 14. Let go of false SolidityPart V: Living Life15. The path of unconditional happiness 16. The Spiritual Path of Non-Resistance 17. Contempl to death 18. The secret of the Midway 19. The loving eyes of God The Untentant Soul must be known as a modern spiritual classic. Because it involves so directly and skilled the reader in a liberating process of self-examination. The teaching or argument presented in The Untented Soul is divided into five parts. They are: Awaken consciousness, experiencing Energy, Free yourself, go further, and live life. Ramana Maharshi (1879–1950), the great sage of South India, is escaped as an adaptive case of a teacher known for his intrusive direct assignment. The Buddha and Plato, wide-renowned teaching flower, are also called. Yogais cited in his root sense as a method for transpersonal transformative examination. A key factor in awakening is to recognize that the model of reality generated by the inner voice is a very diminished and outarmed one. Although it can function somewhat effectively in the short, it will soon become clear that the model can be allowed the world to a great so that very little reality can be allowed, experienced, envisaged, or enjoyed. When recognized and then followed by an active will to awe of attachment to the content of the inner dialogue, then start: There is nothing more important for true growth than to realize that you are not the voice of the mind – you are the one who hears it (Singer, 2007, p. 10).: Come and know the one who watches the voice. , and you'll get to know one of the great mysteries of creation (Singer, 2007, p. 13)Until you've watched your [inner] roommate long enough to really understand the predicament you are, you really have no basis for practices that help you deal with the mind. Once you've made the decision to free yourself from the spiritual melodrama, you are reading for teachings and techniques. (Singer, 2007,pp. 21-22) The Untethered Soulinvites the reader in direct experience of the essential self by suggesting simple experiments in awareness and by taking consciousness for its apex term: Consciousness is the highest word you will ever utter. There is nothing higher or deeper than consciousness. Consciousness ispure awareness (Singer, 2007, p. 28). You live in the seat of consciousness. A true mental lives without effort and without effort.. . . . You go so deeply that you realize that's where you've always been. At every point of your life you've seen different thoughts, emotions and objects in front of you. But you have always been the unconscious recipient of all that was. (p. The Untethered Soul welcomes the reader toan inner journey that begins and ends with a quiet and confident awareness of being centered in a state of consciousness. This state can be discovered or recognized despite the centrifugal draw exhausted by the tesinchronization of the five physical senses with emotions and thoughts. Together they de-center one's awareness,lead one to live as eccentric, neurotic, and lost: When consciousness gets sucked in, it no longer knows itself as itself. It knows itself as the objects it experiences. In other words, you consider yourself to be these objects. You think you are the sum of your scholars. Yet the difference between an eccentric and a centered position will be clear: When you are associated . . . your consciousness is always aware of being conscious. Your awareness of the fact that is independent of the inner and outer objects you happen to be aware of(Singer, 2007, p. 35-36). the sown can become a problem only when one overlooks the viewer. In The Untilled Soul, we find the same insight into self-accommodation and self-forgiving: True meditation, according to the author, is to think the source of consciousness. Meditation solves rather than solve problems, or at any rate it shows them to be alongside the main purpose of human life and not important compared to that goal which is to free children's soul from this illusion and reunite it with the source of all consciousness. Our soul is real . This world is a dream we will wake up from at the time of our death and realize we've wasted our precious human opportunity worried about a dream problems and neglect of the REAL problem of chained up to the cycle of birth and death in 8.4 million species of plants, reptiles, birds, mammals, . Human life comes only rarely and if we don't wake up and find a LIVING GOD MAN while man and carry out his teachings after being properly initiated by Him we will very likely not see the human form again for aeons. Our attention is so monopolised by trifles that we have no time for our most important concerns. Sawan Singh -Spiritual Jewels (free PDF available on line) So The Untaired Soul is a very fine book as far as books go, but reading it will make little difference is one does not find a Godman, acquired initiation and practice as indicated .4 stars - Highly recommended : ... More... More

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