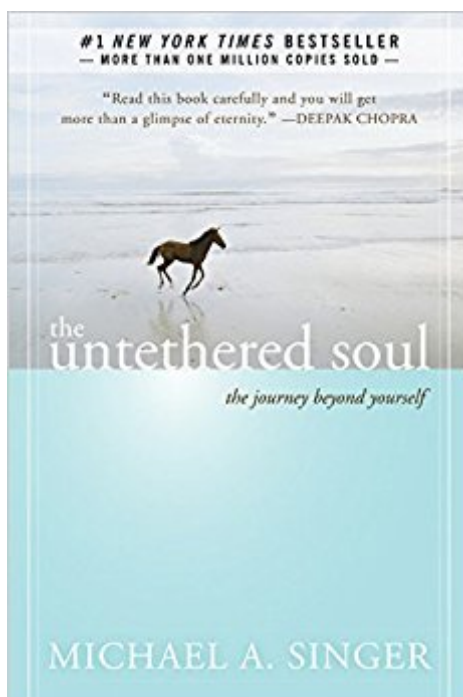


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# The Untethered Soul: The Journey Beyond Yourself



## Synopsis

What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soulâ”now a #1 New York Times bestsellerâ”offers simple yet profound answers to these questions. Whether this is your first exploration of inner space, or youâ”ve devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. Youâ”ll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. Copublished with the Institute of Noetic Sciences (IONS) The Untethered Soul begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. The Untethered Soul has already touched the lives of countless readers, and is now available in a special hardcover gift edition with ribbon bookmarkâ”the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information.

## Book Information

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## Customer Reviews

Some of the points made in The Untethered Soul are:1. Happiness can only be found within.2. The mind is not the place to look for happiness.3. Learn to relax and stay open no matter what.4. Identify yourself as the observer. Do not identify with the experiences you are observing.5. You are not the voices in your head. You are the listener.6. Facing the fact of bodily death can help you to realize that all of the observed is temporary.7. Do not allow painful experiences from the past to influence the present.8. Your thoughts are not you. You are the observer, not the thoughts.9. If you want a life full of joy and love you must make a commitment to having a life full of joy and love.10. Learn how to live from your heart, not from your ego.11. Take refuge in the Divine, not in the temporary.12. Peace is always within.13. Learn to control your mind, do not let the mind control you.14. It is possible to never have a problem in your life again.

The Untethered Soul is my second most favorite book on the subject of how to transcend the ego and how to realize the true Self and directly experience that perfect infinite consciousness that has only joy and love and has no suffering. My most favorite book on that subject is *THE SEVEN STEPS TO AWAKENING* which is a collection of quotes by these seven authors: 1. Ramana Maharshi. 2. Nisargadatta Maharaj. 3. Sankara. 4. Vasistha. 5. Sadhu OM. 6. Muruganar. 7. Annamalai Swami.

I simply cannot say enough great things about this profound book! The Untethered Soul gets right down to business answering some of the deepest, soul searching questions I'd had for years but didn't know whom to ask. It's almost as if the author has seen into the inner-workings of my mind! With very straight forward examples, the book emphasizes the pitfalls of relying on the mind to come up with ideas for making ourselves happy. The book points out that relying on the outside world for inner happiness just simply doesn't work. Happiness comes to us when we change and let go of ourselves at the deepest, innermost-level rather than changing the world outside. The Untethered Soul helps to explain the crazy world around us where the unhampered ego creates conflict. This book is a step-by-step guide to the letting go of the ego - a process that may seem counter-intuitive initially, but ultimately leads to freedom from the nagging mind and heavy heart and directs you to the beauty of the self within. The chapter on Contemplating Death has made me truly appreciate each living moment. I no longer want to waste time on energy depleting thoughts and feelings. I am grateful that Michael Singer has written a book so deep that it could actually make a difference in people's lives and help to make the world a better place to live. Consider yourself warned! Once you read this book, there is no turning back from The Untethered Soul within.

I really want to like this book, I truly do, but I just cannot seem to grasp it. I have been drawn to books on similar topics for years and have an open mind to all of them, but for some reason, this just does resonate with me. I am willing to read again and again if that is what it takes to understand, but there were some points within the pages that turned me off. I was specifically bothered by the section in which Singer states that God would "prefer" to be around a happy, joyful person who loves life than one who complains about it. It is very difficult to accept and believe that God would have a "preference" as that stems from judgment, which is personifying. To place God in this category is somewhat offensive and puzzling to me. As I said, I have an open mind and I am willing to listen to other's opinions in order to expand my awareness, but it was striking to me to see that a book on this topic overlooked something so simple as presenting God as someone/thing who likes/dislikes one type of person's behavior over another. That is the opposite of unconditional love and is hypocritical of the message to "let go." If we were to "let go" then we would not have a preference on someone who is joyful vs. depressed, as it would simply be the case and we would observe that without adding judgment/feeling/feeling into it, no? I just find some of the statements in here ironic and the lack of evidence or examples is bothersome. I realize the point is to grasp the simplicity of it, which is why it may be so hard to digest, but as a beginner, I was hoping for a sense of connection through examples to help relate to the points being made .

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