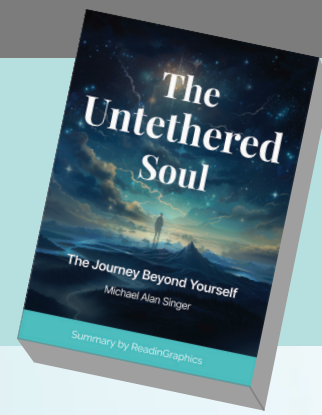


# THE UNTETHERED SOUL

## The Journey Beyond Yourself

Michael Alan Singer



## Awaken Your Consciousness



### Separate the Self from the Mental Noise



We live in a **mental version of reality**. Our minds filter external stimuli according to our beliefs, to create the illusion of control and understanding.



Observe **the voice in your head** and realize that most of its chatter is pointless.



You're not the voice in your head. **The real "you"** is the one watching and listening to that voice.



### Ignore your Neurotic Roommate



Imagine the mental voice as a **separate person in your head**, making endless criticisms and demands. Don't allow it to control of your life.



When something bugs you, ask "Which part of me is bothered by this?" Use yoga (spiritual discipline) to **find real peace from within**, rather than try to fix issues externally.



### Know Who You Truly Are



**Keep asking "Who am I?"** to attain spiritual freedom. Reflect deeply on questions like: Who sees when I see? Who hears when I hear? Who knows when I know?



You are not your name, job, physical traits, life events, thoughts or emotions. When you peel away those layers, what remains is your **conscious awareness**—the unchanging part of you that notices everything.



### Become Conscious of your Consciousness



Often, we get so absorbed in our internal drama or life's experiences that **we forget we're just an observer**. Say "hello" internally until you reconnect with your true self and return to your seat of consciousness.



Real meditation is about contemplating your consciousness, so you **become aware that you're aware**. You're not a human experiencing life, but pure consciousness observing a human experience.

# Unblock Your Flow of Energy



## Free your Inner Energy



You have an **infinite source of internal energy** (Chi, Shakti, or Spirit), flowing through centers called chakras.



The energy flows smoothly when you're **relaxed and open**. It gets blocked when you close up.



## Keep the Heart Open



Your heart is a major **energy center or chakra**. It opens/closes to regulate emotional energy flow.



External experiences (received as energy patterns) should flow through you. What you resist or cling to gets stored as **Samskaras or energy blockages**.



To clear blockages, **process and release old energies** as they resurface. Stay open, let the feelings or memories surface, and let them go.



## Choose Not to Close



In face of discomfort, we close off our energy centers to **protect ourselves**. This traps the energy within and leads to stagnation.



Accept and unify all parts of yourself, including what you don't like. If you notice yourself tightening or closing, choose to **relax and release**. Keep letting go until you no longer feel bothered by external or internal disturbances.

# Free Yourself to Live and Grow



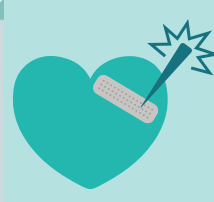
## Let Go to Rise Up



If you try to avoid/control negative feelings, you get pulled into them in a **downward spiral**.



To keep rising spiritually, **let go of fears and disturbances** once you notice them. Don't dwell on them or blame yourself.



## Remove the Inner Thorns



If a thorn **causes pain** when touched, you can spend your life trying not to touch it, or simply remove it.



To **remove internal thorns** (painful thoughts or feelings), observe yourself observing them. Once you realize feelings are just another "thing" in life, you'll be free from them.



## Choose Not to Suffer



Your mind races non-stop to try and avoid/control your fears or pain. For things to become ok, just **stop fighting reality** and decide to be ok with it.



Select moments in your day to **center yourself** and be aware of your internal and external state. Observe your thoughts quietly to realize the pointlessness of mental drama.



## Embrace Pain for Freedom



**Change is uncomfortable** but essential for growth. The more you try to avoid pain, the more easily you get triggered, only to create more pain.



To grow and free yourself, see inner pain as a **temporary shift in energy**. Relax, let it pass through you, and embrace the momentary pain as part of growth.

# Go Beyond Yourself



## Dismantle Self-Made Walls



Imagine your psyche as a house built from **beliefs and past experiences**. You're so used to being inside that you dare not step out.



To enjoy freedom, **let go of the walls** that you've constructed. Imagine the walls dissolving and your conscious Self expanding into the vast reality outside.



## Keep Transcending Limits



The universe is infinite. Any perceived limits come from our **mental boundaries**.



To grow spiritually, keep **facing and transcending your discomforts**. Accept reality as it is, not as you wish or expect it to be.



## Let Go of Self Concepts



Our **self-concept** is a structure of beliefs and thoughts that we cling to. It is just a façade of our conscious Self.



Each time you are feeling disturbed, observe the gap between reality and your mental model. **Release old concepts** and bring yourself closer to reality.

# Choose to Live Life Fully



## Be Unconditionally Happy



You have a **finite amount of time** on Earth. Enjoy it while you can.



Make a choice to **have fun no matter what** life throws at you. Keep your heart open, find joy and wonder in every experience, and let go of the parts of you that find reasons to be unhappy.



## Embrace Life



**Do not waste energy** resisting what has already happened, nor worry about the future.



**Embrace life events** as they are. Allow life to unfold in the moment, experiencing it with full acceptance and openness.



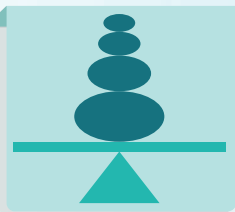
## Embrace Death



If you only had 1 week left to live, **how would you spend your final days?**



Recognize that each breath could be your last, and make each moment count so you can **embrace death with no regret**.



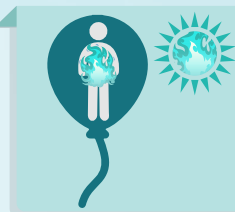
## Adopt Centered Living



It's more efficient to take a **direct middle path** than to swing between extremes.



The Tao teaches us to find the **dynamic point of equilibrium** in everything, including yourself. This is where you find harmony, clarity, and vitality, and flow effortlessly with the forces of life.



## Embrace the Divine In You



As you release lower vibrations (e.g. anger and fear), you experience a **spiritual ascent**, feel less negativity and deeper love for all things/people.



Eventually, your individual consciousness merges with universal consciousness. You see beauty and perfection in all, as a mirror of God's unconditional, **Divine love**.



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