

# LFP BOOK CLUB DISCUSSION CIRCLE #1

## “The Untethered Soul”

By: Michael Singer

The first book we read as a Club explores thoughts, *awareness* of thoughts and essentially *detachment* from thoughts.

The book provides helpful examples and insights on how to separate yourself from your (sometimes overwhelming) thought-created reality and thought overload.

Here are some questions that we can explore further as a group in a round robin format:

## DISCUSSION QUESTIONS

1. 1. What was your “relationship” with your thoughts before reading *U.S.*?
  - o 2. Did you previously realize that the internal thoughts and voices were on automatic without you knowing?

2. 3. What was your experience like to consciously realize/notice that the voice is constantly talking?
3. 4. What was the “Hello” exercise like for you?
4. How significantly do your thoughts impact your daily life?
5. 5. The book refers to your thoughts as your inner-voice.
  - How do you recognize the difference between your thoughts that are for your higher good and the thoughts that are not, or are self-sabotaging?
  - Do you believe that almost all thoughts are meaningless, as the book suggests?
6. How was the “Who am I?” exercise for you?
7. In chapter 5, the book talks about staying open and never closing or blocking your heart & your mind to the energy that is all around. The example he provides is very relatable and I can think of a few more.
  - 7. Can you share an example or a time when you were closed off but then were able to suddenly open?
  - Do you have any helpful ways to share how you do your best to stay open continuously?
8. Now that you’ve read + reflected + integrated U.S. up to chapter 5, what tips can you share that now help you to separate from your thoughts?

9. What changes, effects and/or experiences have you had while separating “self” from your inner voice/inner roommate?

Let's continue to share thoughts and ideas around detachment from the *inner voice* with the help of our next book,

“The Inside Out Revolution”!

*There is nothing more important to true growth than realizing that you are not the voice of the mind—you are the one who hears it. If you don't understand this, you will try to figure out which of the many things the voice says is really you. People go through so many changes in the name of “trying to find myself.” They want to discover which of these voices, which of these aspects of their personality, is who they really are. The answer is simple: none of them.*

*Singer, Michael A.. The Untethered Soul (p. 10). New Harbinger Publications. Kindle Edition.*

*True personal growth is about transcending the part of you that is not okay and needs protection. This is done by constantly remembering that you are the one inside that notices the voice talking. That is the way out. The one inside who is aware that you are always talking to yourself about yourself is always silent. It is a doorway to the depths of your being. To be aware that you are watching the voice talk is to stand on*

*the threshold of a fantastic inner journey. If used properly, the same mental voice that has been a source of worry, distraction, and general neurosis can become the launching ground for true spiritual awakening. Come to know the one who watches the voice, and you will come to know one of the great mysteries of creation.*

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*If you want to free yourself, you must first become conscious enough to understand your predicament. Then you must commit yourself to the inner work of freedom. You do this as though your life depended on it, because it does. As it is right now, your life is not your own; it belongs to your inner roommate, the psyche. You have to take it back. Stand*

*firm in the seat of the witness and release the hold that the habitual mind has on you. This is your life—reclaim it.*

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*When you are an aware being, you no longer become completely immersed in the events around you. Instead, you remain inwardly aware that you are the one who is experiencing both the events and the corresponding thoughts and emotions. When a thought is created in this state of awareness, instead of getting lost in it, you remain aware that you are the one who is thinking the thought. You are lucid.*

*Singer, Michael A.. The Untethered Soul (p. 31). New Harbinger Publications. Kindle Edition.*

*As scary as it sounds, that is your predicament in life. Because all of the objects you're aware of are synchronized, you get sucked in and are no longer aware of your separateness from the objects. The thoughts and the emotions move in accordance with the sights and the sounds. It all comes in, and your consciousness gets totally absorbed in it. Unless you're fully seated in witness consciousness, you're not back there being aware that you're the one watching all this. That is what it means to be lost.*

*Singer, Michael A.. The Untethered Soul (p. 35). New Harbinger Publications. Kindle Edition.*

*As you pull back into the consciousness, this world ceases to be a problem. It's just something you're watching. It keeps changing, but there is no sense of that being a problem. The more you are willing to just let the world be something you're aware of, the more it will let you be who you are—the awareness, the Self, the Atman, the Soul. You realize that you're not who you thought you were. You're not even a human being. You just happen to be watching one. You will begin to have deep experiences within your own center of consciousness. These will be deep, intuitive experiences of the true nature of Self. You will find that you are tremendously expansive. When you start to explore consciousness instead of form, you realize that your consciousness only appears to be small and limited because you are focusing on small and limited objects. That's exactly what happens when you're focusing solely on the TV—there's nothing else in your world. If you pull back, however, you can see the whole room, including the TV. Likewise,*

*instead of just focusing so intently on this one human being's thoughts, emotions, and sensory world, you can pull back and see everything. You can move from the finite to the infinite.*

*Singer, Michael A.. The Untethered Soul (pp. 37–38). New Harbinger Publications. Kindle Edition.*

*Consciousness is one of the great mysteries in life. Inner energy is another. It's actually a shame how little attention the Western world pays to the laws of inner energy. We study the energy outside, and give great value to energy resources, but we ignore the energy within. People go about their lives thinking, feeling, and acting, without the understanding of what makes these activities take place. The truth is, every movement of your body, every emotion you have, and every thought that*

*Singer, Michael A.. The Untethered Soul (p. 41). New Harbinger Publications. Kindle Edition.*

*The only reason you don't feel this energy all the time is because you block it. You block it by closing your heart, by closing your mind, and by pulling yourself into a restrictive space inside. This closes you off from all the energy. When you close your heart or close your mind, you hide in the darkness within you. There is no light. There is no energy. There is nothing flowing. The energy is still there but it can't get in. That is what it means to be "blocked." That is why you have no energy when you're depressed. There are centers within that channel your energy*

*flow. When you close them, there is no energy. When you open them, there is. Although various energy centers exist within you, the one you intuitively know the most*

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*Do not let anything that happens in life be important enough that you're willing to close your heart over it. When your heart starts to close, just say, "No. I'm not going to close. I'm going to relax. I'm going to let this situation take place and be there with it." Honor and respect the situation, and deal with it. By all means deal with it. Do the best you can. But deal with it with openness. Deal with it with excitement and enthusiasm. No matter what it is, just let it be the sport of the day. In time, you will find that you forget how to close. No matter what anyone does, no matter what situation takes place, you won't even feel the tendency to close. You will just embrace life with all your heart and soul. Once you've attained this very high state, your energy level will be phenomenal. You will have all the energy you need at all times. Just relax and open, and tremendous energy will rush up inside of you. You are only limited by your ability to stay open. If you really want to stay open, pay attention when you feel love and enthusiasm. Then ask yourself why you can't feel this all the time. Why does it have to go*

*away? The answer is obvious: it only goes away if you choose to close. By closing, you are actually making the choice not to feel openness and love. You throw love away all the time. You feel love until somebody says something you don't like, and then you give up the love. You feel*

*Singer, Michael A.. The Untethered Soul (p. 46). New Harbinger Publications. Kindle Edition.*