

Living Untethered-Beyond the Human Predicament

by Michael Singer

Starting the week of September 11, 2023

Week 1	Part 1: Chapters 1-5 Conscious Awareness
Week 2	Part 2: Chapters 6-10 The Outside World
Week 3	Part 3: Chapters 11-15 The Mind
Week 4	Part 4: Chapters 16-20 Thoughts and Dreams
Week 5	Part 5: Chapters 21-25 The Heart
Week 6	Part 6: Chapters 26-29 The Human Predicament and Beyond
Week 7	Part 7: Chapters 30-34 Learning to Let Go
Week 8	Part 8: Chapters 35-39 Living a Life of Acceptance

There are 8 parts of the book, this guide follows exploring one Part a week. The discussion questions are used to stimulate sharing about the highlights of that week's material.

Discussion Questions

1. What does this mean to you?
2. How do you or have you experienced this?
3. Does anyone have an example from their life about this idea/concept/practice?
4. How does this concept relate to other spiritual teachings or Unity principles?
5. Are there any questions about this section?

Discussion Highlights for each Part/week

Week 1	Part 1: Chapters 1-5 Conscious Awareness
<ol style="list-style-type: none">1. “You in there” is described as “awareness of Self.” (p.4)2. “Your relationship to what you see is always one of subject-object.” (p.5)3. “Self-realization ... means you have fully realized who you are in there.” (p.8)4. The Three Ring Circus: 1) You experience through your senses; 2) You have thoughts; 3) You experience feelings and emotions. (p. 13-14)5. “What is your nature? What is it like to sit back and be conscious of being conscious?” (p.17)	

Week 2	Part 2: Chapters 6-10 The Outside World
<ol style="list-style-type: none">1. “The moment in front of you is just another moment in the universe that exists even when you are not looking at it. It is completely impersonal.” (p. 24)2. “Objects themselves have no color; it is the light reflecting off them that has the different colors we perceive. This is a perfect example of how truth is not always what it appears to be.” (p. 27)3. “Don’t these scientific facts challenge my belief that God is the creator of the universe? Of course not. They merely show you <i>how</i> God created all the structures in the universe.” (p. 34)4. “You don’t surrender the outside world—you totally accept it. What you surrender is your personal, made-up judgment of it.” (p. 41)5. “This is spirituality—coming into harmony with reality, instead of your personal self.” (p. 44)	

Week 3	Part 3: Chapters 11-15 The Mind
<ol style="list-style-type: none">1. “You can think of mind as a very high-vibration field of energy in which thoughts can be created. Mind is not the thoughts.” (p. 50)2. “You in there who is experiencing what’s rendering in your mind—you have the ability to resist what is not comfortable to you.” (p. 56)	

3. “Both clinging and resisting keep the mental renderings in your mind.” (p.58)
4. “The soul can learn. You in there, the consciousness, can learn to experience reality. In order to do so, you must not resist.” (p. 65)
5. “There’s a concept in Zen known as *just tree*.” (p. 71) What does this mean to you?
6. “The question is not whether your mind is brilliant; the question is what are you doing with that brilliance?” (p. 74)

Week 4	Part 4: Chapters 16-20 Thoughts and Dreams
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1. “You were given free will, and what you did with your free will was make a mess out of your mind.” (p. 82)
2. “The foundational choice we have in life is either constantly control life to compensate for our blockages or devote our lives to getting rid of our blockages.” (p. 83)
3. Suffering is caused by the contrast between what you mentally decided you wanted and the reality unfolding in front of you.” (p. 86)
4. “Unfinished energy stored in your mind is always trying to release at one level or another...That’s what the symbology of dreams is about.” (p.93)
5. “Fortunately, there is a way out—it’s called *witness consciousness*.” (p. 96)

Week 5	Part 5: Chapters 21-25 The Heart
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1. “This is why human relationships are so difficult. We project the source of love outside, instead of realizing it is always inside.” (p, 105)
2. “The reason the energy flowing through your heart fluctuates so much is because of the samskaras you’ve stored inside.” (p.108)
3. “Whenever you shove an obstacle into any energy flow, it will create a disturbance in the flow. It is these disturbances that you experience as emotions. (p. 111)
4. “...chakras are like a T-pipe fitting.” This model shows 3 things that can happen as energy flow approaches the heart. (p.118-120)
5. “If you get rid of the blockages that are restricting the energy from flowing into and through your heart, you will feel love all the time.” (p124)

Week 6	Part 6: Chapters 26-29 The Human Predicament and Beyond
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1. “The most meaningful questions regarding quality of life are not about what you own, or what you do, they are about how you’re doing inside.” (p.131)
2. “Notice that your problems all start with “I’m not ok in here.” If you were ok, you wouldn’t be worrying and complaining.” (p. 133)
3. “If your love is not dependent on anything or anyone, it can last forever. We call that *unconditional love*.” (p. 136)
4. “If you let go of the wants and fears that are limiting you, you’ll always be okay. Letting go of yourself, instead of serving yourself, is the real paradigm shift.” (p. 138)
5. “Spiritual growth is about fixing the heart and returning it to a state of well-being.” (p. 141)
6. “There is a sacred place between suppression and expression—pure experience.” (p. 143)

Week 7	Part 7: Chapters 30-34 Learning to Let Go
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1. What are the three techniques Singer discusses to free yourself? What is your experience with these techniques? (p. 151-154)
2. “Believe it or not, you can use the weather for tremendous spiritual growth.” (p.157)
3. “In fact, to achieve deep spirituality, your unfinished past cannot be inside of you. It must be gone—not suppressed, but gone.” (p.163)
4. “There are many forms of meditation, but the bottom line in all of them is letting go of your addiction to focusing on your thoughts.” (p. 167)
5. “If you let go of samskaras inside of you, they will no longer affect your life. You can truly be free of your past. This is what living untethered means.” (p. 173)

Week 8	Part 8: Chapters 35-39 Living a Life of Acceptance
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1. “In essence, you are causing yourself to be unhappy, then you’re going outside and demanding that the world somehow make you happy.” (p. 179)

2. "That is what transmutation of the energy means. It involves using the rising energy as a positive force by allowing it to cleanse whatever was blocking it." (p. 181)
3. "You are capable of letting go at a very deep level if you really want to. It is not a question of ability; it depends on the intensity of intent." (p.185)
4. "If you practice letting go of your blockages, not only will you get to live in an elevated inner state, you will also become a blessing on the Earth. Anyplace you go, anything you do, will carry a blessing for others." (p. 186)
5. "As you open up, life is no longer about seeking nonnegative states; it becomes about allowing ever-increasing, positive states." (p. 192)
6. "Enlightenment is not a spiritual experience—it is a permanent spiritual state." (p. 201)