



# THE UNTETHERED SOUL: The Journey Beyond Yourself

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## Overview

Your thoughts form a voice in your head, constantly jabbering on about whatever is going on in life. Yet you are not this voice – you are the one who hears the voice. Your mind creates false mental constructs, and it creates blockages that clog up your energy channels when you repress your emotions or avoid situations. This book will teach you what “you” truly are, will show you how to face all pain head-on instead of skirting around it, and will teach you how to rise up to higher levels of consciousness.

*“If you are in there experiencing the peace that occurs when your thoughts stop, then obviously your existence is not dependent upon the act of thinking.”*

### Chapter 1: The Voice Inside Your Head

If you listen closely, you can hear an inner dialogue inside your head that never ends. If you step back and pay attention, you will find that “you” are in fact the listener, not the voices. Recognizing that you are not this voice is the key to seeing the truth.

Why do you have this inner voice narrating everything? The voice is meaningless and neither improves nor degrades your experiences. It simply exists to narrate. But it makes things out to be more important than they are. The voice simply creates a safe little world to explain life and thus make your life seem explainable.

If you try to hear and differentiate the words of this voice, then you give those thoughts the power to merge with your other thoughts such as your value system. Stop examining this voice! The world will go on with or without those thoughts in your head. They are just a buffer to how you perceive reality, making things fit with your perceptions of the past and future. By giving this voice credence, you unknowingly hinder your ability to be okay with not being okay.

*“This is your life – reclaim it.”*



## Chapter 2: Your Inner Roommate

So now that you realize the voice inside your head is not you (since you are the listener), consider this voice as your inner “roommate” upstairs. This roommate will always have something to say, and you will keep listening until you are ready to set yourself free.

Imagine that your roommate was flesh and blood, with a body and a personality. Sometimes the advice from your roommate is good, but just as often it’s bad. Would you want to listen to someone who is always talking, but is wrong as often as they are right? Probably not.

Try this exercise: take 10 minutes to really listen to what the voice in your head is saying. Really listen to your thoughts speak in sentences. This will help you realize that you are simply the observer, the witness. Become aware of the voice, know it’s always there, and know that it’s just a disturbance. Then you’ll be well on your way to freedom. You must address this lack of freedom from within, since focusing on the external world is not going to help fix your inner problems. Don’t overanalyze what your roommate is saying; just notice it. Don’t shut it up, but rather externalize the voice.

## Chapter 3: Who Are You?

The first time you ask “Who am I?” you will probably answer with your name. But this is nothing more than a label, a series of letters. Perhaps you are a husband or a wife? Yet another label. The more you try to answer, the more you’ll just craft a story about what you have experienced in your life. Yet the consciousness that is observing your life as an adult is the exact same consciousness that was observing your life as a child. “You” are the inner observer peering out through your eyes, hearing the sounds in your ears: The Observer.

*“You just have to pay attention and realize that you would still be in there experiencing feelings even if all the outside objects disappeared.”*

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