

Bold Book Notes – The Untethered Soul by Michael Singer

Observe your mental voice – you'll notice it never SHUTS UP!

- View your inner voice like an unstable, rude, negative and obnoxious roommate.
- The best way to free yourself from the constant chatter? STEP BACK AND VIEW IT OBJECTIVELY.
- There is a voice talking and you are listening (inside your head)
- Your mental voice talks for the same reason a tea kettle whistles. It's a build up of energy in your MIND.

Your mind chatter makes you feel MORE COMFORTABLE with the world around you

- It labels and judges what you see
- Classifies / orders / creates order

STOP narrating and living in your mind

STOP constantly using your mind to buffer yourself from LIFE

START consciously observing your world. Feel open end exposed. Less comfortable but more alive!

REMEMBER: You are the one inside NOTICING the voice talking. (remember, this roommate of yours always has a problem and never shuts up) SHE IS NOT YOU. You can OBSERVE your roommate as separate from you.

The only way to find peace and contentment is to
STOP thinking about YOURSELF.

DON'T ask = "What should I do about something that is bothering me?"

DO ask = "What part of me is being disturbed by this?" = LOOK INSIDE YOURSELF

If you see the disturbance, you are not IT.

Objective Awareness – watch your problems but DO NOT GET LOST IN THEM.

- The solution is NOT OUTSIDE of yourself. It is INSIDE (how you THINK).
- You must watch your roommate to be free of her
- Take notice of what you think throughout the day. Take your life back from this roommate!

Natural ups and Downs of Life

Ups – Generate personal growth

Downs – create person fears

It all depends on how you view CHANGE which is the very nature of LIFE

- If You have a lot of FEAR you won't CHANGE.
- Recognize and release fear instead of keeping it or hiding from it.

- You use your mind to manipulate life to not feel fear – it is a thing – just another experience

MOMS: Are you going through life attempting to create safety and control by defining how you need life to be to feel ok? (remember – you CANNOT control the OUTSIDE!) It becomes a ME against IT and invites struggle.

We think we're supposed to figure out how our life should be and then make it that way.

Who said that the way life natural unfolds is not all right? FEAR says so, that's who!

Fight with Life

Futile to arrange people / things so they don't disturb you

Afraid of life

Protect your blockages

OR

Don't fight with life

Accept that life is NOT under your control

Remove blockages

Live your life

Fear inside is like a pond. Any small pebble of change will create ripples felt all through your inner self.

Let go NOW:

Won't be easier later

Let it pass

OR

FALL:

Deeper into fear

Lost in disturbed feelings and thoughts

Open your heart and LET IT GO

- If you fall, just get up and forget it
- Leave it in the past which is no longer REAL

Removing your Inner Thorn:

- Embrace change at ALL TIMES
- See problems as agents for growth
- Your THORN is connected to a nerve – painful when touched.
- Do you build complicated protections, so no one will touch your inner thorn? (controlling the outside) or do you REMOVE THE THORN? (control your insides – your thoughts) Which is ultimately easier?

What is your THORN? What are your sensitivities? Loneliness? Rejection? Perfectionism? FOMO?

Don't let fear of inner thorns affect your behavior

- You can remove your inner thorns.
- Look deep inside and decide you don't want your weakest part running your life.
- Free yourself by finding yourself
- You are NOT the pain you feel or the part that periodically stresses out – that's your roommate! Not you.
- Don't push your thorns down to protect yourself!

Stealing Freedom for Your Soul

DECIDE: I want to enjoy my life and there is no reason for stress, inner pain or FEAR

We Fear:

- We are not good enough
- We'll fail
- People will turn on us or take advantage or stop loving us
- THESE ARE BURDENS WE CARRY
- They are the inner weight of FEAR of experiencing pain and sorrow
- Every day you are either feeling it or protecting yourself from it.
- The act of constantly worrying about yourself is a form of suffering.
- Your mind is always telling you that you have to change something on the outside (which you cannot control) in order to solve your inner problems.

Your mind is disturbed by FEARS

3 stages of being:

“stop suffering” stage “control outside to avoid suffering” stage “worry about future suffering” stage

Why do we think about ourselves all the time?

- Because you are constantly trying to make yourself BETTER
- Know your psyche may not be ok
- Know it doesn't have to be that way
- Inner sensitivity is a symptom of non-well being

- External changes DO NOT solve your problem because they don't address the ROOT of the problem

THE GOAL = to NEVER think about your psyche again

- Never have to figure out how to be ok
- Never have to figure out how not to be scared
- Never have to figure out how to feel loved

“What would happen if you went about your day thinking everyone wishes the best for you?”

- Stop telling your mind it is its job to fix your personal problems
- Your mind has little control of the outside world
- Relieve your mind.
 - Let it know that it is not its job to make sure that everyone and everything must be the way you need them to be so you can feel better inside
- Create a different relationship with your mind

EVERYTHING WILL BE OK ONCE YOU ARE OK WITH EVERYTHING

Watch your mind try to make everything ok and remember this is NOT what you want your mind to do. Then gently disengage, r e l a x & watch your roommate.

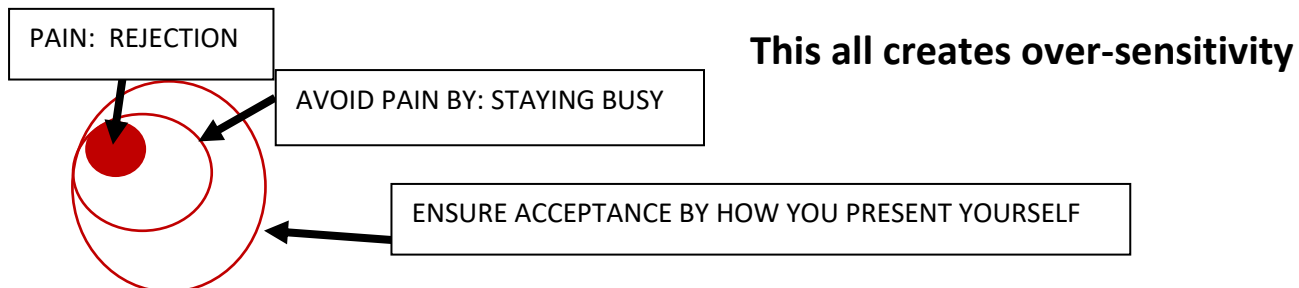
- Be aware that you are aware
- Be able to watch your mind (your roommate) have her melodrama and know that IT ISN'T YOURS.
- Remind yourself you don't want to play the mind's game.
- Just notice that you notice.

Remember this thought: you are spinning on a planet in the middle of empty space.

- Your sensitivities become less meaningful and become more insignificant
- Make having this thought a habit.
 - Do it when you get in your car, when you exit your car, when you wake up, when you have your 1st cup of coffee, before you pick up the kids from school, whenever you need centering

Your psyche is built on avoiding PAIN

Fear of PAIN is at the psyche's foundation...



Choose to get rid of inner pain! When you do...

- Just have FUN
- Be comfortable with whatever happens
- Learn NOT to be afraid of inner pain, you see it as a TEMPORARY SHIFT in your energy flow.
- Pain is just a thing in the universe. You can handle any feeling – they are just feelings.
- Permit The world to be what it is instead of being afraid of it.

MOMS: PERMIT YOUR KIDS TO BE WHO THEY ARE INSTEAD OF BEING AFRAID OF WHAT THEY MAY, or MAY NOT BECOME

- View pain as energy passing through your heart
- Relax and release it instead of closing around it and keeping it inside
- It will pass if you let it

Quieter mind – realize you've been overwhelmed with your thoughts, emotions, sensory inputs – you can go BEYOND

Recognize this thought... "I have it all figured out. I know how everything is supposed to be, even in the future".

- Your views, opinions, preferences, concepts, goals, beliefs are all ways to bring the infinite universe down to a finite level, so you can feel a sense of CONTROL
- You struggle to make the world fit your model
- Anything that doesn't fit is wrong and unfair and causes pain and disturbance
- There are reasons for everything we do (smoking, overeating / over drinking / etc.)
- We are constantly trying to stay in our created comfort zones
- LET GO of keeping things in your limits

Move from thinking...

Like a tiger in a cage where the tiger is comfortable and has his needs met and is safe

TO THINKING INSTEAD...

Get me out of this cage! I'm locked in this tiny world where everything has to be a certain way.

I want to be out – awake and ALIVE.

Notice when you hit your cage bars (you'll feel insecurity, jealousy, fear) and decide to be BRAVE and push through and GET OUT OF YOUR CAGE

Watch FEAR without protecting yourself from it

You are NOT the events of your life. You are the one who experienced the events

- How can you define yourself as the things that happened to you?
- You do, see and experience

- The events that happened in the moment belong to the moment – not to you.
- An event in the universe didn't match your model and it's causing a disturbance inside you. Be clinical and emotionally removed.

Remember – you came here to visit (your life) for a handful of years and then you are going to leave (die).

DON'T WASTE THE TIME BEING STRESSED

Notice WHO notices the disturbance... YOU not your roommate!

ANSWER this...

“Do you want to be happy from this point forward for the rest of your life regardless of what happens?”

Answer YES and REALLY MEAN IT! You must give an unconditional answer

- DON'T be willing to break this promise to yourself when the inevitable bumper events of life take place to challenge you.
- YOU determine whether or not you are gonna be happy
- **In the end – enjoy life's experiences...it is the only rational thing to do while you are spinning on this planet in the middle of space.**
- Pick yourself up when you slip and tell yourself you DON'T want to close – stay open to life.

Stress only happens when you resist life's events.

- Why are we so resistant to just letting life BE? WILLPOWER
- WILLPOWER is What you use when trying to make something happen
- Something happens we don't like – we resist with our will.. But it's already happened, so why keep resisting?
- See all your resistance as a waste of time and energy

MOMS: We hold a lot of resistance energy carried over day to day and affects our interaction / perspective with our kids.

- Allow each moment of each day to pass through you
- It's not life's problems / events causing our stress. It's our resistance to the events that causes stress.
- Events happen and we continue to hold onto resistance
- Allow them to pass
- Observe your roommate making demands of you “I don't like what your son did – fix it” It tells you to confront the world by resisting things

MOMS! We do a lot of resisting! We tend to have a set model regarding motherhood: How your children will behave, how you will feel, how you will “do mommy'ing”

Avoid this by...

- Dealing with each situation with ACCEPTANCE
- Events can then make it through with out resistance
- Deal with actual event versus stored resistance energy
- Deal with daily situations much better
- Most situations you are dealing with FEARS and DESIRES

We all have pre-conceived notions about how things should go (MOTHERHOOD!)

- It is based on these notions that we assert our WILL

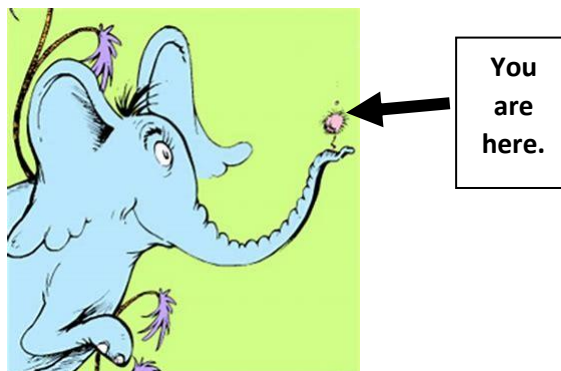


AVOID ALL OF THIS THROUGH ACCEPTANCE!

Use life to let go of these impressions

Accepting reality does NOT mean you DON'T deal with things

- You DEAL with them as events that are taking place on PLANET EARTH and NOT as PERSONAL PROBLEMS.
- If you don't have fear or desire about a certain event.. there's nothing to deal with.
- Apply this to motherhood / work / whatever!
- It's just what you do with yourself during the day while you're spinning on a planet through empty space



If you want to be CONTENT and ENJOY Motherhood / your work / your life – then LET EVENTS FLOW THROUGH YOU. Your real work is what's left to do after they pass.

Work through resistance by r e l a x i n g ...

MOMS can relax their resistance of...

- The way they were parented

- The lens of their own childhood experiences
- Paying too much attention to outside advice and information

INSTEAD Remember, we are all passing time spinning on this ball in space called Earth

Learn to let disturbing energies PASS THROUGH

Life's gift = the flow of events that takes place between your birth and your death.

The Best Teacher of Life is DEATH

- You are not your body – DEATH shows you
- You are clinging to small things – DEATH takes them away
- Everyone is equal – DEATH instantly makes us all the same
- If you are having trouble letting something pass through you – think of DEATH.
- It's not morbid, it's the BEST TEACHER.

MOM EXERCISE: Link to Life Essentials

- Look at all the things you think you need.
- Look at how much time you put into activities (kids / housework / volunteering / etc.)
- What if you were told you have 1 month to live?
 - How would you change things?
 - How would your priorities change?
 - What would you do with your time?
 - If that's really what you would do – what are you doing with the rest of your time?

“What are you doing with life?” – asks DEATH

BE BOLD enough to constantly reflect on your last week of life. This could be it.

If you live in awareness of this and make trade-offs and set boundaries to live your BOLD last week EVERY WEEK – you have that mindset inside so that you are confident **you aren't resisting** and **you are mindfully living**.

Imagine a sword suspended over your head hanging by a spider web EVERY DAY. That may help you keep a healthier perspective of life's events.

Start everyday by LETTING GO of that part of you that won't let you live life fully.

- BOLDLY say what needs to be said
- BOLDLY do what needs to be done
- BOLDLY be fully present without being afraid of what happens next

“IF YOU LIVE LIFE FULLY YOU WON'T HAVE ANY LAST WISHES”

“THE ONLY THING THERE IS TO GET FROM LIFE IS THE GROWTH THAT COMES FROM EXPERIENCING IT.”

Life itself is your career and your interaction with life is the most meaningful relationship.

Everything else you are focusing on is a tiny subset of life that you are trying to assign meaning to.

It's not about bucket lists – that is your attempt to get special experiences but makes you miss the actual experience of life.

REMEMBER TO BE PRESENT

If you are busy trying to get the special, the new, the whatever... you miss what you are currently actually experiencing.

Live each moment. Let it fill you. There is no moment that can't do this.

You have 2 choices:

1: Get lost in the normal mental chatter

OR

2: Contemplate the temporary nature of life

Let DEATH – or the thought that EVERYTHING IS TEMPORARY – FREE you!

Experience the life that is happening to you... NOT the one you wish was happening.

Appreciate the moments you are given.

You can only do that with the power of your MIND.