

***The Untethered Soul* Reading Group Guide**

General Reading Group Questions:

1. Singer describes this book as an inner journey. He writes, “The chapters of this book are nothing but mirrors for seeing your ‘self’ from different angles. And though the journey we are about to embark on is an inner one, it will draw upon every aspect of your life. . . . Remember, if we are seeking the root of ‘self,’ what we are actually seeking is you.”

Discuss why you decided to read this book and what led you to seek self-discovery. How did reading the *Untethered Soul* help you in your journey? What were you looking for when you picked up this book? What did you find?

2. In chapter one, the author introduces you to the voice of your mind and provides an in depth discussion of the separation between you, (the awareness) and the voice you are hearing. In fact, the author states on page 10 that “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.” While reading this chapter, were you able to see the difference between your awareness and the voice of your mind? Describe your experience when you made the voice say “hello”. Have you noticed that your mind will argue both sides of a decision and that you are there listening to it discuss both?

3. How have your definitions of “awareness” and “consciousness” shifted?

4. In the opening of chapter two, Singer writes, “Your inner growth is completely dependent upon the realization that the only way to find peace and contentment is to stop thinking about yourself.” What does he mean by this? How do you think about yourself? Why is ceasing to think about yourself so connected to finding contentment? Could a thought actually be harmful to you? Could your thoughts be creating barriers to your growth?

5. Singer goes as far as to call the inner roommate he introduces in chapter two a “maniac.” Can you relate to that? What kinds of things can you hear your inner roommate saying? Does it say helpful things, confusing, or maybe distracting things? Is the voice positive or negative, mean or nice?

6. In chapter three, Singer says that spiritual beings “live in the seat of consciousness.” What does he mean by this?

7. Singer discusses the “object-conscious” state most of us live in when we’re not centered, the state in which our consciousness focuses on outside objects. On page 35, he writes, “The consciousness, which is capable of being aware of anything, makes the mistake of focusing on one spot too closely.” What does Singer mean by object-consciousness? Is it literally a physical object, or can it be something else, too—a painful emotion, a fear, an insecurity, or even your entire psyche?

8. Singer discusses spiritual energy and blocks. He says on page 45: “A smell can make you open or close, and so can a certain color, or even a type of shoe a person is wearing. We are programmed based upon past impressions such that all kinds of things can cause us to open or close.” Do you agree that we have a choice to open or close ourselves? Discuss the way you’re



programmed and how your unique experiences have made you more inclined to open or close. Do you believe you can reprogram yourself to be more open? How might doing so help you?

9. Singer describes Samskaras as energy patterns that get stuck in the heart and block your energy flow. He writes: “Every one of the Samskaras that you’ve stored is still there. Everything that did not make it through, from the time you were a baby all the way to this moment, is still inside of you. It is these impressions, these Samskaras, which encrust the valve of the spiritual heart. That encrustation builds up and restricts energy flow.” (54) Discuss your own Samskaras. Have you ever felt one of your Samskaras being triggered by something or someone? How did you respond? Did your response help you release it or hold onto it?

10. Evolutionarily speaking, “[b]ecause many of us don’t have to worry about food, clothing, or shelter, we have the luxury of worrying about a spot on our pants, or laughing too loud, or saying something wrong. Because we’ve developed this hypersensitive psyche, we constantly use our energies to close around it and protect ourselves.” (61) How do you protect your self-concept? Do these acts of protection help you? Singer argues that, “if you protect yourself, you will never be free.” Do you agree?

11. Singer writes: “Because people don’t deal with fear objectively, they don’t understand it. They end up keeping their fear and trying to prevent things from happening that would stimulate it. They go through life attempting to create safety and control by defining how they need life to be in order to be okay. This is how the world becomes frightening.” (72) What frightens you? What do you feel you need to do in order to feel okay? Are there people, situations, or experiences you avoid because of fear?

12. Chapter nine discusses the concept of our “inner thorn.” Do you have an inner thorn? What kinds of things have you done to prevent your thorn(s) from being touched?

13. How have the lessons in this book helped you to identify who you truly are? How can you expunge negativity and unhappiness to find your true self? What techniques have you tried? What has worked and what hasn’t? Discuss with the group.

14. On page 121, Singer writes: “If you really want to see why you do things, then don’t do them and see what happens.” This seems so simple. Have you ever abruptly stopped doing something—a negative habit or behavior? What did you learn? Did you discover your underlying urges?

15. On page 102, Singer suggests: “You may not think you feel pain that often, but you really do.” He uses examples as mundane as needing to impress, wearing certain clothing, keeping a certain weight, and needing to be admired. Where is your pain hiding? Discuss its layers. What do you think is at the root?

16. Throughout section three, the author helps you explore the difference between avoiding pain and fear, and simply releasing it. He presents a powerful practice to help you with this transformation: “When you feel pain, simply view it as energy. Just start seeing these inner experiences as energy passing through your heart and before the eye of your consciousness. Then relax. Do the opposite of contracting and closing. . . . Relax your shoulders and relax your heart. Let go and give room for the pain to pass through you. It’s just energy. Just see it as energy and



let it go.” (105) Have you experimented with this technique? If so, what was your experience? Can you see the possibility that if you relaxed every time you felt the energy of fear, anger, or insecurity, that over time the energy of those emotions would pass through and have less influence on your life?

17. Singer writes: “You are not the thinking mind; you are aware of the thinking mind.” Does this statement resonate with you? Does it answer the question, *Who am I?* Discuss your answer with the group.

18. On page 144, Singer defines happiness: “If you look inside, you will see that when you’re happy, your heart feels open and the energy rushes up inside of you. When you aren’t happy, your heart feels closed and no energy comes up inside. So, to stay happy, just don’t close your heart.” What do you think of this definition? How has your definition of happiness changed after reading this book?

19. In chapter sixteen, the author presents the process of nonresistance as a spiritual path. He writes, “You truly can reach a state in which you never have any more stress, tension, or problems for the rest of your life. You just have to realize that life is giving you a gift, and that gift is the flow of events that takes place between your birth and your death. These events are exciting, challenging, and create tremendous growth. . . . Learn to stop resisting reality, and what used to look like stressful problems will begin to look like the stepping-stones of your spiritual journey.” (155) Discuss what it would be like to live a life free of resistance. What would the world be like if everyone lived this way?

“Beyond” Questions:

20. Throughout the book, Singer points out objects, feelings, thoughts, and emotions that he says “are not you.” Think about your own life. What is not you? What is left?

21. Singer talks about living in the seat of consciousness. Think about where you are in your spiritual path. Where do you live in your path at this moment? Take a moment to answer the question Singer poses: “When you are seated in the awareness of Self, you are lucid. Where are you when you are not seated deeply enough inside the Self to be the conscious experiencer of all you are experiencing?”

22. “You have no concepts, no hopes, no dreams, no beliefs, and no security. You are no longer building mental models of what’s going on, but life is going on anyway. You are perfectly comfortable just being aware of it.” (132-133) Is this state of being achievable for you? Desirable? Why or why not?

23. Discuss this passage: “There is nothing wrong with feeling the energies of fear, jealousy, or attraction. It’s not your fault that such energies exist. All the attractions, repulsions, thoughts, and feelings don’t make any difference. They don’t make you pure or impure. They are not you. Don’t think you’d be free if you just didn’t have these kinds of feelings? It’s not true. If you can be free even though you’re having these kinds of feelings, then you’re really free—because there will always be something.” (60) Is it possible to have both disruptive, painful feelings *and* freedom?



24. Throughout section four, the author presents the idea that freedom and enlightenment are your natural state, and it is the walls of your thoughts and emotions that keep you from realizing your true Self. He presents the view that out of fear you created your self-concept as an inner wall to protect you from life. Do you see that you have built, and struggle to maintain, a very specific concept of who you are and how others should view you? Are you inspired to break free of this model you've built inside and explore the natural expansiveness of your true being? Discuss.

25. After reading *The Untethered Soul*, what does the word “freedom” mean to you? How has your understanding of freedom changed? Do you see the difference between “freedom for yourself” versus “freedom from yourself”?