What would it be like to be free from limitations and soar beyond your boundaries? What can you do each day to find this kind of inner peace and freedom? The Untethered Soul offers a simple, profoundly intuitive answer to these questions. Whether this is your first exploration of inner space or you’ve devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you.

The Untethered Soul begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness.

Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being.

www.untethered-soul.com
The Untethered Soul
Michael A. Singer

Praise

“In the book, The Untethered Soul, Michael Singer takes you step-by-step through the process of Gyana, the Yoga of the Intellect, to the Source. Moreover, he does it with elegant simplicity. Read this book carefully and you will get more than a glimpse of eternity.”
—Deepak Chopra, Author of Life After Death: The Burden of Proof

“In lucid, unadorned prose, Michael Singer delivers the essence of the great spiritual teachings of the Ages. Each chapter of The Untethered Soul is an instructive meditation on the binds of the human condition and how each and every knot can be gracefully untied so that our souls may fly. The accuracy and simplicity of this work is a measure of its pure mastery.”
—James O’Dea, President of the Institute of Noetic Sciences (IONS)

“Deep spirituality is within your reach in this book. In it you will find the mirror to see your unconditional, holy Self. If you look for practical spirituality not encumbered by credo and ritual, read this book.”
—Rabbi Zalman Schachter-Shalomi, coauthor of Jewish With Feeling and From Age-ing To Sage-ing

“Michael Singer has opened my mind to an entirely new dimension of thought. Through The Untethered Soul, I have been challenged both psychologically and intellectually in a new and exciting way. It may take more than one reading and many hours of introspection but The Untethered Soul is a must read for anyone in search of greater understanding of themselves and of the truth.”
—Louis Chiavacci, Senior Vice-President, Merrill Lynch, ranked in Barron’s top 15 U.S. Investment Managers

“The Untethered Soul is a brilliant treatment of the path of spiritual consciousness. It is clearly and powerfully written. Michael Singer provides a firm step for those on a spiritual journey.”
—Abdul Aziz Said, Professor of Peace Studies, Chair of Islamic Peace, American University

Michael A. Singer
received a master’s degree in the economics from the University of Florida in 1971. During his doctoral work, he had a deep inner awakening and went into seclusion to focus on yoga and meditation. In 1975, he founded Temple of the Universe, a now long-established yoga and meditation center where people of any religion or set of beliefs can come together to experience inner peace.

Through the years, Singer has made major contributions in the areas of business, the arts, education, healthcare, and environmental protection. He has previously authored two books on the integration of Eastern and Western philosophy: The Search for Truth and Three Essays on Universal Law: Karma, Will and Love.
“This publication has released boundless joy for the hungry souls of the world.”
—Ma Yoga Shakti Saraswati, founder of Yogashakti International Mission,

“East is East and West is West, but Michael Singer bridges these two great traditions in a radiant treatise on how to succeed in life from our spiritual quest to our everyday tribulations. Freud said that life was composed of love and work. With great eloquence, wit, and compelling logic, Singer’s brilliant book completes this thought by showing them to be two poles of the same selfless devotion.”
—Ray Kurzweil, inventor, National Medal of Technology recipient and author of The Age of Spiritual Machines, The Singularity is Near, and other books

“This is a seminal book that quite frankly is in a class by itself. In a simple, yet paradoxically profound way, Michael Singer takes the reader on a journey that begins with consciousness tethered to the ego, and ends having taken us beyond our myopic, contained self-image to a state of inner freedom and liberation. Michael Singer’s book is a priceless gift to all who have futilely searched and yearned for a richer, more meaningful, creative life.”
—Yogi Amrit Desai, internationally recognized pioneer of modern yoga

“Psalm 42:8 says, “Deep calls unto deep”. Within each human soul there is a longing for more and the thirst can be quenched only by God. In The Untethered Soul, Michael Singer helps the modern person who is seeking this experience to come to a better understanding of the action in their soul. I highly recommend this reflection of one soul to another on the journey.”
—Fr. Paul Wierichs, C.P., Director, Passionist Monastery & Spiritual Center of Our Lady of Florida