**the untethered soul**

 ***the journey beyond yourself***

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**Dedication:**

*To the Masters*

**Introduction:**

...to maintain honest relations with others we must first be true to ourselves.

We [the author/purpose of book/process] are only interested in your intuitive experience of what it is like to be you. We are not looking or your knowledge; we are seeking your direct experience.

…you already know how to find yourself; you have just gotten distracted and disoriented.

**PART 1**

**awakening consciousness**

**CHAPTER 1**

**the voice inside your head**

If you watch carefully, you’ll see that it’s [a mental voice] just trying to find a comfortable place to rest.

Just view the voice as a vocalizing mechanism that is capable of making it appear like someone is in there talking to you. Don’t think about, just notice it.

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.

The truth is that most of life will unfold in accordance with forces far outside your control, regardless of what your mind says about it.

Eventually you will see that the real cause of problems is not life itself. It’s the commotion the mind makes about life that really causes problems.

In some cases the mental voice talks for the same reason that a teakettle whistles. That is, there’s a build up of energy inside that needs to be released. If you watch objectively, you will see that when there’s a buildup of nervous, fearful, or desire-based energies inside, the voice becomes extremely active….When energy builds up inside, you want to do something about it. That voice talks because you’re not okay inside, and [internal] *talking releases energy*.

It [the mental voice] is actually narrating the world for you.

What you end up experiencing is really a personal presentation of the world according to you, rather than the stark, unfiltered experience of what is really out there.

With this subtle form of preprocessing, you manage to control the experience of reality so that it all fits together inside your mind. Your consciousness is experiencing your mental model of reality, not reality itself.

You re-create the world within your mind because you can control your mind whereas you can’t control the world. That is why you mentally talk about it. If you can’t get the world the way you like it, you internally verbalize it, judge it, complain about it, and then decide what to do about it. This makes you feel more empowered.

In the thought world there’s always something you can do to control the experience.

Basically, you re-create the outside world inside yourself, and then you live in your mind.

…your mind is accustomed to helping you. it does this by processing your current experiences in a way that makes them fit with your views of the past and visions of the future. All of this helps to create a semblance of control. If your mind doesn’t do this, you simply become too uncomfortable. Reality is just too real for most of us, so we temper it with the mind.

You will come to see that the mind talks all the time because you gave it a job to do. You use it as a protection mechanism, a form of defense. Ultimately, it makes you feel more secure. As long as that’s what you want, you will be forced to constantly use your mind to buffer yourself from life, instead of living it.

In the name of attempting to hold the world together, you’re really just trying to hold yourself together.

True personal growth is about transcending the part of you that is not okay and needs protection. This is done by constantly remembering that you are the one inside that notices the [mental] voice talking.

Come to know the one who watches the voice, and you will come to kmow one of the great mysteries of creation.