

Book Club Questions for: The Untethered Soul by Michael Singer.

**Part 1 – Awakening Consciousness**

- First thoughts on the book?
- Do you have voices inside your head?
- What do they say?
- Who do they represent?
- What do you think of the idea to bring them (as a person) along side with you all the time?
- How do you present yourself?
- Who are you?
- Are you the same person all the time?

**Part 2 – Experiencing Energy**

- What was your biggest revelation in this chapter about energy?
- Do you have anything stuck?
- What came up for you after reading this? Were you tested by the universe?
- Why do you think you don't live in perfect energy all the time? If it's a choice?
- What energies/past experiences do you think you need to let go of?
- Have you tried to let some energy go?
- Have you noticed when someone says something you don't like how your body and thoughts react?
- "You are the experiencer of your heart", what do you think of that?
- "If you protect yourself, you'll never be free", what do you think of that?

**Part 3 – Freeing Yourself**

- He writes "Your psyche is not okay" – do you agree with that?
- Why do we have to think about ourselves all the time?
- How to you protect your self-concept?
- Do you think the world is frightening? Do you feel the need to protect yourself?
- What do you need to feel in order to feel okay?
- Are there certain situations, people, experiences you avoid because of fear?
- What has been the biggest take away/lesson from the book so far?
- Have you tried any of the techniques?
- Pg. 94 he talks about "firing your mind" – what you think about that?
- Have you tried to setup trigger points in your everyday day to help you pay attention?

**Part 4 - Going Beyond**

- Explore the untethered state through the use of an allegory – "the house" - was this helpful to you to better understand?

- What do you think of not doing your hair, dressing a certain way one day, as he suggests to find out why you do those things?
- Comparing our mental freedom to a dog's electronic collar.. being afraid of the edges, can you relate?
- Have you ever gotten lost in the experience? (a movie perhaps)
- What is your self-concept?
- "You came here to visit, then you leave again", how does this make you feel? Pg. 135
- What is pain to you? How do you feel it?
- On page 137 he writes "you never have to worry about anything ever again..." How does he know this?

### **Part 5 – Living Life**

- Do you want to be happy? Regardless of circumstances?
- If you want to be close to God, learn to be joyful, what does that mean to you?
- "Stress only happens when you resist life's events" – what stress do you have right now? Can you tie it to resisting life's events?
- Since the event has already passed, you're actually struggling with yourself – do you recognize that?
- How do you feel about death?
- Are you going to wait until the last moment to let death be your teacher?
- What would you do with your last day/week?
- Life itself is your career – what does that make you think?
- Do you have any extremes in your life?