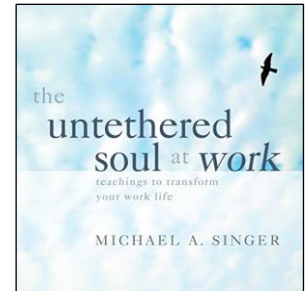


The Untethered Soul at Work -- HIGHLIGHTS

The Untethered Soul at Work: Teachings to Transform Your Work Life

Original recording by Michael A. Singer

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ABOUT THIS AUDIO

Want to end your personal suffering? This 2-hour recorded seminar by Michael Singer is truly transformative. It's about letting go and transcending the “personal self” with all its wants, needs, preferences, fears, insecurities, dissatisfactions, self-centeredness, etc. into the limitlessness of the spiritual self. Even though it says it's about the work place the principles apply everywhere—your marriage, other relationships, and all of life. If you change yourself (not your job or your spouse) you change everything. It takes [Byron Katie's *Loving What Is*](#) work to a whole new level of understanding.

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3. Coming into harmony with reality
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PART TWO

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NOTES & QUOTES

- Your spiritual growth is about letting go of your personal self.
- Your personal self is the lowest part of your being where your wants, needs, insecurities, fears, etc. are. It's where your resistance to what is comes from.
- The personal mind is all about the wants, needs, insecurities and fears of the self.
- The whole point of life is to let go of the personal self -- to let go of your blockages.
- It's about learning to transcend the personal mind and elevating your consciousness to serve the moment before you.
- Breathe and let go of your personal self.
- Disappointment is an opportunity for spiritual growth -- for transcending the self and letting it go.
- There are no disappointments in life...only opportunities to let go of the personal self -- the part of me that isn't living fully in the present moment as it is.
- Disappointment is a spotlight shining on something you haven't let go of yet.
- How to stop your suffering? -- Live in harmony with the reality that is unfolding in front of you.
- Every moment unfolding in front of you is a gift to you.
- Respect and honor the synchronicity of the universe and of God's divine purposes and timing.
- The perfection of every moment just as it is.
- Embrace life as it is in the current moment.
- My purpose is to serve and elevate the current moment.

- Be mindful and present – “Here I am right now!”
- Here I am right now celebrating this moment just as it is (acceptance and surrender).
- All stress comes from resistance to what is.
- Resistance and stress come from fears and desires for things to be different than they are.
- Fear is “I don’t want something to be the way it might be or the way it is.” Something is happening and you have resistance to it. That creates fear.
- Desire is “I do want something to be the way it’s not.” Something isn’t happening and you want it to. That creates desire.
- If you’re feeling stressed out or burned out look for resistance. Resistance is the cause of all stress. Where am I resisting and then let it go.
- It’s always the highest thing you can do to harmonize with the moment that is unfolding in front of you (...as it is--as it shows up).
- Honor and respect the reality of the moment in front of me. Stop having a preference that’s different than the moment as it is.
- I don’t know how things in the universe are supposed to be. I only know how I want them.
- You’re not supposed to be getting what you want from life. You’re supposed to be getting the reality of the moment that’s unfolding in front of you.
- There’s a beauty in not expecting that this moment owes you anything.
- Life has a right to be the way it is.
- The easy life is when you come into harmony with reality.
- People suffer because of what’s in their personal mind about what they think should be.
- If you bring your expectations to any given moment and they are different than reality you will. Suffer.
- You’ve made up your mind of what you want to experience and when the moment doesn’t show up that way you will be disappointed and step into suffering.
- Life is never about getting what you want. It’s about being in harmony with the reality of what’s in front of you in that moment.
- Respect the moment as it is. Don’t compare what you’re experiencing against what you want to be experiencing.
- You’ll feel anxiety, tension, disappointment, anger, suffering because of what you did with your mind about what you saw or experienced. You had an expectation of what you wanted to see. It’s not about the experience itself.
- Ask yourself instead, “How can I elevate this moment? How can I do my best in this moment?”
- Don’t fight with the moment you’re having. Honor and respect the reality of where things are at and see what you can do with it to elevate that moment.
- I am honored to be experiencing what I’m experiencing because I’m not comparing it to what I think I want to be experiencing.
- I celebrate this moment as is.
- When you push away these moments of reality that you don’t like they stay inside of you because you said they couldn’t just pass through you.
- Being blocked or stuck is a spiritual thing if you use it properly. Use every single thing as a stepping stone to growth.
- No one functions better when made to be defensive or fearful.
- Everything I do is my gift to God as my participation in the universe.
- When you look outside yourself, you’re just seeing your personal self filtering everything based on your experiences.
- You’re looking through the glasses of your own personal experiences.
- Let go of self.
- Let go of resisting.
- Let go of yourself and try to serve the moment in front of you in the highest way you possibly can.

RELATED RESOURCES

- **Book** – [The Untethered Soul: The Journey Beyond Yourself](#) – by Michael A. Singer
- **Book** – [Loving What Is: Four Questions That Can Change Your Life](#) by Byron Katie
- Doctrine & Covenants 29:34 – “...all things unto me are spiritual, and not at any time have I given unto you a law which was temporal.”

