

Living from a place of SURRENDER

The Untethered Soul in Action

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Session One

1. Introduction to Session One
2. The path of surrender
3. Learning who you are
4. Subject/object
5. Are you willing to let go of who you thought you were?
6. What is it like “being in here”?
7. The three aspects of your life

Session Two

8. Introduction to Session Two
9. Understanding surrender
10. What are you experiencing?
11. Where did this moment come from?
12. The science of the creation of the universe
13. You are not the “doer”
14. Science is spiritual
15. The unfolding moment in front of you

Session Three

16. Introduction to Session Three
17. Why does it seem so personal?
18. Thoughts and your mind
19. The gift of the moment
20. Your free will with clinging and resisting
21. Building personal mind
22. A taste of surrender
23. Clinging to your past
24. Human mind

Session Four

25. Introduction to Session Four
26. Get rid of your “stuff”
27. Do not try to match your *samskaras*
28. The conceptual mind
29. Two types of thoughts
30. Dreams
31. Waking up to another way

Session Five

32. Introduction to Session Five
33. The difference between thoughts and emotions
34. The root of the mind is in the heart
35. Energies in the heart
36. You are not your thoughts or emotions
37. Opening and closing of the heart
38. Blockages to the flow
39. Energy patterns inside of you
40. Emotions
41. Heart connection

Session Six

42. Introduction to Session Six
43. The predicament
44. Worrying and hope
45. What do you really want?
46. True liberation
47. Handling your heart
48. Enjoying the beauty of your heart
49. Free expression of the heart

Session Seven

50. Introduction to Session Seven
51. Difficulty is part of life
52. Changing your attitude
53. Working at the root
54. Low-hanging fruit
55. Your past
56. Letting go and changing your state of being
57. Meditation helps you practice being here
58. Life is your spiritual practice

Session Eight

59. Introduction to Session Eight
60. Surrender is the entire spiritual journey
61. Cleaning up the mess
62. Anger
63. Your natural state
64. Understanding blockages in others
65. Your free will
66. Letting go
67. What happens when the blockages are released
68. Being attracted to the flow of energy itself
69. Every moment unfolding is for you
70. The source of the energy
71. Doing the work