



# Summary, Analysis & Key Takeaways of The Untethered Soul by Michael A. Singer: The Journey Beyond Yourself

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## Summary, Analysis & Key Takeaways of The Untethered Soul by Michael A. Singer: The Journey Beyond Yourself WiseMinds

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The Untethered Soul, spiritual teacher Michael Singer explores the question of who we are and arrives at the conclusion that our identity is to be found in our consciousness, the fact of our ability to observe ourselves, and the world around us. By tapping into traditions of meditation and mindfulness, Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

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Inside this WiseMinds Key Takeaways & Analysis of The Untethered Soul

- Key Ideas from the Book
- Analysis of Key Ideas
- and much more!

###Keywords: 45 minutes, Kindle Short Reads, Four Agreements, Gifts of Imperfection, Letting Go, Outrageous Openness, Book of Awakening, Three Pillars, The Untethered Soul

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