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The Untethered Soul Journey Beyond Yourself

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The Untethered Soul Journey Beyond

In lucid, unadorned prose, Michael Singer delivers the essence of the great spiritual teachings of the Ages. Each chapter of The Untethered Soul is an instructive meditation on the binds of the human condition and how each and every knot can be gracefully untied so that our souls may fly. The accuracy and simplicity of this work is a measure of its pure mastery. --James O Dea, President of the Institute of Noetic Sciences (IONS)

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In lucid, unadorned prose, Michael Singer delivers the essence of the great spiritual teachings of the Ages. Each chapter of The Untethered Soul is an instructive meditation on the binds of the human condition and how each and every knot can be gracefully untied so that our souls may fly.

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the untethered soul: the journey beyond yourself summary

In lucid, unadorned prose, Michael Singer delivers the essence of the great spiritual teachings of the Ages. Each chapter of The Untethered Soul is an instructive meditation on the binds of the human condition and how each and every knot can be gracefully untied so that our souls may fly. The accuracy and simplicity of this work is a measure of its pure mastery. --James O Dea, President of the Institute of Noetic Sciences (IONS)

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The Untethered Soul begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being.

The Untethered Soul - Book by Michael A. Singer

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