

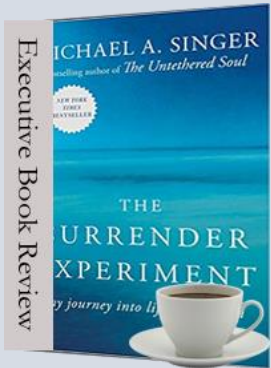


Surrender Experiment (& The Untethered Soul)

by Michael A. Singer

Reviewed by Malcolm Coon

Book # 116
Event # 219 & 220



About the Author

Michael Alan Singer (born 6 May 1947) is a bestselling author, a meditation center founder, and a former software programmer. In 1975, he founded Temple of the Universe, a long-established yoga and meditation center for people of any religion or belief to experience inner peace. On the business side, Singer is a notable figure in the medical software industry. He created the Medical Manager, one of the very first programs that helped medical practitioners to digitize their medical records. Medical Manager is now a recognized achievement archived in the Smithsonian Institution.

About the Book

Michael Singer tells the story of his life. Events which skeptics most certainly would say are only coincidences. His entire life, from the time he was about 22 has been spent in this experiment of listening for what life is putting in front of him, giving up his own personal preferences and accepting miraculous adventure that life has in store for him.

The Book's ONE THING

Surrender is about peaceful acceptance, listening and being open to what life is putting in front of you. Surrender is not passive.

BLUE SKY LEADERSHIP CONSULTING | 210-219-9934 | PETER@BLUESKYLEADERSHIP.COM

Need to grow top line revenue? Improve bottom-line profits? Build accountable and trusting teams? Improve cash flow? Develop leadership team members? Blue Sky Leadership Consulting works with small and mid-market organizations to leverage Strategic Thinking and Execution Planning. We encompass many of the principles in these books into our [7 Attributes of Agile Growth](#) methodology and development of your company's [Growth Roadmap](#). Contact us for a free consultation



Timeline

May 1947 – Michael Alan Singer Born
Winter 1970
Discovery of the Little Voice
Discovered the Pillars of Zen
Camping Trip – Ocala National Forest -
First profound Meditation Experience
Divorce first wife, Shelly
Summer 1971 – Trip to Mexico
Purchased 10 Acres outside Gainesville



November 1971 – House completed
Autobiography of a Yogi

Tutoring Alan Robertson/Completing PhD Exams

Summer 1972 – Kriya Yoga trip to California
Sandy builds house on property
September 1972 – New Teaching Position

Summer 1973 – Begins Prison Visits
Visit Shelly in Northern California
Rama moved into Sandy's house

Spring 1974 – Search for Truth Published

January 1975 – Host Yoga Guru Baba

Second Book published:
Three Essays on Universal Law

Mataji declares temple will be built

1996 – Systems Plus \$150M acquisition

May 1999 – Syntec's \$1.3B Buyout
Healthon / WebMD / Envoy Acquisition



1975 - Under Construction
March 1976 – Formed Temple of the Universe
Summer 1976 – Married Donna
December 1976 – First remodel project
Started Built with Love Construction
Purchased adjacent property with construction profits
August 1977 – Daughter Derga Devi born

Fall 1978 – purchased TRS 80 Computer
Started Personalized Programming
Created Medical Manager Software
Fall 1980 – Hired first employee, Barbara
1982 – Systems Plus / Comdex
1986-88 - One dozen employees earning millions

Spring of 1991 – Settled into new house
June 1993 – Moved into 14000 sq ft office



September 2003 – DOJ Raid
February 2005 – Resigned with Love and Respect
December 2005 – US v Michael Singer
September 2007 – Published Untethered Soul
January 2010 – Charges against Singer dropped



I could see that the practice of surrender was actually done in two, very distinct steps: first, you let go of the personal reactions of like and dislike that form inside your mind and heart; and second, with the resultant sense of clarity, you simply look to see what is being asked of you by the situation unfolding in front of you. What would you be doing if you weren't being influenced by the reactions of like or dislike? Following that deeper guidance will take your life in a very different direction from where your preferences would have led you. That is the clearest I can explain my surrender experiment, and it became the foundation of both my spiritual and worldly life. — Michael A. Singer

From The Untethered Soul

Chapter 1: The Voice Inside Your Head

In case you haven't noticed, you have a mental dialogue going on inside your head that never stops. It just keeps going and going. Have you ever wondered why it talks in there? How does it decide what to say and when to say it? How much of what it says turns out to be true? How much of what it says is even important? And if right now you are hearing, "I don't know what you're talking about. I don't have any voice inside my head!"—that's the voice we're talking about.

If you're smart, you'll take the time to step back, examine this voice, and get to know it better. The problem is, you're too close to be objective. You have to step way back and watch it converse. While you're driving, you hear internal conversations like,

"Wasn't I supposed to call Fred? I should have. Oh my God, I can't believe I forgot! He's going to be so mad. He may never talk to me again. Maybe I should stop and call him right now. No. I don't want to stop the car right now..."

Notice that the voice takes both sides of the conversation. It doesn't care which side it takes, just as long as it gets to keep on talking. When you're tired and trying to sleep, it's the voice inside your head that says,

"What am I doing? I can't go to sleep yet. I forgot to call Fred. I remembered in the car but I didn't call. If I don't call now...oh wait, it's too late. I shouldn't call him now. I don't even know why I thought about it. I need to fall asleep. Oh blah, blah, blah...yada, yada, yada..."

Chapter 3: Who Are you?

Do you Identify as your labels? Who you were? External Objects? Thoughts?

Chapter 4: The Lucid Self

Consciousness has the ability to selectively focus awareness on specific objects

Chapter 8: Let Go Now or Fall

Fear is a Thing – *Resistance* leads to *Struggle* – *attempting to protect from problems creates more problems.*

Chapter 8: Let Go Now or Fall

The purpose of spiritual evolution is to remove the blockages that cause your fear. The alternative is to protect your blockages so that you don't have to feel fear. To do this, however, you will have to try to control everything in order to avoid your inner issues. It's hard to understand how we decided that avoiding our inner issues is an intelligent thing to do, but everybody's doing it. Everyone is saying, "I will do every single thing I can to keep my stuff. If you say anything that disturbs me, I will defend myself. I'll yell at you and make you take it back. If you cause any disturbance inside of me, I will make you so sorry." In other words, if somebody does something that stimulates fear, you think they did something wrong. You then do everything you can to make sure they never do it again. First you defend yourself, and then you protect yourself. You do whatever you can to keep from feeling disturbance.

Eventually, you become wise enough to realize that you do not want that stuff inside of you. It doesn't matter who stimulates it. It doesn't matter what situation hits it. It doesn't matter whether it makes sense, or whether it seems fair or not. Unfortunately, most of us are not that wise. We're really not trying to be free of our stuff; we're trying to justify keeping it.

If you truly want to grow spiritually, you'll realize that keeping your stuff is keeping you trapped. Eventually you'll want out, at any cost. You will then realize that life is actually trying to help you. Life is surrounding you with people and situations that stimulate growth. You don't have to decide who's right or wrong. You don't have to worry about other people's issues. You only have to be willing to open your heart in the face of anything and everything and permit the purification process to take place. When you do this, the first thing you'll see is that situations will unfold that hit your stuff. But, in truth, that's exactly what has been happening your entire life. The only difference is that now you see it as a good thing because it's an opportunity to let go.

Chapter 11: Pain, The Price of Freedom

Once you look inside yourself and start to own this, you will see that you are back to the same two foundational choices. One choice is to leave the pain inside and continue to struggle with the outside. The other choice is to decide that you don't want to spend your entire life avoiding the inner pain; you'd rather get rid of it. Few people ever dare to turn the process inside like this. Most people don't even realize that they are running around with pockets of pain inside that need to be worked out. Do you really want to carry that inside and have to manipulate the world to avoid feeling it? What would your life be like if it wasn't run by that pain? You would be free. You could walk around this world completely free, just having fun, just being comfortable with whatever happens. You can actually live a life full of interesting experiences and just enjoy these experiences whatever they are. In essence, you can simply live your life and experience what it's like to be on a planet that is spinning around in the middle of nowhere, until you die.



A Retrospective of our last ten books ONE THING

The Method Method	Sustainable human-centered business is the key to thriving in today's reality, daring to do things not only differently but better, existing in between tensions, mashing them up for the greater good, bringing higher purpose based on culture and design.
The School of Greatness	Greatness is not reserved for an elite few, it is something inherent in each of us. It is cultivated from within. The masters of greatness became that way because they applied specific habits and tools to embrace and overcome adversity in their lives.
The Obstacle is the Way	Although we don't control external events, we can control ourselves and our responses to those events. Every obstacle poses an opportunity to improve our condition. We have the power to turn adversity into our advantage and revolutionize our lives!
Just Listen	Be more interested than interesting.
Titan: The Life of John D Rockefeller	We study the lives of famous people who have impacted the world in order to better understand our own impact on the world. Every human being is a complex enigma containing both beauty and darkness.
Reading Magic	Reading with a family whether family by blood, profession, or interests, leads to delight and food for thought, which presents a lot of goodness and positive growth for the entire community. Read continually... experience books, learn from books, share books!
The Power of TED	Shift happens when we break out of the default mode of victim and adopt the creator mode of being.
The Memo	Women of color and underrepresented groups are sometimes at a disadvantage in the workplace especially when it comes to securing high level positions. Become aware of your unconscious bias.
Made to Stick	Sticky messages of all kinds, whether true or false, draw their power from the same six principles: 1. Simplicity 2. Unexpectedness 3. Concreteness 4. Credibility 5. Emotions 6. Stories. "As we pored over hundreds of sticky ideas, we saw, over and over, the same six principles at work" From Made to Stick
Occasional Magic	"Educating the mind without educating the heart is no education at all." Aristotle



Let's Pan for Some Gold

What thought, or idea had the biggest impact on you today?

What is your ONE THING? What one specific action you will take TODAY from what was discussed?



Our Faculty, Our Sponsors, Our Cause



Calendar of Events

San Antonio	San Antonio	Corpus	Houston	San Antonio	West Side
"1st Friday"	Wine & Cheese	2nd Tuesday	4th Thursday	"4th Friday"	3rd Wednesday
7:30AM	5:30 PM	5:30 PM	11:30AM	8:00 AM	12:00 Noon
Wittigs	Haworth Smartworld	Wittigs Haworth	Wittigs Haworth	Alpha Home	American Sunrise Good Samaritan
6-Mar	11-Mar	10-Mar	26-Mar	27-Mar	18-Mar
Judy Zimmerman Work is Love Made Visible	Peter Braeuler Think & Grow Rich	Peter Braeuler Think & Grow Rich	Robyn Tresnak Talent is Never Enough	Robyn Tresnak Talent is Never Enough	Phil Bohlender 7 Essential Traits of Coaches
3-Apr	8-Apr	14-Apr	23-Apr	24-Apr	15-Apr
Marisa Ortiz Big Magic	Robert Schmidt A Republic. If You Can Keep It	Robert Schmidt A Republic. If You Can Keep It	Pat Whitty Man's Search for Meaning	Pat Whitty Man's Search for Meaning	Robert Schmidt The Alchemist
1-May	13-May	12-May	21-May	22-May	20-May
TBD	Malcolm Coon Sapiens	Malcolm Coon Sapiens	Judith Cutright The Obstacle is the Way	Judith Cutright The Obstacle is the Way	Marisa Ortiz The Four Agreements