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Who are you? When you start exploring this question, you'll understand how elusive it really is. Are you a body? A collection of experiences and memories? A relationship partner? Every time you look at aspects of yourself, you realize that there are many more of you than can be determined by each of them. In this book, spiritual teacher Michael Singer explores the question of who we... (保保保部) Who are you? When you start exploring this question, you'll understand how elusive it really is. Are you a body? A collection of experiences and memories? A relationship partner? Every time you look at aspects of yourself, you realize that there are many more of you than can be determined by each of them. In this book, spiritual teacher Michael Singer explores the question of who we are and concludes that our identity will be revealed in our minds, the fact of our ability to observe ourselves and the world around us. By spanning in the traditions of meditation and mindfulness, Singer shows how the development of consciousness can enable us to live in the present moment and leave behind painful thoughts and memories that keep us from achieving happiness and self-realization. Divided into five parts, the book offers a frank and friendly discussion of consciousness and how we can develop it. In part one, he explores the concept of me and the internal dialogue that everyone uses. The second part looks at the experience of the energy flowing through us and works to show readers how to open their hearts to the energy of experience that permeates their lives. Ways to overcome trends that need to be converged on the rest of the world are subject to a third part. The enlightenment and embrace of universal consciousness are the subject of part four. Finally, in part five, Singer returns to everyday life and the pursuit of unconditional happiness. The whole book maintains a light and compelling tone, free from heavy dogmas and recommended religious references. Easy exercises in each chapter help readers get acquainted with the ideas that Singer presents. 我要写书评 熊猫聊财经 2012-01-04 12:50:06 重庆大学出版社2010版 还在校园的时候,偶然的机会了解到人自我的分裂.犹如主人和奴隶的关系,是相互驱动的,算是认识自己的一个进步.不过始终不得解,如何发现并控制自己的这种分裂,如何帮助自己从诸多痛苦中走出.那个时候悟不出,不了了之,事情就这样慢慢的过去而淡忘了. 这些年中,继续遭... (展开) 19 2回应 收起 迁树临疯 2016-01-29 16:11:59 江苏凤凰文艺出版社2016版 (Extended) 17 1 9 Answers collected for you 2014-08-17 14:33:22 Oak Culture 2010 Generally speaking, we all live too much Entrance, like watching the fans, from the outside world 劇牽simon緒 and thinking緒, so 韞 seven feelings above, jumping like thunder, sadness. But we're not 緒, are we 緒 when we don't have feelings? We're 緒, and when we're not thinking, we're (Expanded) 9 1 4 Answers Written Pan Yu 2017-06-26 04: 26: 40 This book review may have a key plot revealed that I read this book of rejection test, in the reading process I think many of the opinions in the book are particularly reasonable and operational, the reading process can really experience its own development and quiet in a normal life. The summary is as follows, and I would like to share with you: Step 1 recognizes the separation of one and the self-like that he is himself the master of experiences, and all feelings are one... (Extended) 6 0 Response Evening Moon 2010-11-17 13:03:23 Chongqing University Press 2010 edition I think this book is very suitable for personal pain after confusion when seeking faith again. You will know all the contradictions and pains in your heart, listen to the voices that make you helpless and dare to face everything. There's nothing no one can face. Believe in yourself. (Extended) 1 0 Answer Collect Rome 2016-05-19 20:51:51 Jiangsu Phoenix Literary Publishing House 2016 Edition This is a book that will make people think after reading, bring you sober feelings and feelings. Here are some of my thoughts and thoughts on some of the sentences in the book I want to share with you. To live soberly is to enjoy the situation, not to complain, not to run, to change, to try. 1. There is a very easy way to keep your heart open. It's never close to the heart. Live soberly... (Extended) 4 1 Answer Cancel Smoke like Snow 2016-03-04 10:36:05 Jiangsu Phoenix Literary Publishing House 2016 edition/Smoke like snow If you expend all your energy to stay extreme, then you won't make any progress. You're stuck in the same situation. It's a problem, I'm standing up, I'm trapped in a pit, it's a little more trivial, I'm not trying to stop it, how to get rid of this extreme ... At that time I looked at the book Alive Awake, the Book of great Nirvana has clouds, life has eight difficulties... (Extended) 2 3 Answer I am Cristi 2016-03-23 20:33:04 Jiangsu Phoenix Literary Publishing House 2016 Edition In particular, it is important to be true to yourself; just as you have day and night, faithful to yourself will not cheat on others. This is what the author quotes in the book. In Living Sober, the master of mind, Mike Singer, creates a calm and relaxed environment to get to know ourselves, change ourselves and live a better life. I'm very sensitive... (Extended) 2 0 Answers Close D 2017-01-19 14:33:43 This Book may have a key plot revealed this book is about personal transformation. It teaches you how to improve, hone, meditation and self-assessment. In this book she presents some basic and important concepts. First, awareness. Awareness can help you understand who really... (展开) 1 0回应 收起 李白 2016-09-26 04:54:38 神棍是广东俗语吧,就是拿信仰迷信等方式赚钱的人. 我对赚钱保保保保保常没保保保保判断,要是你卖保个保仰,但保保你真能达到给予保保保保,提保保保保保保作保,我觉保保没保什么保问题俄诗保Pushkin讲过,保个能提保你保魂保谎保,比保个底保真相更为珍(A) (A scam) (A scam) (A scam) 2 10回应 收保 & 更评 32篇 author: Michael A. SingerOrigia: The Unsupported Soul: The Journey Beyond YouBook: HarmonicaNumber of pages: 200 pagesFirst Published in: January 1, 2007, 2007 Philosophy, PsychologyForm: ePUB(Android), Sound Mp3, Audiobooks and The Translated Version of this book is available in Spanish, English, Chinese, Russian, Hindi, Bengali, Arabic, Portuguese, Indonesian/Malaysian, French, Japanese, German and many others for free download. Please note that the tricks or techniques listed in this pdf file have been invented or claimed to work by its creator. We do not guarantee that these techniques will work for you. Some of the techniques listed in The Unaldable Soul: The journey beyond itself may require a solid knowledge of hypnosis, users are advised to leave these sections, or they must have a basic understanding of the topic before practicing them. DMCA and Copyright: The book is not hosted on our servers to remove the file, please contact the source URL. If you see a link in Google Drive instead of a SOURCE URL, it means that the witch file you will receive after approval is only a summary of the original book or the file has already been removed. The unsaled soul teaches readers how to explore and control their minds for a more peaceful, happy and fulfilling life. Bullet SummaryStop is trying to change the outside world: the shift that should be happy and peaceful is inside youOnly something negative: meditate and learn to let negative thoughts go without affecting youBoana is OK. Feel the pain and slowly leave itFor The Author: Michael Singer is a spiritual teacher who has spent years with yoga and meditation. Discover your inner Voice, our mind never stops humming in the background. It always pushes thoughts and interprets what it gets from our senses. The first step to enlightenment is to be able to hear that voice that the Uneded Soul calls an inner voice. The inner Voice is ours. Our inner voice affects our emotions, and our emotions in turn affect our How we perceive ourselves is the personal self. For example, if we often feel jealous -only level-, then we will think of ourselves as jealous person -this is the personal self, how we perceive ourselves-. But it's a mistake. The inner voice is NOT You, this is the key concept of the Unadulterate Soul. What you think and feel is not your real feeling. Feelings and thoughts don't define you. Your inner voice is not you. It is also an important lesson from Eckard Toll, another famous spiritual teacher and author of The Power of Now. To connect with your true selfThe only way to get past your inner voice is to meditate for 15 minutes minimum. After a while, you'll notice that your Inner Voice background is gone. And then you can connect with who you really are. Shield Out Negative: Flow & Pain ResistanceMichael Singer tells about the negative events in our lives and how to prevent them from leaving a lasting effect. And here's an example for you: Imagine driving and seeing your ex with someone else. You'll keep driving, but your ex's thoughts will depress you for days. This happens at the level of the inner voice and continues to plague us for a long time because we hold and block internal thoughts within us. The author instead recommends leaning back from negative, painful thoughts. Look at them. But don't stay in them, and they won't remember you. Meditation will help you achieve the power to deal with it. Examples of blocking VS To go to workExammy on blocking are:God I am so weak, I need to roll over with herI want a new and better friend to show her And I want revenge on herMichael Singer says we need to learn instead of letting the thoughts of the inner voice pass. Negative thoughts will come, but you let them go instead of holding them. Examples of letting: It will be painful, but I will not resist and I will overcomeThis image will run through my head for a few days and it's OK. It's just another event of my life, you'll pass for more on renting and trauma, also read:Letting GoThe Body Holds Result Not attaching feelings to Thoughts Most thoughts in our minds are not true. They are random or highly distorted to negativity. When we entertain them, think about them, and attach feelings to them, then they become real. And then they poison our lives. Learning to let negative thoughts roam without entertaining them and without attaching them feelings is liberating. May Fear Flow The Uneded Soul explain how, for evolutionary reasons, we attach more weight and importance to negative information. But fear is just another thought for our inner voice. It's not you. He's not even a part of you. And just like jealousy, instead of bottled it, get in the way and eat you, you can accept it and let it go. Makes Life Mimichael Singer explains how contemplating death can help make our lives more meaningful. You also read how to take advantage of death for a better life. Real-life AppsSa fun meditation is not what things, it has real, proven benefits. It's something that's always been hard for me. I want to win, and I hate losing. I'm very happy to be improving in keeping quiet and changing my life. If you've read my résumés, you know I love a well-organized book. I don't think The Unseeded Soul is well organized. Longish Feeling felt like a little long, multi-word prose sometimes. I think the Unadulterated Soul may have been shorter and built around 2-3 key deep wise men of the wisdom it presents and how to reach this state. A lot of hope, a little how to understand that the Ignorant Soul may have gone a little deeper into how to reach the enlightened stage that the author is talking about. To relax from fear is not as useful as to say it took me X years to reach this level of awareness, and every day I have done X, Y, Z. There is strength in pain Sometimes you have to accept a painful memory and find a way through it. But sometimes there is strength in pain. Pain and failures can be cathartic moments of growth, and you do not necessarily overcome them. Anger allowed me to grow and build my life the way I wanted it to. I'm talking about it here:PROSDeep wisdom Unsupported soul promotes some key concepts of meditation and spiritual awakening, and it's a good thing. Useful, practical knowledge, although it reaches the level of awareness and control that is needed to relax things, is not easy. I believe that this is a key, central skill of the empowered (and happy) life. And while it's not easy, it's certainly within reach of all of us. The show The unseeded soul is about the ultimate control: mind control. This reminded a little of Eleven Rings, where Phil also talks about his meditation practice of thinking come and go. After a while, you'll realize that these thoughts have less power over you. Definitely a book of reading and caring. Read more summaries or get the book on Amazon

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