



Wisdom Untethered CLASS 1-the Mind to Witnessing

Questions Naturally Arise as you Begin to Experience the Transformation of Freedom & Peace

The Value of Asking Questions

- Questions open the heart and mind, inviting curiosity in place of certainty.
- Honest inquiry loosens the inner blockages that keep us bound.
- Each question reveals another layer of self-awareness within us.
- Asking keeps us humble and open, and wisdom

We Desire Peace & Freedom

**How do we release
the inner blockages
that have kept us
bound?**



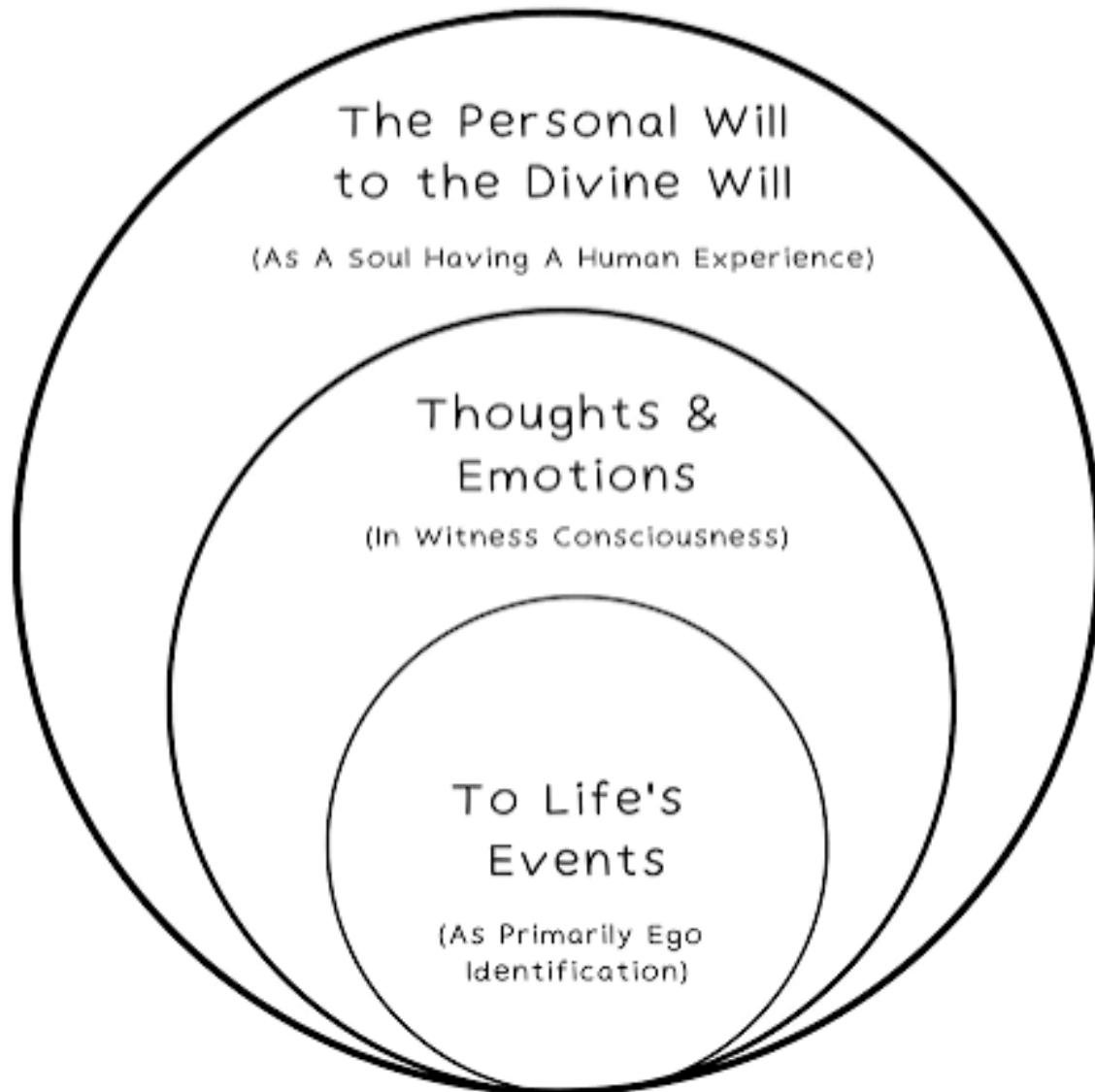


Questions are an Integral Part of our Spiritual Journey

- Our questions arise as we navigate our thoughts and emotions, as we learn to release inner blockages that have kept us bound, as the mind tries to reassert control, as the heart opens and closes, and the journey unfolds layer by layer, deeper and deeper.
- We learn to embrace life's challenges and surrender in the moments that matter most.

3 Levels of Surrender

I surrender:



**Are you
willing to let
go?**

**Surrender is a
Spiritual Practice**

An artistic illustration of a person in a meditative pose (lotus position) sitting on a small, dark, rounded hill. The person is silhouetted against a bright, glowing circular light source, likely the sun, which creates a halo effect. The sky is filled with soft, wavy, horizontal bands of orange and yellow, suggesting a sunset or sunrise. The foreground consists of dark, wavy, horizontal bands of blue and green, representing water or a misty landscape. The overall mood is peaceful and contemplative.

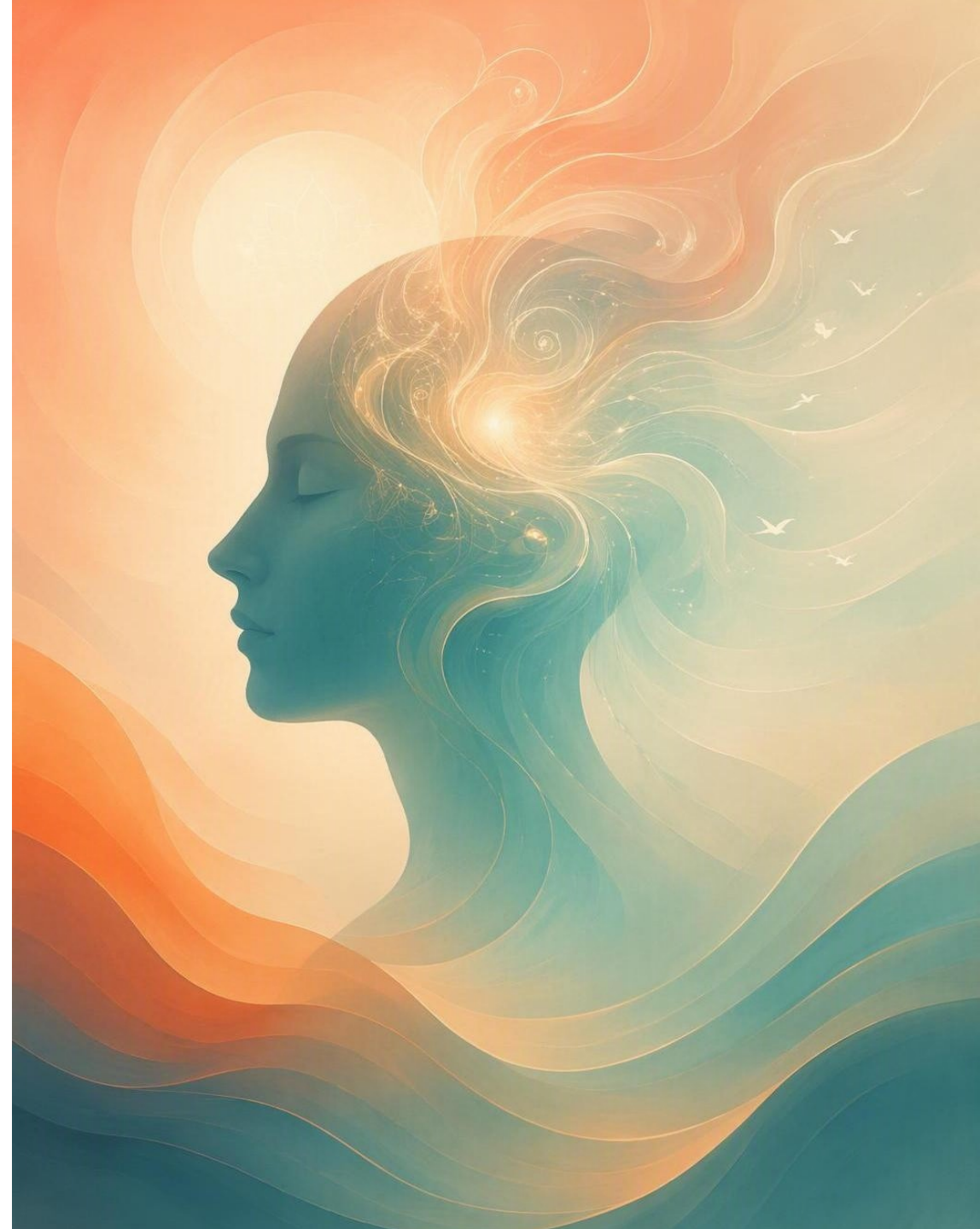
The Foundation

Understanding the Inner Self

- **The Mind** — You are not the voice in your head, but the awareness that hears it. Its endless chatter narrates and judges, yet it is not who you are.
- **Emotions** — Feelings are energy passing through you. Suffering comes from resisting the feelings passing through; freedom comes from letting the feelings flow and release.
- **Ego & Self-Concept** — By clinging to desires, fears, and preferences, the mind builds a false self that is not your true being.
- **Witness Consciousness** — Behind every thought and emotion sits the one who watches. Resting in this seat of awareness is the Self.

Questions about the Mind

- **A.** — Who is the one that hears the voice talking inside your head?
- **B.** — If you can watch your thoughts, can you really be the thoughts you are watching?
- **C.** — Why won't the mind's constant chatter stop, and what is it that it keeps trying to protect?



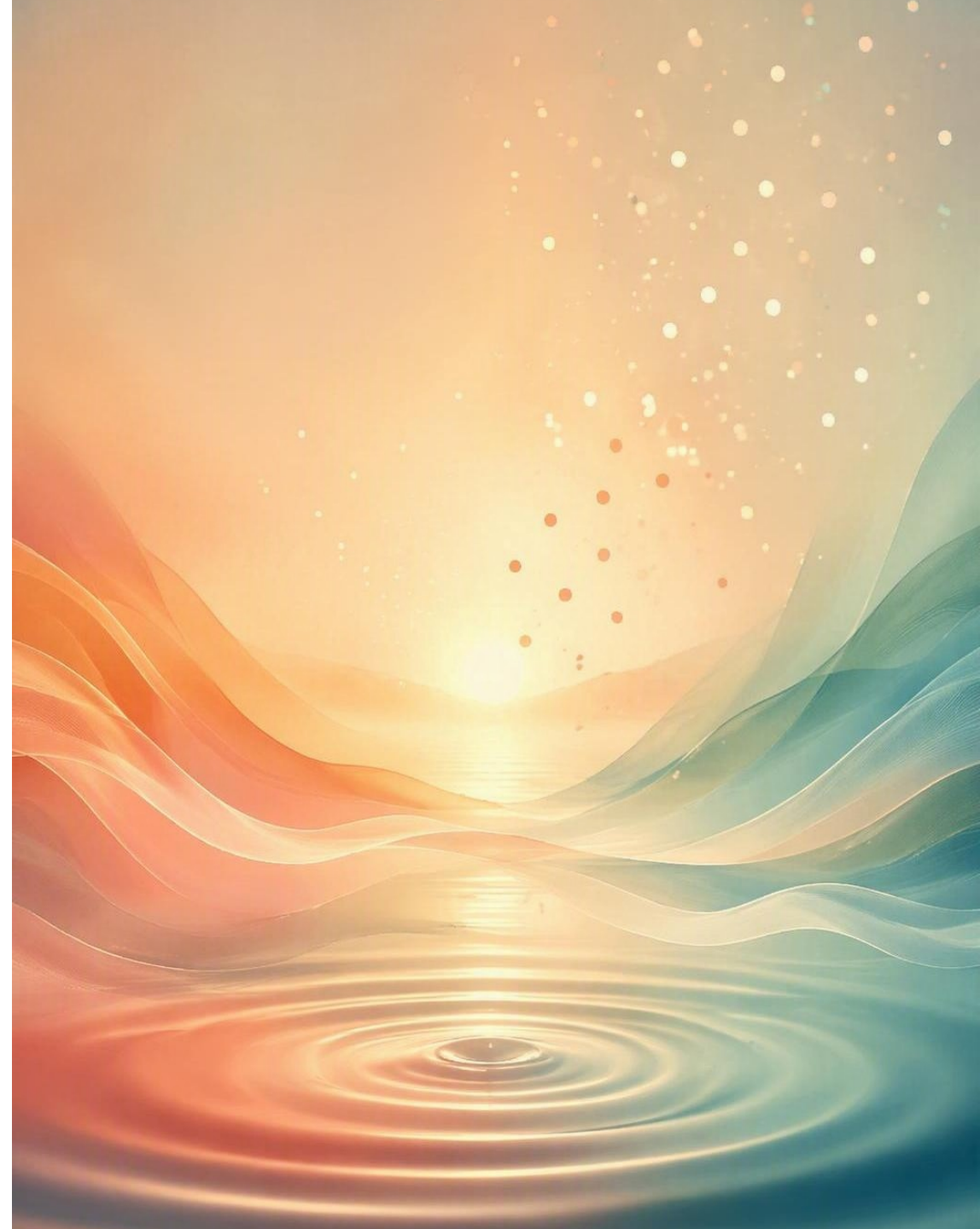
Questions about the Mind

1-2 — How do I handle the narration in my mind that creates doubt, guilt, or fear?

1-3 — How can I shift from personal to impersonal thinking?

1-4 — Isn't the mind helpful sometimes? Which part of my mind do I listen to?

1-5 — How do I apply the teachings of letting go when I have an anxiety disorder? Is it really the same process as for those who don't have psychological illness?





Questions about Emotions

2-1 — How do I differentiate between suppressing emotions and allowing them to pass through naturally?

2-4 — Should I actively trigger suppressed emotions to release them?

2-5 — How do you know when you've worked through emotional pain?

2-9 — When heavy emotional pain arises, how can I increase my capacity to relax and release it?



Questions about Ego and Self-Concept

3-1 — What is the purpose of the ego?

3-2 — What does it mean to let go, and how does that relate

to the ego and identity?

3-4 — I struggle with insecurity and worry about how others

perceive me. I realize that this worry is unnecessary, but I don't know how to let go of it.

3-8 — Could your teachings on relaxing and releasing just be another form of spiritual by-passing? Am I truly healing, or am I just avoiding my pain?



Questions about Witness Consciousness

4-1 — How do I cultivate focus and witness consciousness in my daily life?

4-2 — What is the concept of “falling behind things” in your teachings?

4-3 — I don’t see how my personal life is “not personal.” I accept that events outside my influence are impersonal, but how does this apply to my immediate life, like my family, work, or my belongings?

4-9 — I carry a deep blockage that has significantly impacted my life. I am doing better but sometimes I lose it. If I try to sit in the witness, I actually feel more tension and discomfort. How do I release such a deep samskara?



Wisdom Untethered CLASS 2 Samskaras to Surrender

Questions Naturally Arise as you Begin to Experience the Transformation of Freedom & Peace

What Are Samskaras?

Stored inner impressions

Samskaras are the leftover energy of past experiences — impressions held inside you rather than released.

- They form from what you weren't willing to fully feel
- Instead of moving through you, the energy got pushed down
- Suppressed, it stays stored — and keeps shaping how you react today

Questions about Samskaras

Releasing Stored Impressions

5-1--- Is there a specific sensation that indicates a successful release of a samskara?

5-2--- How can I stop storing new samskaras when daily life constantly triggers emotional reactions?

5-3--- How do I release pain from my heart? I am not sure how to let go of emotional pain.

5-4--- How does letting go relate to discomfort and growth?

Reflection

Samskaras

- Describe in your own words what a samskara is.
- How do you learn to stop storing samskaras?

6-1---How do I deal with recurring preferences and their root causes?

6-2---How do I handle anger and preferences when I'm unhappy with someone's behavior?

6-3---How do I let go of my preferences and opinions without denying my individuality?

6-6---What is your take on striving to satisfy your preferences?

Reflection

Desires and Preferences

- **Are values just preferences?**
- **Can your values close you to the rest of the world?**

Life Is Going to Do What Life Does

You can resist what is or relax and accept the reality of the moment.

7-1---How can I not feel resistance during tragic events?

7-2---Why do we store bad experiences and how can we let them go?

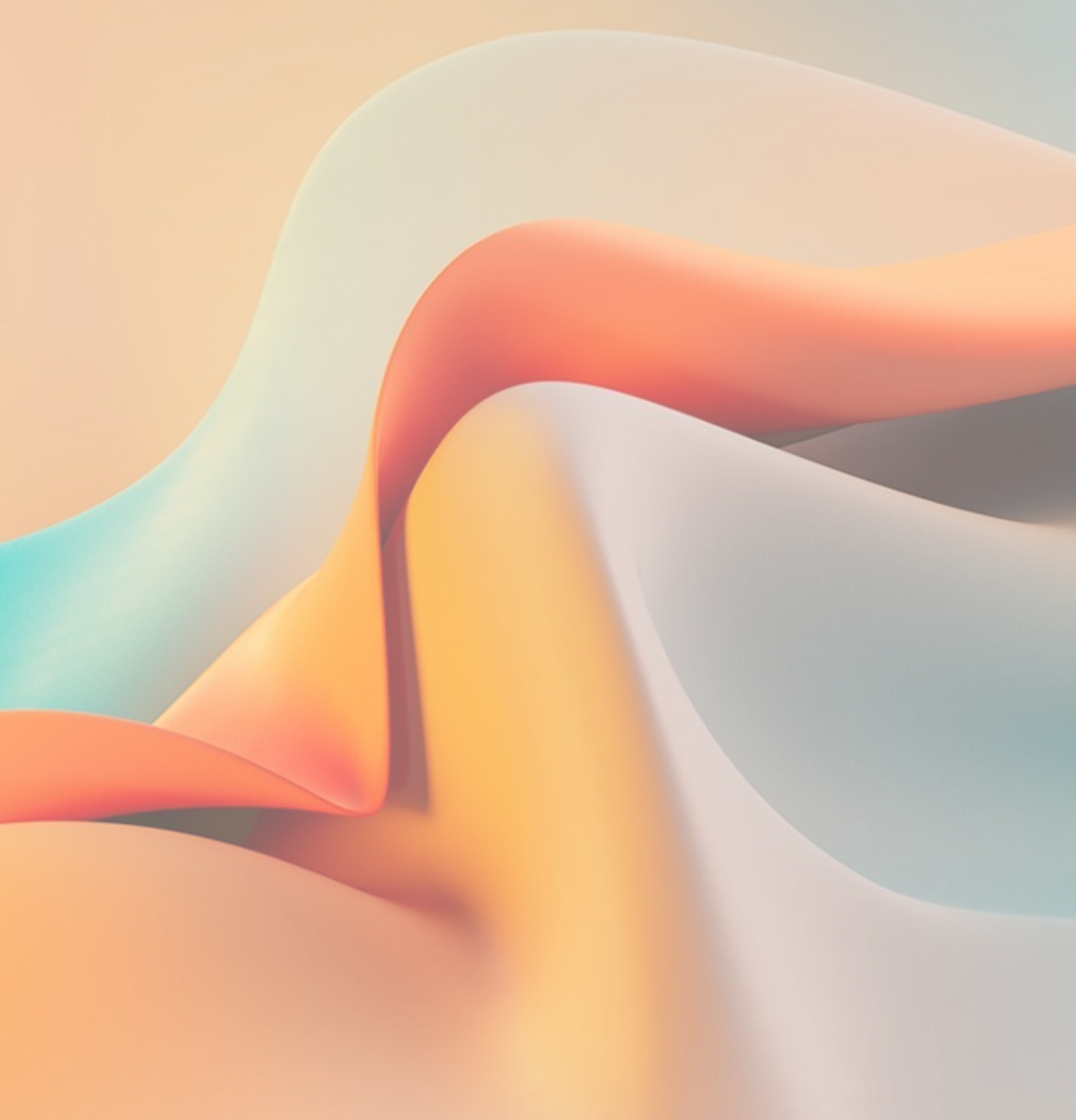
7-3---Can avoiding difficult situations, instead of having to resist them, be helpful for your spiritual growth?

7-6---Is it normal to feel constant stress even while relaxing and releasing to make sure I am not suppressing instead of actually letting go?

Reflection

Resistance, Acceptance, Equanimity

- **Why does resistance cause suffering?**
- **Why does acceptance let you walk through both pleasure and pain without suffering?**
- **Does the word equanimity apply here?**



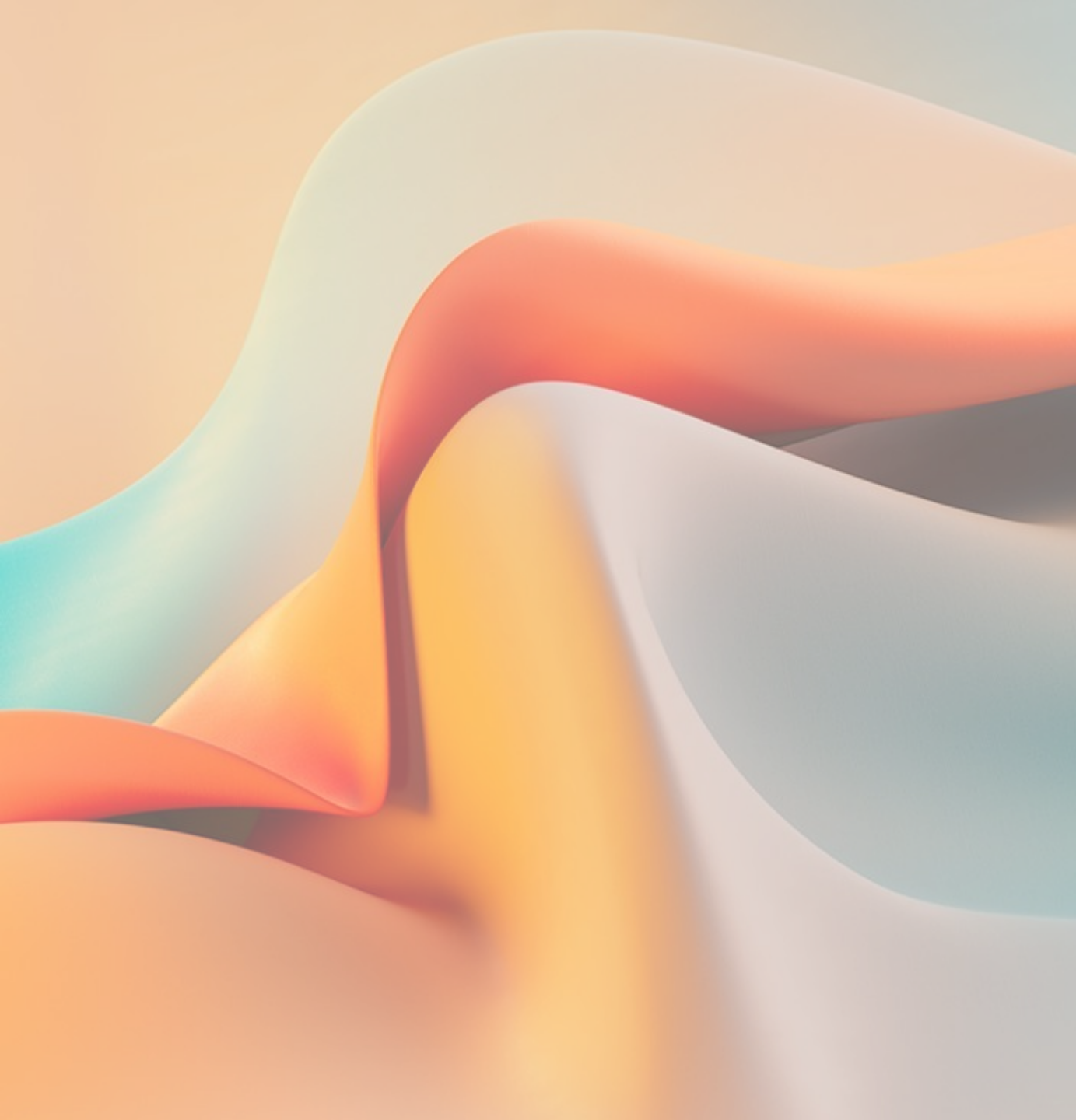
Class 3

REVIEW

Surrender
Letting Go
Growth & Transformation
Dealing with Fear

REVIEW

The Foundation
Starting the Journey
Walking the Path



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Surrender
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REVIEW

The Foundation
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The Mind

Emotions

Ego & Self-Concept

Witness Consciousness

The Foundation

Samskaras

Desires & Preferences

Resistance & Acceptance

Surrender

STARTING THE JOURNEY



SURRENDER- **Releasing** **Samskaras**

Getting Out of the Way

- **1. Stop trying to control**
- **2. Let go of the part of you that is always fighting life**
- **3. Trusting life knows what it is doing**
- **4. You will be o.k. whatever happens**

Surrender Is Getting Out of the Way-*In a spiritual sense, surrender*
isn't about giving up — it's about getting out of the way. Freedom is
not changing life — it's ceasing to fight with life.

8-1---Are Acceptance and Surrender the same thing?

8-3---Do I let someone belittle me? Is speaking up for myself or avoiding them a form of suppression?

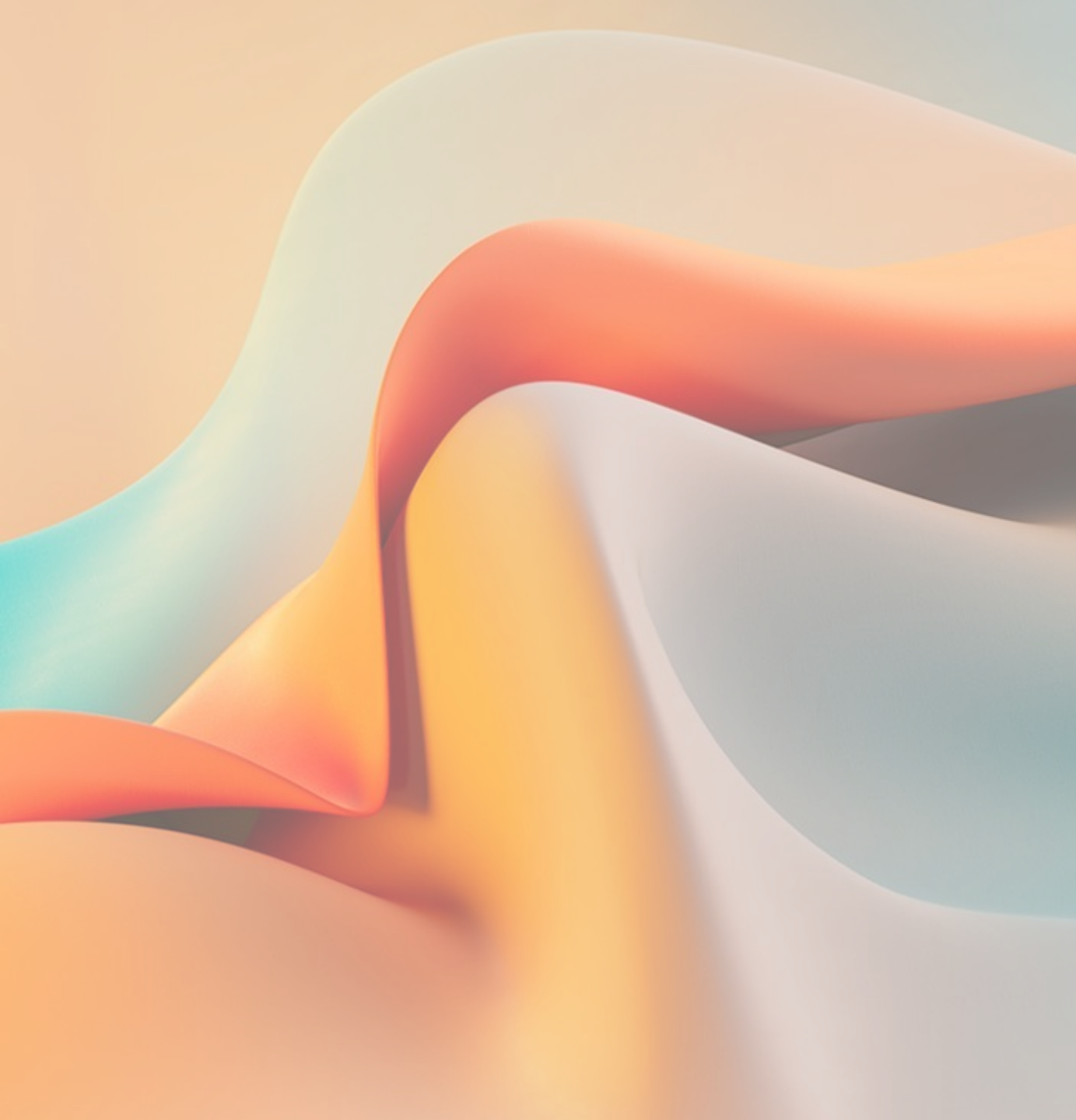
8-7---What role does trust play in surrender?

8-8---What is the highest form of surrender? Shakti moves freely

Reflection

Chapter 8 — Surrender

How do you understand surrender differently now than before you read Chapter 8 and worked through its questions? What is **shakti**? What does this have to do with the **flow of life**?



**Letting go
of any part
of me that
wants to
Resist.**

**Surrender &
Letting Go**

WHEN YOU LET
GO, YOU CREATE
SPACE FOR
BETTER THINGS

Letting Go...not
something you
figure out; it's
something you
do

Relax instead of
React



Letting Go

What we release makes room for what comes next.

Questions on Letting Go

9-2

Is there some clear way to be sure that I have let go instead of suppressing?

9-4

I struggle with consistently letting go, but sometimes it doesn't seem to work. How do I know if I am doing it correctly?

9-6

Some of my blockages seem to keep coming back — what am I doing wrong?

9-10

Can loving and thanking inner demons or past struggles be part of letting go?

Reflection

Chapter 9 — Letting Go

Why should you practice letting go when your buttons are pushed? Singer says “Letting Go” is not hard. You have just been taught to do the opposite---you hold on to everything that has ever bothered you. How do you develop the new habit if “Letting Go” to replace holding on? **Do you have to “let go” perfectly?**

Life Is Happening For You

Life is not happening to you; it is happening for you. It is showing you exactly where you're still holding on.

Growth means learning to use those moments not to protect your blockages, but to release them.

You do not grow by controlling life; you grow by letting go of the part of you that needs to control.

Let's learn to embrace discomfort, meet your edges, and allow life itself to lead your transformation from within.

Questions

10-1

How can I avoid adapting my life to fit my internal problems?

10-3

Why does my ego resist so strongly when I try to stay centered and let go?

10-4

How do I maintain a high state when I feel like I'm backsliding?

10-10

How does setting boundaries affect spiritual growth?

Chapter 10 Growth & Transformation

Reflection

Growth means learning to use moments of every day to release your blockages---not protect them?

Think of your patterns when daily upset arises. Have you used your mind to spin a tale that protects your blockages or are you building a pattern of being aware of your upset, leaning back, letting go, & releasing blockages? How does “go with the flow”

Fear Is Not Your Enemy

It is a sign that you are being given a sacred opportunity to relax and let go.

Soften around the fearful energy.

Use it as a doorway.



Questions

11-1

How do I work with fear in a compassionate way?

11-3

What is the relationship between our fears and our preferences?

11-5

Fear around letting go of the ego. I am concerned I will become nothing. Is this the ego trying to hold on to its false self-concept?

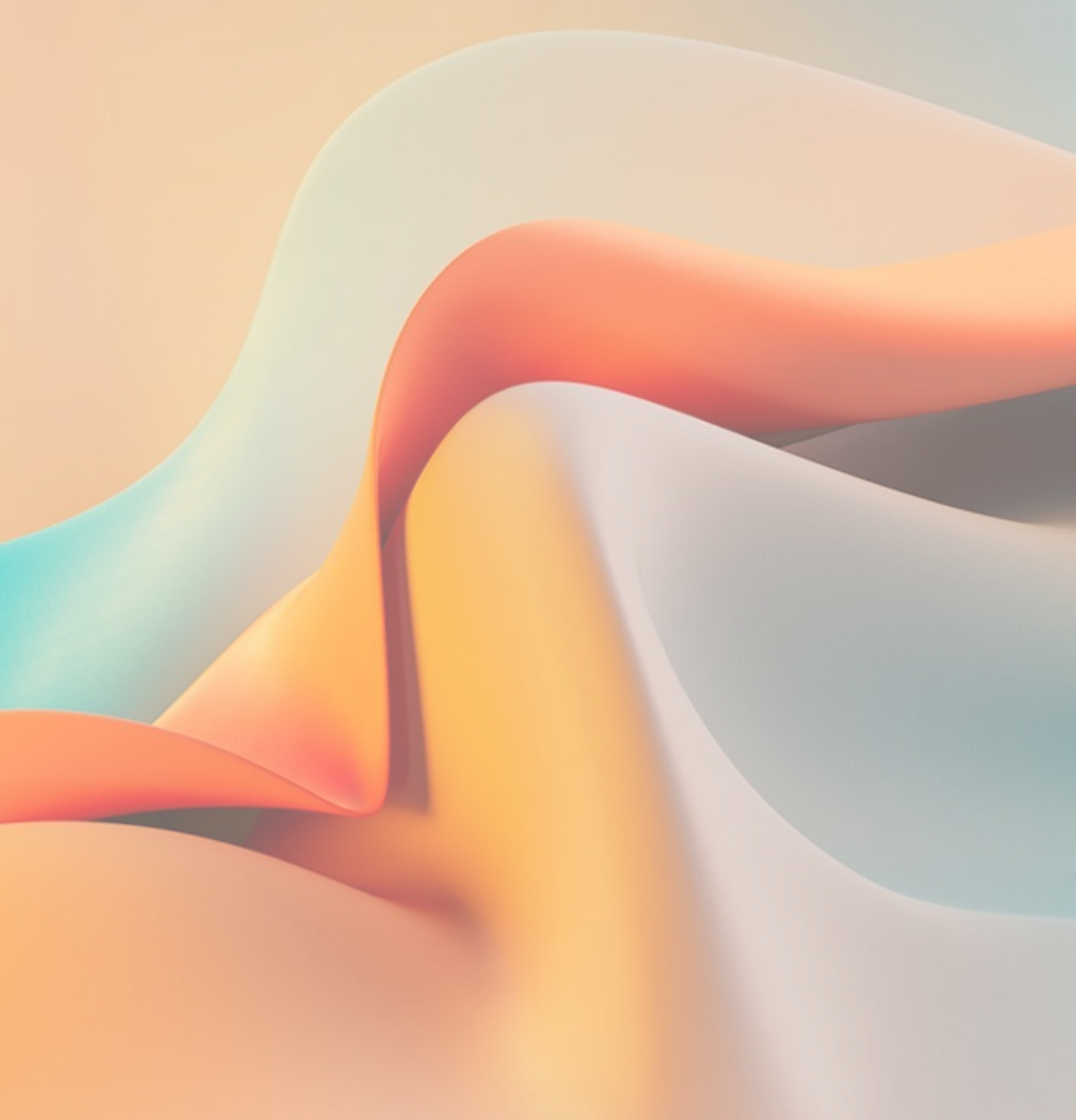
11-7

I fear life tragedies. How does surrender work when someone is experiencing extreme tragedy and pain?

Reflection

Chapter 11 — Dealing with Fear

Psychological fear rises up like a wave, pulling your attention, demanding control, and convincing you that something has to change outside. But that fear isn't outside---it lives inside, buried deep within your psyche from past experiences you never fully let go of. How do you **soften around it** and use it as a **doorway back to the part of you that was never afraid in the first place?**



Class 4

Walking The Path

**12. Karma, Free Will, &
The Law of Attraction**

13. Spiritual Practices

14. The Real Teacher

Right Action

15. Decision Making

REVIEW

What is Samskara?

What is Shakti?

The Deeper Truth Behind it All

Chapter 12 — Karma, Free Will & the Law of Attraction

Karma is just the energy you haven't let go of yet.

Free will is the choice to release or to cling.

And what you “attract” isn't some magical reward system.

It's your own consciousness shaping your experience of life.

Questions

12-2

How does Singer's teaching view karma, and how can one let go of it?

12-3

What is the connection between free will and karma?

12-5

What about the Law of Attraction? Is it a good thing to focus on?

12-6

How can I attract the right partner to build a family once I have a vision of a perfect future?

12-7

Does the external world change as I grow internally?

Reflection

Chapter 12 — Karma, Free Will & the Law of Attraction

What is Karma?

What is Free Will?

What is the Tao?

How can I look at the Law of Attraction in a higher, deeper way?

What does relaxation have to do with any of these things?

Spiritual Practice: Right Here, Right Now

Chapter 13 — Spiritual Practices

True spiritual practice is about what you're doing with your inner world, right here and now.

Every moment of your life gives you the opportunity to let go, to relax, and to rise above the noise inside.

The real practice is learning to release your resistance and surrender to the flow of life.

What does it mean to bring spiritual practice into every everyday moment?

How can you use your thoughts, emotions, and even discomfort as stepping stones to freedom?



There isn't anything except your own life that can be used as ground for your spiritual practice. Spiritual practice is your life, twenty-four hours a day.

— Pema Chodron —

AZ QUOTES

The Moments of Your Life Are Your Daily Practice

Your Moment to Moment Choices

Aligning with the Tao

Questions

13-2

How do I maintain my intent to relax and release when it starts to erode over time?

13-3

How can I bridge the gap between understanding spiritual teachings and living them consistently?

13-5

How can one maintain a spiritual focus without intense strain during purification periods?

13-6

Practicing my mantra feels like my mental chatter is fighting back even harder. Should I keep pushing through it, or is there a better approach?

13-9

How can I handle profound spiritual experiences without becoming ungrounded?

Reflection

Chapter 13 — Spiritual Practices

What is the power of gratitude, and how does it affect perception?

How are you using the moments of your life as a spiritual practice?

Singer said this is not some philosophical game. The highest form of living is using the unfolding of life as an opportunity to grow — and being truly grateful, so we can stay in harmony with life itself.

Who will share how they stay in a sense of gratitude for the unfolding of life?

Those of you who took the Starcke class, what is similar about Singer's teaching & Starcke's teaching?

Life Is the Real Spiritual Teacher

Chapter 14 — The Real Teacher

Every moment, every challenge, every inner reaction is here to show you exactly what you need to let go of in order to be free.

The question is whether you will drop the walls of ego and receive what life is already giving you.

True guidance comes from your own sincerity, your openness, and your commitment to letting go in the face of life as it is.

Questions

14-1

Can we learn everything we need from books, or do we need a spiritual teacher?

14-2

How do I find a guru or spiritual teacher?

14-3

Do the teachings of Christ relate to yoga, and if so, how?

14-4

How can I spread the truth about higher consciousness to people who are resistant or rooted in traditional beliefs?

14-5

How can I support my partner without becoming frustrated when they don't adopt the same teachings I follow?

Reflection

Chapter 14 — The Real Teacher

Do you understand how to use your life as your spiritual practice? **Who will speak on this?**

Do you understand how the teachings of Christ relate to yoga?

Yoga is about union. What are Christ's teachings suggesting we merge with?

Relationships give opportunity for growth. How do you use a relationship with someone for growth?

Chapter 15

Decision Making

Making Decisions from a Place of Clarity For the Benefit of the Overall Situation

The calmer you are,
the clearer you
think. Let your
decisions come from
a place of peace, not
from reaction.



Questions

15-2

When is the voice in my head just a thought, and when is it actually me? If I have to think through a major life decision, isn't that "me" doing it? If I ignore that voice, how do I make decisions?

15-3

If we are meant to surrender to life's unfolding, how do we make decisions? My mind keeps going over and over the possible choices in the situation I'm in. How do I navigate this?

15-4

Can you clarify the difference between judgment and discernment? For example, how do I avoid judgment while still using discernment in work or practical situations?

15-5

I often struggle with making personal decisions and feel paralyzed by the fear of making the wrong choice. How can I overcome this?

UNITY OF FORT LAUDERDALE

THRESHOLD

A Six-Week Journey to Wholeness

FACILITATED BY

Rev. Bryan Sawchuk

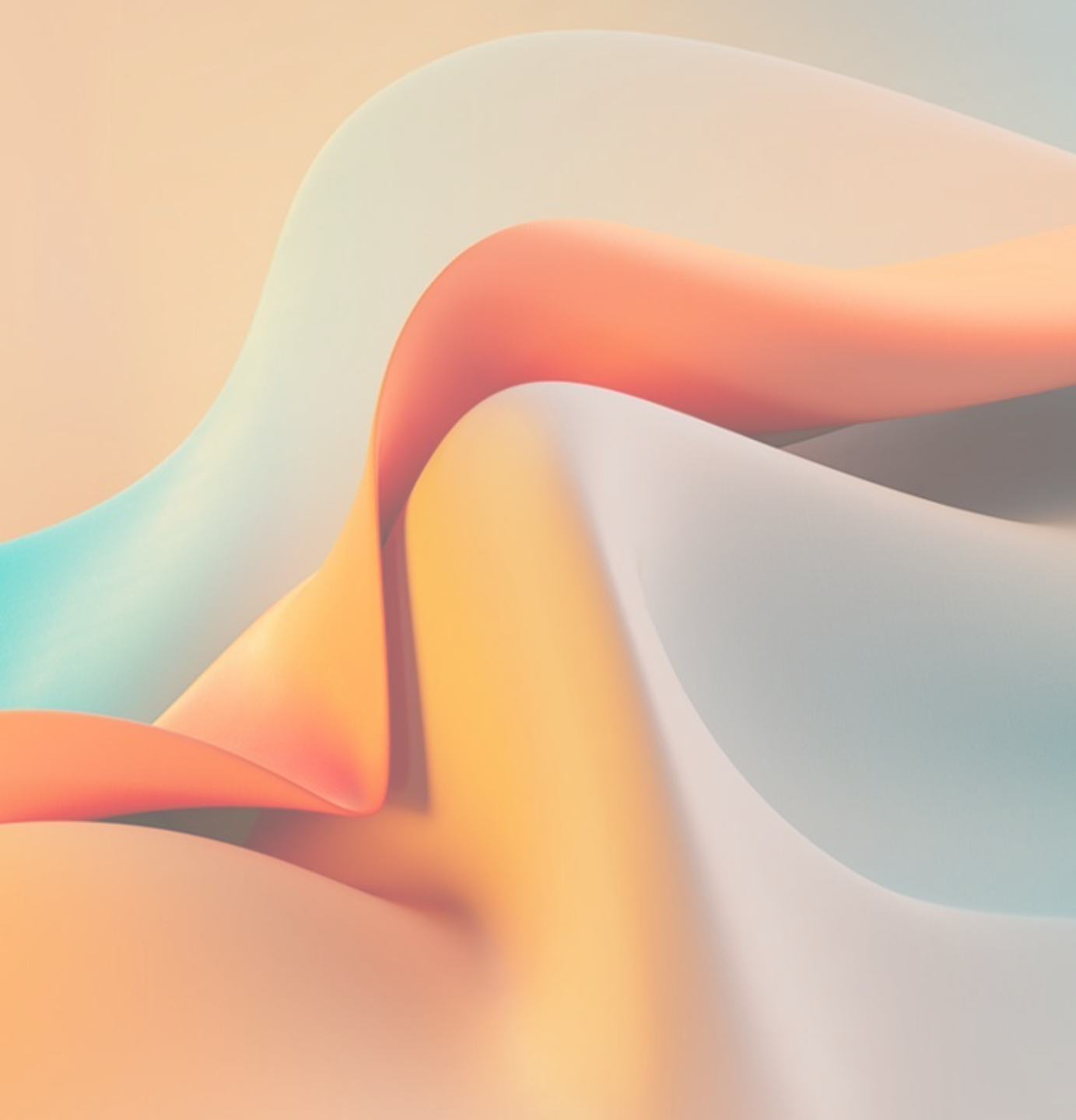
Senior Minister, Unity of Fort Lauderdale

CLASS BEGINS

October 13, 2026

6 WEEKS • VIA ZOOM • 7:00 PM





Class 5

RIGHT ACTION

15 Decision Making Review

16. Career and Work Life

17. Relationships

18 Engaging with the
World

THE ASCENT

19. Love & Compassion

REVIEW

How do you reach a state
of clarity so you can make
your best decisions?

Chapter Review

Chapter 15 — Decision Making

- Fear does not make good decisions. Cull out any options based merely on fear.
- Make decisions from clarity.
- Never look back or second-guess based on hindsight.
- Honor the situation, honor your decision, and honor the results.
- This is surrender, and it leads to the highest inner states.

“I did my best to serve the situation put before me. Now I place it all in the hands of reality. I am at peace with the whole thing.”

Chapter 16 Career and Work Life

Your job isn't separate from your spiritual path — it is your spiritual path.

Emails, meetings, deadlines, even the frustrations with coworkers: these are the very moments life gives you to let go, to grow, and to serve.

The question is whether you are bringing spirituality into work. Are you reacting from ego and stress, or showing up with clarity, presence, and a surrendered heart?

Your career can become a living practice.

Do your best and let go of the rest.

Questions

16-1

How can we use the practice of surrender to grow and act with higher leverage in business or professional life?

16-3

Does goal setting have a place in spiritual practice?

16-4

What is the difference between striving for excellence and being trapped in perfectionism? I am struggling with the balance between accepting life as it unfolds and doing my best to serve it.

16-5

How do I balance a hectic, demanding life with the need for inner peace and devotion? Do I need to find the time to slow down, turn inward, and overcome stress and energy blockages with spiritual practice?

16-8

I struggle with colleagues who are driven by ego, fear, and greed. How do I interact with negative people in my work environment while staying true to spiritual principles?



Reflection

Chapter 16 — Career and Work Life

01

Can we use each moment to uplift the energy of that moment?

02

Can we believe we can walk through life leaving everything better than we found it — not by forcing or controlling, but by being in harmony with what is?

What is the difference between striving for excellence and

03

What does it mean to be “in the world but not of it”?

Chapter 17

Relationships

One of the most powerful arenas for spiritual growth.



Relationships challenge your willingness to let go — not because they are easy, but because they ask everything of you.

Whether it is your partner, your child, or a coworker, the people in your life have a way of exposing where you are still clinging, resisting, and trying to control. That is a gift.

Every interaction can become a chance to rise above yourself. Bring your highest self into the relationship.

A doorway to unconditional love, deep surrender, and profound transformation.

Questions

17-1

Are relationships meant to teach us about overcoming ourselves?

17-3

How do I manage relationships while growing spiritually, especially when others don't understand my changes?

17-4

Is it possible to heal together in a relationship?

17-6

I'm in a difficult relationship that I'd like to salvage. We tend to close when we're around each other. What can I do to change that dynamic?



Reflection

Chapter 17 — Relationships

**Why do relationships
challenge us so much?**

**How do we grow from
these challenges?**

**How do we relate to
those who are coming
from ego?**

Chapter 18

Engaging with the World The world does not need you to be disturbed by what is happening. It needs you to be free enough inside to serve it.

Serving from inner freedom, not inner disturbance.



There will always be chaos, injustice, and darkness. Can you stay centered in peace while standing in the middle of it all?

Act from inner clarity — not to fix the world so you can feel okay, but to let go inside and bring something beautiful into it from love, strength, and surrender.

Do not fight life. Rise above yourself and serve what is in front of you with an open heart.

Questions

18-2

You suggest letting go of low-hanging fruit first, but how can we let go when terrible things are happening in this world?

18-3

How can I embody nonviolence (ahimsa) in daily life?

18-4

How can I contribute positively to a chaotic world without being overwhelmed by frustration?

18-5

How do we deal with evil in the world, such as people who harm innocent people?

Tonight's Guest Speaker



We are starting tonight's class with a guest speaker who will tell us about a **new format for communication**.

He will show you how to find it and how to use it.

Please welcome Ryan to our class tonight.

UNITY OF FORT LAUDERDALE

THRESHOLD

A Six-Week Journey to Wholeness

FACILITATED BY

Rev. Bryan Sawchuk

Senior Minister, Unity of Fort Lauderdale

CLASS BEGINS

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Ascension

Your energetic field is in a state of change and expansion. You have begun to vibrate at higher levels as your consciousness moves more in alignment with your Higher Self. You are one of the fore runners working towards Ascension to raise the consciousness of the planet.

The changes you are experiencing are not always comfortable, but they are necessary for your continued growth.

Class 6

THE ASCENT

- 19. Love & Compassion
- 20. Freeing Your Inner Energy
- 21. Consciousness and Awareness
- 22. The Meaning of Life and Death
- 23. Beyond Mind:
Intuition, Prayer, and God

REVIEW:

Reflection Real meaning of going from heart to head is the energy rising to your consciousness to raise the consciousness of the planet



Reflection

Bringing the Practice Into Your Life While Engaging with the World

Is Singer's book and our class discussion helping you ascend from your lower self to your higher self?

**How are you applying this material in the moments of your day?
Do you have any questions on HOW TO apply this in daily life?**

How does this become your main spiritual practice?

Can you transform enough to allow the unfolding of life without resistance?

Love and Compassion

Love isn't something you find — it's already inside you, waiting to be uncovered.

Your heart was born open, radiant, and flowing. Over time you began closing it to protect yourself from hurt, rejection, or loss.

Love doesn't need to be managed — it just needs to be allowed.

Compassion is not about fixing other people's lives. It is about being so open inside that your presence becomes a place of peace for others.

We will explore how to stop closing your heart, how to let love flow without needing anything in return, and how to bring true compassion into your life.

The key is to soften and surrender, no matter what life brings.

Questions

19-1

How do I open my heart and keep it open?

19-2

How should one handle fluctuations in the experience of love and joy?

19-3

It is often taught that the heart center is divided into two halves, lower and higher. Does that still apply when the heart is open?

19-4

If I already feel unconditional love within myself, what would a love relationship with someone else look like?

19-7

How do I stop judging others and embrace compassion in daily life?



Reflection

Compassion, Acceptance, and the Suffering We See

Does accepting that some people commit terrible acts that cause suffering help with developing compassion?

Why?

Is compassion about excusing behavior?

Freeing Your Inner Energy

There is a powerful energy already flowing inside you.

It's the same energy that makes you feel inspired, uplifted, alive — and it's also the same energy that gets blocked when you resist life and then you are actively holding the energy DOWN. You are not letting it ascend.

Every fear, every stored emotion, every moment you closed your heart created a dam in the natural flow of your inner energy.

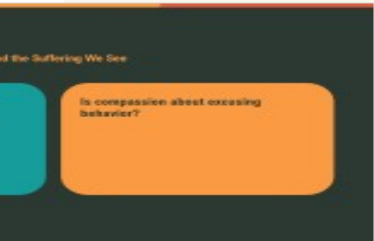
You free your inner energy by letting go of the very part of you that's always trying to control life.

How do we allow our energy to rise (ascend)?

How do we let the inner blockages pass through without resistance?

How do we return to the natural state of joy and inspiration that lives at the core of our being?

You don't have to find energy; you just have to stop blocking it.



Questions

20-1

What does it mean to transmute energy, and how can I achieve this? (Hint: Singer says you do something radical.)

20-2

Does yoga transcend physiology as well as psychology? For example, can stored emotions in the body be released through yoga?

20-4

Why do samskaras keep returning even after I try to release them?

20-8

How can you practice letting go without feeling indifferent? How do I reconcile putting all my energy into life with the concept of spiritual detachment?



Reflection

Freedom, Energy, and the Dance of Life

**What is true
freedom?**

**Are you the
energy inside
you?**

**How does life
become a
beautiful dance
of inner and
outer energy
flow?**

Consciousness and Awareness

You are not your thoughts, nor your emotions. You are the one who is aware of them.

Behind every thought, every feeling, every experience, there is a silent witness. That witness is your true Self.

We have become so lost in what we are looking at that we have forgotten who is looking. That is the great fall.

Caught up in the objects you observe, you begin to believe you are the objects — the thoughts, the emotions, the experiences.

Who is aware of this thought right now?

What remains when the thought passes?

Step back into the seat of awareness, unhook from the mind's pull, and begin the journey home to the still, vast presence you have always been.

According to Singer...What is Self-Realization? What is the Great Merger? What is Super-consciousness?

Consciousness identifies with whatever it is conscious of, especially when the object is distracting.

Singer calls that identification the fall from the garden.

Self-realization begins when consciousness releases that tendency and remains in the seat of objective observation.

In the seat of the witness, leaning back from thoughts, emotions, and experiences, you remember you are the experiencer, the witness, not the objects of experience.

When consciousness is no longer distracted, it returns to the source of consciousness.

Singer calls this return the Great Merger---the Return to Oneness. When the Merger is complete that is super-consciousness.

Singer's Definitions for Consciousness, Soul, and Personality

Consciousness is awareness itself, that which notices everything: your thoughts, your emotions, the world around you.

The soul is a personal expression of consciousness, an individual drop of the ocean that moves through life, learning, growing, and evolving.

It carries impressions and tendencies from lifetime to lifetime.

Your personality is that drop of consciousness identifying with what it is aware of: your body, your thoughts, your emotions.

The ocean does not become the drop. The drop forgets it is the ocean.

According to Singer...

What is the evolution of the soul? What is enlightenment? What is self-realization?

The evolution of the soul is about freeing your ray of consciousness from its addiction to staring at what it is not.

Enlightenment is like finally freeing yourself from being completely absorbed in the TV show, standing up, and remembering who you really are.

That is self-realization, spiritual awakening.

Does Singer believe---

consciousness transcends death? And we retain our personality?

More importantly, what do you believe?

Singer says the great masters tell us consciousness is neither created nor destroyed. It always was aware; the only question is what it is aware of.

At death consciousness does not change. It simply becomes aware of things other than what the body's five senses pick up.

Your personality, your habitual thought and emotional patterns, is not made of physical substance, so it does not fall apart when the body dies.

So you take your mess with you.

That is why it matters to clean out your stored disturbances while you are alive.

The Meaning of Life and Death

We will all die. What do you believe goes with you at death?

This truth reveals the true purpose of life.

You are here to let go of what holds you down, to open your heart, and to evolve back into the infinite consciousness from which you came.

Life is not about arranging the outside so you feel okay inside. It is about using every moment to free yourself inside, so you can merge with the divine flow of life.

Contemplating death brings clarity to life, and to the evolution of your soul as the real reason you are here.

Questions

22-1

What is the ultimate purpose of life?

22-3

How do you discover your real purpose?

22-4

Are my life events part of a divine plan, or are they basically random?

22-5

Is the goal to always handle situations and then serve from that place?

22-*

How should you contemplate death?

22-**

How is grief part of the process of spiritual cleansing?

Going Beyond the Mind to find True Freedom

Real freedom comes from going beyond the mind, into the quiet place where intuition, surrender, and divine presence naturally arise.

Intuition is a knowing that comes when all the voices in your head stop.

Prayer is not asking for life to be your way. It is asking for the wisdom and strength to accept life's way.

God is not something you understand with thought. It is something you experience when you stop being caught in thought.

This book has been a lesson in going beyond the personal mind and opening to the deeper wisdom and love that has always been available to you from within.

According to Singer

Intuition is more than rational thinking, outside the mind, it is_____
_____.

If you stop trying to impose your personal preferences on reality, you start to notice that things unfold in harmony.

The outside world aligns with what is deeper inside you, and you no longer have to struggle to figure it out.

That is how you tell the difference between mind and intuition.

If you are caught up in thoughts and emotions, it is the mind.

If it is quiet, clear, and unwavering, it is intuition.

According to Singer

What is Prayer?

Praying for others is beautiful because it moves your focus off your personal self.

The most transformative prayers are the ones that lift you beyond yourself altogether.

“Help me let go. Help me rise above this constant noise of my mind.”

The most powerful prayer is not in words. It is in the action of letting go, again and again.

Understanding God is Not so Much a rational exercise--- We “experience” the Divine

God goes beyond mind. God is to be experienced.

The seat of consciousness is the core of your being. It is your soul, and it can directly experience its connection to God.

It naturally exists when the noise of the personal mind is no longer distracting you.

When you interact with life from this place of deep clarity, it all becomes spiritual and you feel your connection with Divinity.

You will not be thinking about God. You will be experiencing God.