

Questions for Part III: The Mind

1. Have you ever been in the amazing state of your mind being like a void?
If so, describe it.
2. Name 2 negative Samskaras that you would like to release.
How might you actually release them?
3. Singer wrote: “*You live in a happening place
filled with growthful experiences.*”
Where might you be having life growthful experiences? (Be specific.)
4. Singer told us: “*When events come in, they are meant to be experienced
by you.*” Where might you be clinging to or resisting events in your life?
(Be specific.)
5. Where might you be at war with the universe, merely trying to avoid
negative samskaras? (Be specific.)
6. What affirmation might help you remember to use the
personal-thoughts layer of your mind to solve discomforts in your
life?

*How is it I so willingly, gently, and effortlessly ...
(easily, lovingly, joyfully, prayerfully, graciously, freely, kindly ...)
(place affirmation here)*
7. On a scale of 1-10, rate your willingness to notice or embrace your
responses on each of the first five questions. Then rate your
commitment to use your affirmation this week.

*“The human mind is an amazing thing.
This is some serious stuff we’ve figured out.”*

- Michael Singer, “Living Untethered