

# **Michael A. Singer - Living from a Place of Surrender: The Untethered Soul in Action**

An eight-part program for letting go of stress and fear and aligning with the flow of life in the moment

In his decades of experience as a spiritual teacher, Michael A. Singer has realized an important truth: “In trying to achieve happiness by ‘getting what you want,’ you’re actually limiting your happiness. You end up struggling with life instead of experiencing it. True happiness comes only when your inner energy is free to flow.” Living from a Place of Surrender was created to help you welcome that unhampered flow in your own life.

In this eight-session program adapted from Singer’s online course of the same name, you’ll learn about your relationship both to the world unfolding around you and to the thoughts and emotions arising within you. You will come into touch with the real “you”—the indwelling consciousness that is witnessing it all. And you’ll see firsthand why the most effective personal growth technique is to use life to remove your inner blockages, not compensate for them.