



**SILVER OAK
UNIVERSITY**
EDUCATION TO INNOVATION



IEEE

**Silver Oak University
IEEE Student Branch**



A REPORT ON
BOOK REVIEW - THE UNTETHERED SOUL:
THE JOURNEY BEYOND YOURSELF

Date: 31st January, 2024

Venue: Apple Lab, B - Block, Silver Oak University

PAPERBACK PALS

THE UNTETHERED SOUL



THE JOURNEY BEYOND YOURSELF



Introduction:

Under the banner of Silver Oak University IEEE Women In Engineering Student Branch Affinity Group, the Paperback Pals book club hosted a book review of "The Untethered Soul - The Journey Beyond Yourself," written by Michael A. Singer focusing on consciousness and its awakening.

About the Session:

Date: 31st January, 2024

Time: 12:30 PM - 02:30 PM

Venue: Apple Lab, B - Block, Silver Oak University

Participants: 30

The event commenced with an introduction to a "The Untethered Soul - The Journey Beyond Yourself", setting the tone for an insightful journey. Participants engaged in a meditation activity, which skilfully concluded with heightened self-awareness and emotional understanding. The introduction of the book's author included a background that delved into the foundational principles of his philosophical and spiritual teachings.

An overview of the book's chapters was presented, unravelling concepts that emphasized the essence of true meditation, energy centres, blockages, negative dialogue, and other mental obstacles to achieve a state of freedom from self. Thought-provoking quotes from the book resonated throughout the session, fostering a contemplative atmosphere. An interactive activity encouraged participants to name and engage with their inner voices, emphasizing the importance of adapting to change.

The session was enriched with practical examples, illustrating the principles discussed. The participants' doubts were adeptly addressed, creating a supportive environment. A pivotal moment occurred when participants were presented with a Gratitude Journal, symbolizing a commitment to mindfulness and self-reflection.

The climax of the event was marked by the introduction of a surprise segment for the book review audience, generating excitement among participants. The author's hand-picked message for the book club audience and guidance on "The Path to Inner Peace - 12 Steps to Spiritual Awakening" reinforced the event's profound impact, each statement having been thoroughly explained. A concluding meditation activity brought a sense of serenity, leaving participants with a heightened sense of self-awareness and a toolbox for their spiritual journey.

Conclusion:

The event celebrating Michael Singer's "The Untethered Soul: The Journey Beyond Yourself" was a delightful and immersive experience for book enthusiasts. It combined a deep appreciation of the author's work with interactive elements that engaged and entertained attendees, leaving everyone with a renewed admiration for Singer's contribution to the world of psychology.

This endeavour was successful under the guidance of Dr. Satvik Khara, Dean, Diploma Engineering, Silver Oak University; Head, Department of Computer Engineering, SOCET; IEEE Senior Member; Chairperson, SIGHT, IEEE Gujarat Section; Secretary, Computer Society, IEEE Gujarat Section; and Founding Member, Silver Oak University IEEE Student Branch who has provided indispensable guidance and braced the Student Branch towards excellence.

Glimpses of the event:



Meditation activity for enhancing focus.



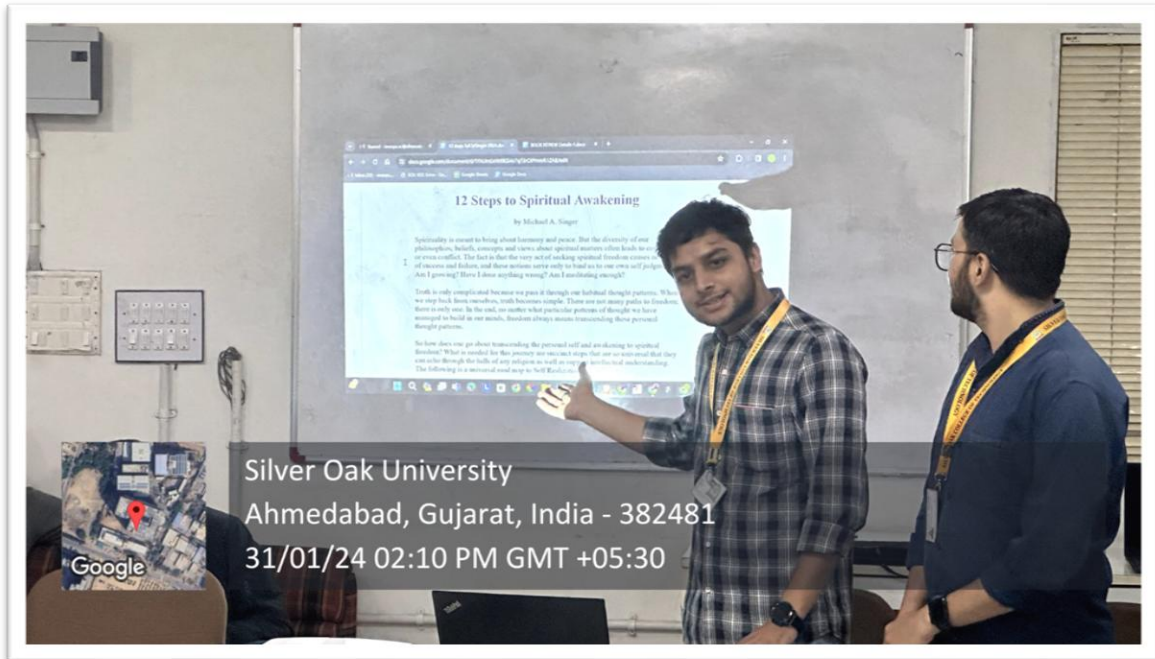
Sharing special insights on the book.



Explaining concepts of energy and consciousness.



Engaging attendees in a journaling activity.



Sharing a handpicked message from the author to the book club.



Attendees after successful completion of book review.