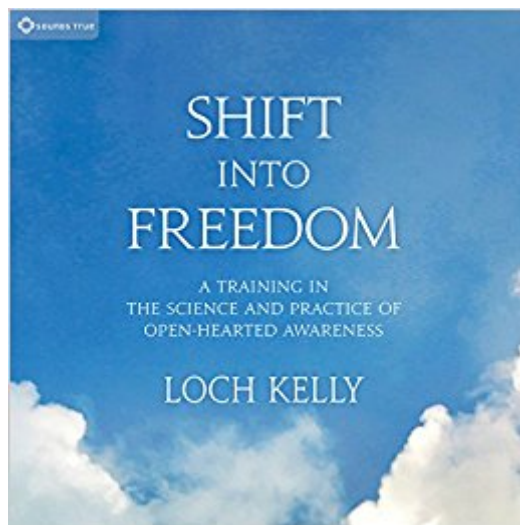




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# Shift Into Freedom: A Training In The Science And Practice Of Open-Hearted Awareness



## Synopsis

This audio training program is a recording of only the unique meditations from Loch's book, *Shift Into Freedom*. While these practices are written in the book, hearing the audio meditations is a powerful way to experience them directly. This audio program is a progressive series of short guided-meditations, pointers, and "glimpses" designed to help you shift into peace of mind and awaken in the midst of your daily life. You can do these "shifts into freedom" with your eyes open at your desk, on the train, or while walking. Awakening is not limited to advanced meditators, but can be the next natural stage of human development available to all of us. It is a natural potential that we can access through Loch's practices of "small glimpses, many times." This approach expands upon basic mindfulness by teaching us effortless mindfulness and heart mindfulness. This audio is a simple yet thorough training program designed to support your ability to shift from an anxious, contracted sense of self, and instead live from open-hearted awareness.

## Book Information

Audio CD: 1 pages

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Product Dimensions: 6.9 x 1 x 6.6 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 38 customer reviews

Best Sellers Rank: #711,470 in Books (See Top 100 in Books) #14 in Books > Books on CD >

Religion & Spirituality > Inspiration #62 in Books > Books on CD > Health, Mind & Body > Fitness

#165 in Books > Books on CD > Health, Mind & Body > Meditation

## Customer Reviews

"Mindfulness has countless benefits--but, when practiced in a deliberate and effortful way, it can pose obstacles to the realization of our essential spiritual nature. This ground-breaking book offers instead a unique approach to "effortless mindfulness," as a more direct path to nondual realization, based on the immediate recognition of our natural state of inherent wakefulness. Loch guides you step by step through the process of first "waking up" to awake awareness, then "waking in" with the discovery that awareness and the objects of awareness are one and inseparable, and finally embodying the awakening by learning how to live from Being rather than from the mind. I heartily

recommend this book!" --Â Stephan Bodian, author of Beyond Mindfulness and Wake Up Now

"Those who feel that other mindfulness texts are esoteric, foreign, or flaky will find Kelly's exercises easy to understand, his research easy to respect." - Publisher's Weekly

"A meditation teacher and psychotherapist, Kelly offers a way to enter into open-hearted awareness through the course of daily life. He distills wisdom, research, and experience and shares practices that help would-be and seasoned meditators access what Kelly describes as "our natural state." Spirituality & Health Magazine, Top 10 Best Book Awards

"This important spiritual practice has a special relevance to our times when so many hearts and minds are closed to others and the clenched fist rather than the kiss of peace prevails. We are grateful to Loch Kelly for his thought-provoking and practice-oriented book on open-hearted awareness." - Spirituality & Practice, Best Spiritual Book of the Year Awards

Shift Into Freedom:Â Best Book of the Year Awards

"Top 10 Best Books of the Year" -Â Spirituality & Health Magazine

"Best Spiritual Books of Year" -Â Spirituality & Practice

Praise from the book: "Loch Kelly is one of the clearest expressions of authentic awakened freedom and love that I know. Shift Into Freedom a shining gem in the modern spiritual landscape. This book is wise and loving medicine for anyone who is ready to take responsibility for their own liberation here and now." -From the foreword by Adyashanti, author of Falling Into Grace

"Shift into Freedom is a gift to us all. I wholeheartedly recommend this inspiring and profound book. This is one of the finest contemporary meditation manuals that takes mindfulness to the next level. In Loch Kelly you've found a wonderful guide for the journey of awakening, which our endangered world is so hungry for." -Lama Surya Das, author of Make Me One with Everything and Awakening the Buddha Within

"I am so happy that Loch Kelly's groundbreaking teachings are finally available to the general public. This wonderful book translates and updates what used to be only available to a select few who were willing to spend years in a monastery. Whether you are new to meditation or are a seasoned practitioner, Shift into Freedom will change you. It will revolutionize your life, giving you immediate access to the freeing awareness that makes it possible to go beyond our small self." -Adam Bucko, co-author of Occupy Spirituality and The New Monasticism

"Practicing under Loch Kelly's guidance is mind-blowing. You shift out of your chattering mind, and awareness emerges-clear, fearless, unconditionally accepting. This is the 'shift' Loch is writing about, having found the words that point to the wordless. I'm keeping his book close." -Amy Gross, former editor-in-chief O, The Oprah Magazine

"Many assume that genuine spiritual realization is either out of reach-'I'm too wounded . . . life's too stressful'-or way down the road. Shift into Freedom is a rare and invaluable book that awakens trust in what is possible in this very life, right now. With wisdom, clarity, and care, Loch

Kelly offers teachings and practices that directly evolve consciousness and liberate the heart." -Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge* "Shift into Freedom offers the reader a remarkable synthesis of practical wisdom from across contemporary meditation, psychology, and neuroscience disciplines. Loch Kelly provides us with a direct and accessible taste of more profound and subtle experiences of effortless mindfulness and heart mindfulness." -David Vago, PhD, meditation researcher, Harvard Medical School "Shift into Freedom is a well-written and important contribution. An essential read for anyone interested in learning about this great meditation program of openhearted awareness." -Andrew Newberg, MD, author of *How God Changes Your Brain* "This is one of best contemporary books on the integration of meditation and nonduality. Personally, I'm thankful to Loch for offering this gift to humanity at this crucial time when so many people are looking for living spirituality free from outdated paradigms. Read this if you want to wake up to the beautiful mystery of life." -Anam Thubten, author of *No Self, No Problem* and *The Magic of Awareness* "Shift into Freedom is both a practical and inspirational guide for understanding and accessing what Loch calls 'openhearted awareness.' The book's power comes from decades of experiences accumulated by its author, one of America's most beloved teachers. By reading his words, one's awareness seems to quietly soften and expand into much larger space." -Catherine Ingram, author of *Passionate Presence* and *In the Footsteps of Gandhi* "Loch is the best, or among the best, 'pointing-within' teachers in the world right now. By 'pointing-within,' I mean someone who can experientially introduce-and then continue to mentor-folks into authentic higher consciousness and heart. Since his book is about sustaining and maturing this process, it's likely that it will be a major 'threshold' book, just like Eckhart Tolle's *Power of Now* was at the time it was published." -Kurt Johnson, PhD, author of *The Coming Interspiritual Age* and *Nabokov's Blues* "Loch shares his practice experience freely, links it to the similar experiences of many other traditions, and clarifies how these practices work with the science of the day. Shift into Freedom will be a great help to many people." -Sharon Salzberg, author of *Real Happiness* "Awakening begins with a shift of identity. It's moving your inner center of gravity from your protective parts to your magnificent essence. Loch has condensed his decades of personal and teaching experience into this wonderful book, which not only makes you realize that such a shift is possible, it also provides exercises to help it happen." -Richard C. Schwartz, PhD, developer of the Internal Family Systems model of psychotherapy "In this personal and practical call to awaken, Loch Kelly has synthesized decades of Eastern and Western studies and practice into a path that can change your life." -Michael Katz, PhD, editor of *Dream Yoga and the Practice of Natural Light* by Chogyal Namkhai Norbu "Shift into Freedom is a clear and articulate map that combines the finest wisdom of nondual practice with

modern psychology and neuroscience on meditation. It is a deep inquiry and wellspring of excellent and most helpful tools that guide us on our path of awakening. It provides us with a practical step-by-step process of deep openhearted awakening. It will warm your heart, touch your soul, and may deliver you to a lasting, embodied freedom." -Ronald A. Alexander, PhD, author of Wise Mind Open Mind "Shift into Freedom offers the heart-essence of Loch's deep integration of simple yet advanced meditation practices, neuroscience, and psychology. Loch Kelly is one of the very few people who are authorized teachers of mindfulness, Sutra Mahamudra, and nondual traditions. Loch presents simple methods for awakening to and living from openhearted awareness in the midst of your daily life. I highly recommend this wonderfully clear book." -Peter Fenner, PhD, author of Natural Awakening "Shift into Freedom is a clear, potent, and liberating guide for our journey from ego centeredness to openhearted awareness. Drawing from wisdom teachings, neuroscience, and contemporary psychology, Loch Kelly offers a finely detailed, sophisticated set of maps and practices for waking up, waking in, and waking out-all so that we may fully actualize who we really are in our daily lives. Highly recommended!" -John J. Prendergast, PhD, author of In Touch: How to Tune in to the Inner Guidance of Your Body and Trust Yourself

Loch Kelly, M.Div., LCSW is an author, educator, consultant, and recognized leader in the field of meditation and psychotherapy who studied with Tulku Urgyen Rinpoche and Mingyur Rinpoche. Â Loch was asked to teach direct realization by Adyashanti. Loch has worked in community mental health and has collaborated with neuroscientists at Yale, UPenn and NYU to study how awareness training can enhance compassion and wellbeing. Loch is the founder of the non-profit Open-Hearted Awareness Institute, he is an emerging voice in modernizing meditation with social engagement.Â He lives in New York City with his wife Paige and their cat Duffy. For more information see [lochkelly.org](http://lochkelly.org).

This audio program is a wonderful complement to the book. It is a wonderful balance of research, stories, and practical exercises. I recommend taking time with it and trying the very clearly described instructions to shift into awake awareness. I found the practical exercises worked very well for me to make this shift. I am so excited to use these glimpse practices in everyday life. It is not an escape or a conceptual knowing but a direct experience that I have used in many situations in my life to shift from the busy never satisfied mind to the open accepting awareness and live life from there. Much gratitude for this wonderful practical audio guide.

For the beginner on the spiritual path as well as for those who have meditated for years, this CD (along with the book with the same name) is a boon. I have listened to the set of CDs that offer short meditations, called glimpses, and have experienced a welcomed shift in perspective. Through exercises, insights and descriptions of consciousness, the listener can deeply explore and ultimately identify with awareness as his or her very essence of being. Personally, I would also recommend buying the book that accompanies these CD's. It offers clarification in the fields of psychology, neuroscience, as well as spiritual dimensions and as such further enriches growth toward awakening. Shift into Freedom (both the CD and the book) opens a doorway into the depths of life's mysteries that for those who yearn for this insight is not to be missed.

A bountiful amount of practices, skillfully presented, to the point. I have frequently found myself taken aback (literally and figuratively), while listening to the audios (as I have in Loch's meetings), which promote "unhooking" or "dropping" into your essential awareness. I had originally not bought the Training CD's, thinking the book would be enough, but the CD's provide pure practice, practice, and more practice so I am truly glad I did. I was missing a huge opportunity.

I am amazed that such simple practices CAN really change my awareness. Love its simplicity! It's helped me tremendously when I get stuck in the little me and recognize what I'm doing, I can pause and change my perspective from the little me to the bigger all encompassing me.

These guided meditations point you to look around in your experience and do very specific little experiments with your attention and awareness. The instructions are so clear and specific - its like a little guided tour of your own consciousness. The methods shifted my awareness into a much more open and relaxed place - and then my heart bubbled up with the most simple kind of pure happiness. Its like the essence of meditation without any of the baggage.

A jewel of easy guides that support real freedom Now! "I have all of Loch's audio and video downloads, Book, CD's, and transcripts. It is so good to have the video so that as a Kinesthetic learner I make the hand, body, and eye motions along with him which is helping with the many glimpses to attain freedom from decades of PTSD suffering." - Kris

A direct guide to experiencing the Other...Loch Kelly leads you through what he calls "glimpses" to experience a deep calm and spaciousness beyond our chattering thinking. Extraordinary. If you're

looking for transcendental glimpses which you can build into something more sustained/ing then I recommend this audio...If you're not interested please something else...

Amazing teachings he's offering by listening to his "glimpses" on these CD's. Powerful stuff to have freedom from an out-of-control mind/ego!! I

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