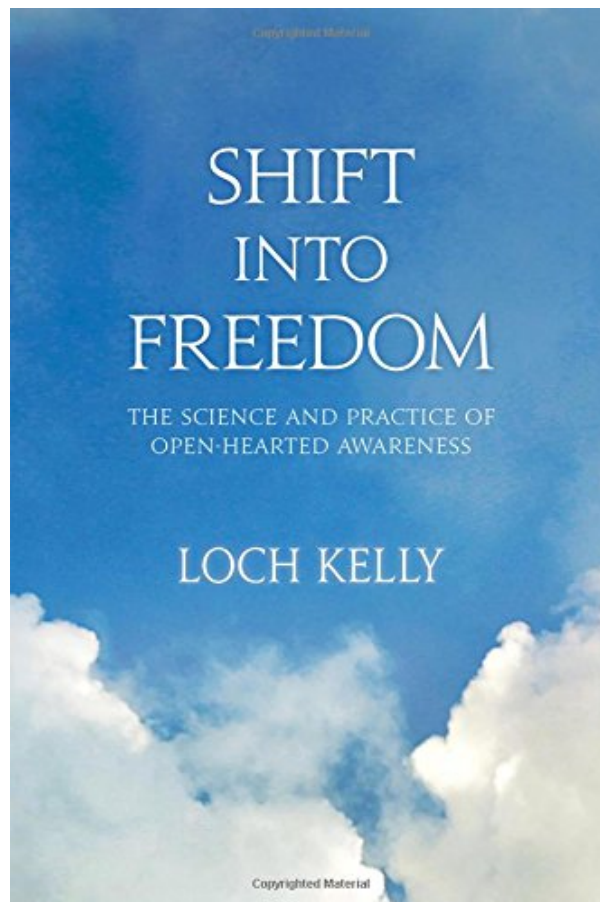
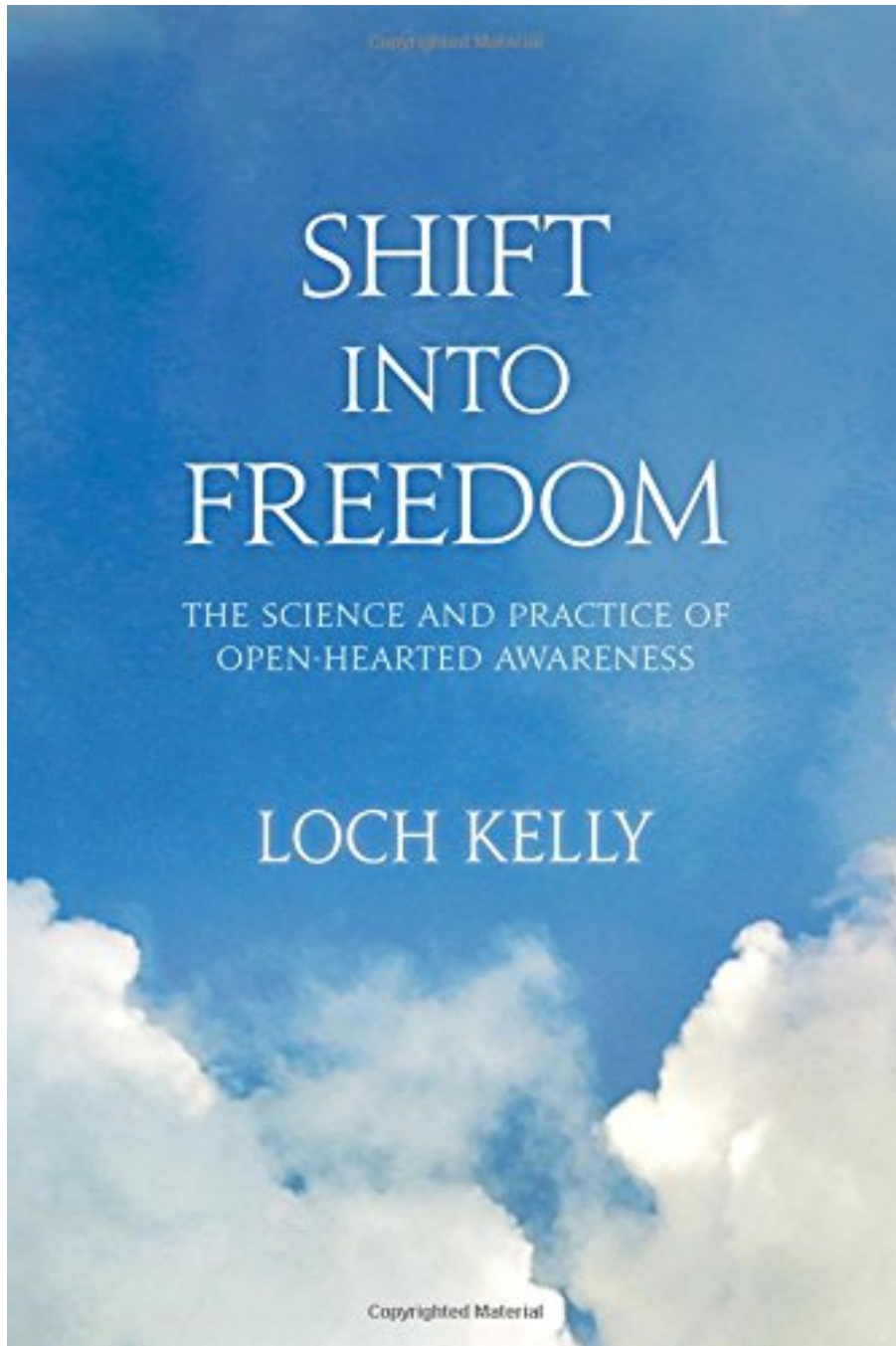


# **SHIFT INTO FREEDOM: THE SCIENCE AND PRACTICE OF OPEN-HEARTED AWARENESS BY LOCH KELLY**



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## Review

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Shift Into Freedom: Best Book of the Year Awards

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

Meditation is one of the most important things to learn in order to live a life of joy, health and love. This is a rare meditation book that offers advanced meditations made simple. Loch Kelly goes to the root of suffering by introducing us to the ultimate medicine of awake awareness. This natural capacity of awake awareness is already available within us and Loch shows us how to shift into living from this effortless awareness immediately using his short glimpse practices.

Loch presents us with the possibility that awakening can be the natural next stage of human development. Awakening is not a rare event limited to those who leave for the monastery or cave. We can awaken in the midst of our daily lives by discovering what Loch Kelly calls "open-hearted awareness."

For the past two decades, this innovative psychotherapist and meditation teacher has been helping people from every background learn how to access a spacious, natural way of living in tune with a deeper truth. Shift into Freedom presents Loch Kelly's original synthesis of ancient wisdom, modern psychological insights, current neuroscience research, and unique awareness practices for the body, mind, and heart.

Written for both first-time and lifelong meditators, here is a training guide filled with simple and effective experiential tools for "unhooking" awareness from our chattering minds and dropping into our awake heart space, expanding our sense of intimacy and interconnection, and embodying inner peace, clarity, and love.

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##### High Impact Exercises Not To Be Missed

By Eric Bause

Loch Kelly has put together something quite unique and remarkable here. The book contains 31 (give or take) exercises, or "glimpses" as he calls them, and it is these glimpses that open the way via small glimpses many times. These exercises come in a variety of formats. Some are awareness exercises, feeling into or from awareness. Others are more of a pointing out of awareness. Some are structured more akin to traditional meditation practices, but are rarely taught in the west; an example of this the King of Samadhi practice (of Samadhiraja Sutra fame). Doing a number of glimpses in a row is a potent and effective protocol. With a little bit of practice you can do them just about anywhere.

The book isn't just these glimpse exercises though. Loch situates the practices within the context of contemporary psychology, neuroscience and contemplative traditions. The book is, in effect, the operating instructions, user guide and text book for the glimpses. Many of these glimpses are based on mahamudra techniques that are usually only taught as advanced practices, but are nonetheless highly effective for laypersons who have not undergone various preliminary practices. Loch is authorized by Yongey Mingyur Rinpoche to teach sutra mahamudra. He is also authorized to teach by Adyashanti.

Over the past couple of years, I have had the good fortune to have practiced in person with Loch, in settings from a couple of hours to a five day retreat, and can personally attest to the efficacy of these techniques. Seekers: do check this out; you'll be glad you did.

There is also a separate companion audio CD that contains the glimpses that lend themselves nicely to sorting into smart phone playlists (these work well on public transportation too).

35 of 37 people found the following review helpful.

##### Electrifying

By Colleen Loehr, M.D.

This book is a game changer for me. Never have I read such incisive descriptions and exercises for awakening awareness from ego identification. "Ego-identification is not 'you' identifying with 'your ego'; it is a pattern of consciousness made up of thinking and ego functions (such as seeking and protection) that form during our early biological development....Ego-identification is a mental pattern of consciousness that creates the feeling of a 'mini-me' inside our heads. It doesn't have to be fought, repressed, extinguished, denied, or killed. We don't become a nobody, an angel, or a couch potato. Instead, when we discover awake awareness as our true nature, our ego functions can return to their natural roles and semi-retire from their second job as identity." Kelly goes on to say, "Moving pieces on the chessboard of our minds will not clear up our

confusion or end our suffering. For that, we need to shift out of ego-identification and into awake awareness....Awake awareness might seem like a new experience; however, it's not an altered state, a transcendent state, or even a meditative state. It's our innate, true nature that is always here. When we have shifted into awake awareness, we realize that ego-identification is actually the altered state. By recognizing awake awareness, we are dehypnotizing ourselves from the trance of ego-identification." Kelly gives powerful pointing instructions for recognizing awake awareness. Since practicing the glimpse exercises I have noticed a huge qualitative difference in my interactions with people at the psychiatric hospital where I work, and I hope to share some of the exercises with interested clients and staff. Kelly writes, "The ocean of awareness knows all waves from inside the wave." There is a sense of greater intimacy with experience and at the same time greater spaciousness surrounding experience. I have never met Kelly and I feel very fortunate to have discovered this book. Very highly recommended.

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Peace

By Thomas Hessmer

Loch's techniques guided me through "non meditation meditation" . Simple and easy with varied methods of getting out of ones mind and into spacious peace. Highly recommended for lazy mediators like me. If one method does not work for you at one time there are many others he guides you through that may and did for me. Again highly recommended for inexperienced and experience meditators alike.

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--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 open-hearted 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 open-hearted 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

#### About the Author

LOCH KELLY, M.Div, LCSW is an educator, consultant, and recognized leader in the field of meditation and psychotherapy who was asked to teach meditation by Mingyur Rinpoche and Adyashanti. The founder of the Open-Hearted Awareness Institute, he is an emerging voice in modernizing meditation, social outreach, and collaborating with neuroscientists to study how awareness training can enhance well-being. He lives in New York City with his wife Paige and their cat, Duffy. For more, visit [lochkelly.org](http://lochkelly.org).

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