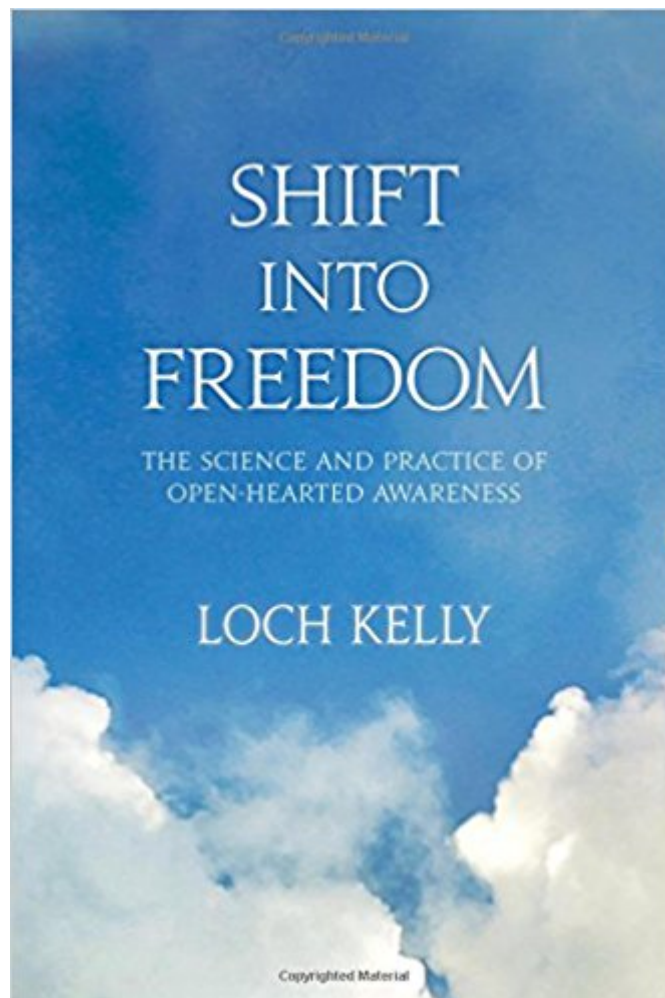




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# **Shift Into Freedom: The Science And Practice Of Open-Hearted Awareness**



## Synopsis

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.

## Book Information

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## Customer Reviews

"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." — *Â 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." — *Â Spirituality & Practice, Best Spiritual Book of the Year Awards*"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"Kelly's guide to finer spiritual living maintains a non-psychological, non-denominational, and contemporary focus, drawing on wisdom from a diverse selection of traditional teachings, including Mahamudra practice, Taoist teaching, the works of William James, and modern neuroscience. Kelly articulates his structured, unified worldview with coherent language. He stresses a move away from ego-identification in our everyday lives and believes that access to awakening experiences is universally available: 'awake awareness' is not reserved for full time spiritual seekers, but is in fact the next developmental step for humankind's new normal. Practices that Kelly calls 'glimpses' take readers through the basics of mindful meditation and then through techniques some other teachers reserve for advanced study, including the process of unhooking local awareness from thought, waking up to transcendence, waking in to embodiment, and waking out to interconnectedness. 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, and his methods blissfully lacking in both the aggressiveness common in the self-improvement genre and the focus on the author's personal experience common in new age takes." --*Publishers Weekly*"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." — *Â* --Lama Surya Das, author of *Make Me One with Everything* and *Awakening the Buddha Within* — *Â* "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 of *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 open-hearted awareness." --Andrew Newberg, MD, author of *How God Changes Your Brain* "This is one of the 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 'open-hearted 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 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* "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!

Stephan Bodian, author of Beyond Mindfulness and Wake Up Now

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. 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. He lives in New York City with his wife Paige and their cat Duffy. For more information see [lochkelly.org](http://lochkelly.org)

I find Loch Kelly's Shift into Freedom recordings and book to be incredibly low cost high value resources that are rocking my world and I suspect will do the same for many others. I have experienced myriad spiritual Awakenings over the last week in his plain English instructions how to do each one. Priceless...My marriage, business and joy in life have exponentially increased from what I have been learning. To me, Loch's work is a great gift to humanity. Very clear, inspiring, and deeply valuable.

Theo Sunny Cade, Author, I Ching Version for Optimism.

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.

I am deeply grateful for this book, the companion CD, and for the work Loch Kelly is doing in this world. This is not a book to be simply read, but to be felt into, guided by. The companion CD is an excellent, perhaps essential support for this. I cannot emphasize enough the gifts this book has to offer to those willing to engage in its practices. Primarily, Loch offers a direct, surprisingly accessible path to shifting from our personal conditioning and habituated, thinking mind directly into the felt experience of spacious, open-hearted awake awareness, with its felt qualities of intelligence, love, inclusiveness/oneness, compassion, tenderness of heart, joy, wisdom, and more. It's so close we can't even see it. Loch teaches that only awareness itself can be aware -- our personality, our problem-solving nature can't do it, though they might try to imitate it. He teaches us, elegantly and effectively, how to shift into the freedom of awake awareness. Read this book, listen to the CD, catch Loch on YouTube and, if you can, experience him directly in a workshop, as I was fortunate enough to be able to do. You may feel, as I do, that doors are freely available, open to levels of awareness that, before, I could only glimpse. It takes practicing. Loch makes it simple & direct.

An absolutely beautiful book for helping you find stillness and awareness in a moment's notice. Full Disclosure: I recently interviewed Loch Kelly for our Inspire Nation Show. I feel his technique is brilliant, the book is easy to understand, and for me, a meditator of over 20 years, I found this book incredibly useful. Most books are just reminders, this one has brilliant, new, simple techniques to help you side-step your mind and get you into a quiet, peaceful, and aware state, NOW. Not later, not 20-years-in-a-cave or more, but NOW. I love it!

This was a great read! A practical book. I will start it again from the beginning. I want to put the glimpses into use. I highly recommend this book to anyone interested in taking the next step toward

Awakening. This isn't just superficial fluff. Loved it!

I am honored to say that I have known Loch Kelly as a friend and teacher for the past decade and now his life's work has been published for the benefit of us all! Not only is the Great Way or Dharma being refreshed during our life time through his work but now we have a teacher with a solid Tibetan and Open Gate Sangha lineage bringing forth this incredible teaching. This is truly a good time to be alive and embodied! Instruction on becoming stable in our Awake Awareness is so valuable with the Dharma reaching so many souls around the world! Thank You, What a Blessing!

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