



Shift into Freedom: The Science and Practice of Open-Hearted Awareness

By Loch Kelly



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- "Top 10 Best Books of the Year" - *Spirituality & Health Magazine*
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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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Editorial Review

Review

"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*

"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."

--**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 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*

About the Author

Loch Kelly, M.Div., LCSW is an author, educator, consultant, and recognized leader in the field of meditation and psychotherapy who studied with Tulku Urygen 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

Users Review

From reader reviews:

Angel Garcia:

Nowadays reading books become more than want or need but also get a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge your information inside the book this improve your knowledge and information. The info you get based on what kind of reserve you read, if you want get more knowledge just go with education books but if you want feel happy read one along with theme for entertaining for example comic or novel. Typically the Shift into Freedom: The Science and Practice of Open-Hearted Awareness is kind of guide which is giving the reader erratic experience.

Mary Oropeza:

Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Shift into Freedom: The Science and Practice of Open-Hearted Awareness, it is possible to enjoy both. It is good combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout folks. What? Still don't have it, oh come on its identified as reading friends.

Billy Migliore:

Reading a book for being new life style in this year; every people loves to go through a book. When you go through a book you can get a wide range of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you wish to get information about your review, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, in addition to soon. The Shift into Freedom: The Science and Practice of Open-Hearted Awareness will give you a new experience in reading a book.

Jesse Ward:

This Shift into Freedom: The Science and Practice of Open-Hearted Awareness is completely new way for you who has fascination to look for some information given it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or perhaps you who still having little digest in reading this Shift into Freedom: The Science and Practice of Open-Hearted Awareness can be the light food in your case because the information inside that book is easy to get by means of anyone. These books acquire itself in the form that is certainly reachable by anyone, yes I mean in the e-book form. People who think that in publication form make them feel tired even dizzy this e-book is the answer. So there is not any in reading a publication especially this one. You can find actually looking for. It should be here for a person. So , don't miss the idea! Just read this e-book type for your better life in addition to knowledge.

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