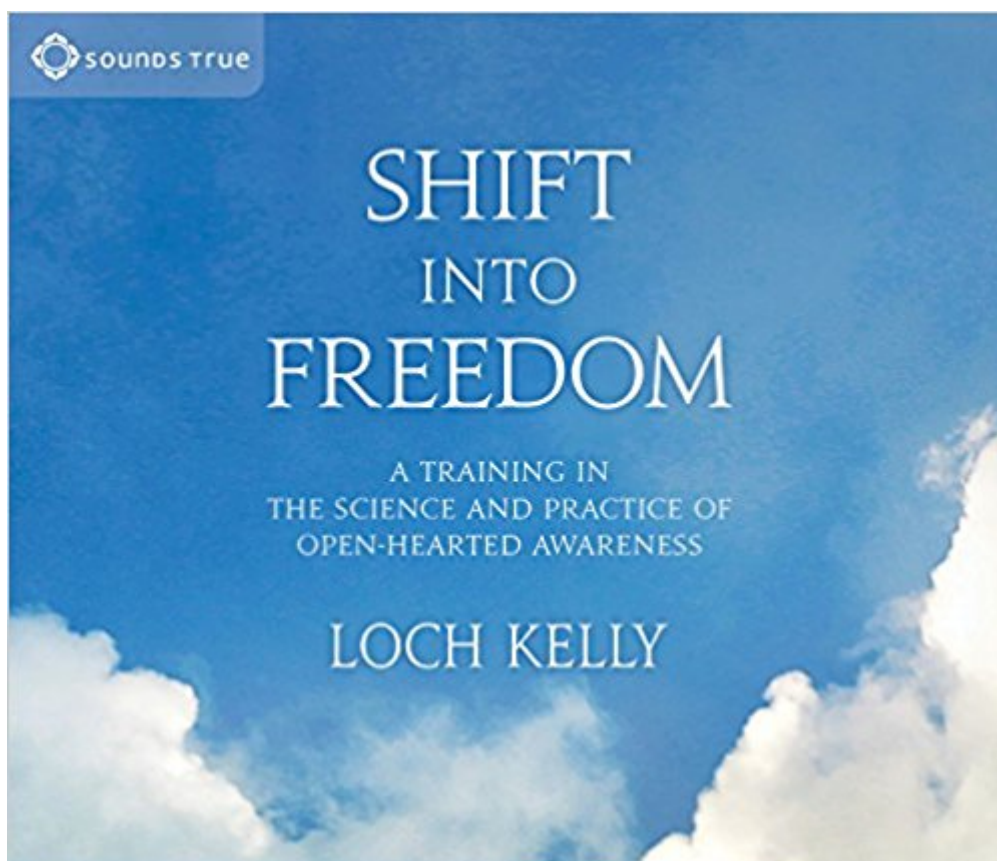


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# Shift Into Freedom: A Training In The Science And Practice Of Open-Hearted Awareness



## Synopsis

"Top 10 Best of the Year" - Spirituality & Health "Best of the Year" - Spirituality & Practice This audio program is a recording of 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

Publisher: Sounds True (September 1, 2015)

Language: English

ISBN-10: 1622033515

ISBN-13: 978-1622033515

Product Dimensions: 6.9 x 1 x 6.6 inches

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

Average Customer Review: 4.8 out of 5 stars - See all reviews (34 customer reviews)

Best Sellers Rank: #50,222 in Books (See Top 100 in Books) #2 in Books > Books on CD >

Religion & Spirituality > Inspiration #5 in Books > Books on CD > Health, Mind & Body > Fitness

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

## Customer Reviews

"Rest as the black velvet silence that is deeper than sleep and yet wide awake," Loch Kelly says in one of the Glimpse exercises. He talks about unhooking local awareness from thought and allowing awareness to expand and mingle with infinite space. I believe he has taken Tibetan and other meditation practices and made them accessible through these guided Glimpses. I've never been one for long sitting periods of meditation, and I find these shorter Glimpse practices to be mind-opening and transformative. I bought a few copies as I listen to them during my break at work,

and then also at home. I haven't met Loch Kelly or attended any of his workshops, and I am happily astonished to discover these guided Glimpses. I frequently hit "pause" when listening and allow awareness to shift into freedom. Kelly's pointing to that which is here yet unnoticed is exceptionally incisive, simple, and accessible. Kelly asks, "What is here when there is no problem to solve?" In the pause after this question, consciousness relaxes and expands out of the tight whirlpool of relentless problem-solving. I've spent several hours listening to the CDs, and the more I listen to them, the more doors open within. Highly recommended.

I've been meditating for twelve years and find these the best CDs I've ever used. Whether for long time meditators or beginners they offer a clear, simple, step by step guide to open hearted awareness. I wish I'd had them when I started.

The gift of these meditations by Loch Kelly is that they open us to directly experience those dimensions which other teachers predominantly talk "about" or describe. These meditations, better called, pointing out instructions assist us to recognize Ever Present Awareness, to awaken to it and to awaken As That. They enable us to open into a boundless, alive, already loving, spaciousness which includes thoughts, feelings, emotions, body, and our everyday world. This is non-duality made tangible to anyone seeking freedom and a release from a life of contraction.

Loch's Shift into Freedom is truly astonishing. I've meditated for years in the Tibetan tradition but the sense of a me "doing" it, well or badly, always plagued me. The sense of subject/object split never really softened. Loch presents a variety of glimpses in which he effortlessly, and suddenly shows you how to rest as awareness. I'm not sure how he does it or how this shift over and over again happens, but it is beyond a doubt happening effortlessly within minutes of the work. Suddenly you KNOW this is what I am. This aware presence. It's so absent and yet so full. These glimpses have truly released the years of the heavy burdening of the ME. I have worked with Loch as well several times. And if I could describe the shift that happens in his Presence and guidance I would. But let's just say the ME that is always driving me crazy is no where to be found!! Bravo Loch! A genuine teacher and a great guy as well.

Among the many insightful and articulate lessons offered by Loch Kelly in this training CD, he mentions that the shift into freedom is comparable to upgrading our mental operating system so that we can enjoy a fuller and more awakened experience of life. In the short time that I have been

listening to this CD and practicing the collection of glimpses that comprise the training, I already recognize a "rewriting" of the habitual mental acrobatics that I have come to (begrudgingly) accept as the chatter of my brain. These are not complicated or lengthy meditations...they are streamlined inquiries into how we've fallen into habits of thinking and doing and if we just untie the knots induced by misinformation, we will begin to sense a greater and vaster awareness that is always available and present. Loch skillfully instructs us to consider alternatives to the narrow mind field between our ears and proceeds to give detailed suggestions to guide us up, away from, and out of the confined space of continuous ruminations. These meditations are nugget-sized pointers/glimpses that trigger an opening into the vaster spaciousness of non-dual awareness. The trigger allows the awareness to occur, and once glimpsed, the encouragement to return again and again to that awareness is ensured. This is true development of the spirit and the psyche and may very well be the catalyst for the awakening of many. Listening to this CD has "upped my game" in

I've been practicing Tibetan Buddhism for years, have attended a long list of teachings ( including long teachings of Mahamudra), read every book I could get my hands on....yet this particular work is without a doubt the most helpful material on the subject! Previous reviewers have already described the importance of this book . To me it is the equivalent of opening the windows and letting both fresh air and light.

The product description is comprehensive, so I won't do a recap of it in this review. Loch Kelly has put together a unique and powerful set of exercises in this recording that can take the user through various stages of awareness. Unlike typical drawn out, slow-paced sleep-inducing guided meditations, Loch's exercises are dynamic and engaging. Most are between 5 and 9 minutes long which makes it conducive to listen to them in groups of several in a row. While each of the exercises on their own may be effective, I've found that doing a number of them in a row has the most impact. So far I've just been doing them sequentially in the order they're on the CD (a protocol that works well for me). I've been working with Loch for a few years now in person in various day-long sessions and retreat settings, and can attest to the efficacy of exercises he has assembled here. They focus on getting you "there", getting you "there" again, and enabling you to get "there" on your own: short glimpses many times. Some exercises are more sequential and procedural in structure, while others are "pointing out" in nature. Another is a seldom-taught practice, King of Samadhi. This set has 31 tracks and clocks in at 3 hours and 37 minutes and none of it is filler. You're bound to find a lot here that works for you. If you're a

commuter, theyâ™re great to do on public transportation.

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