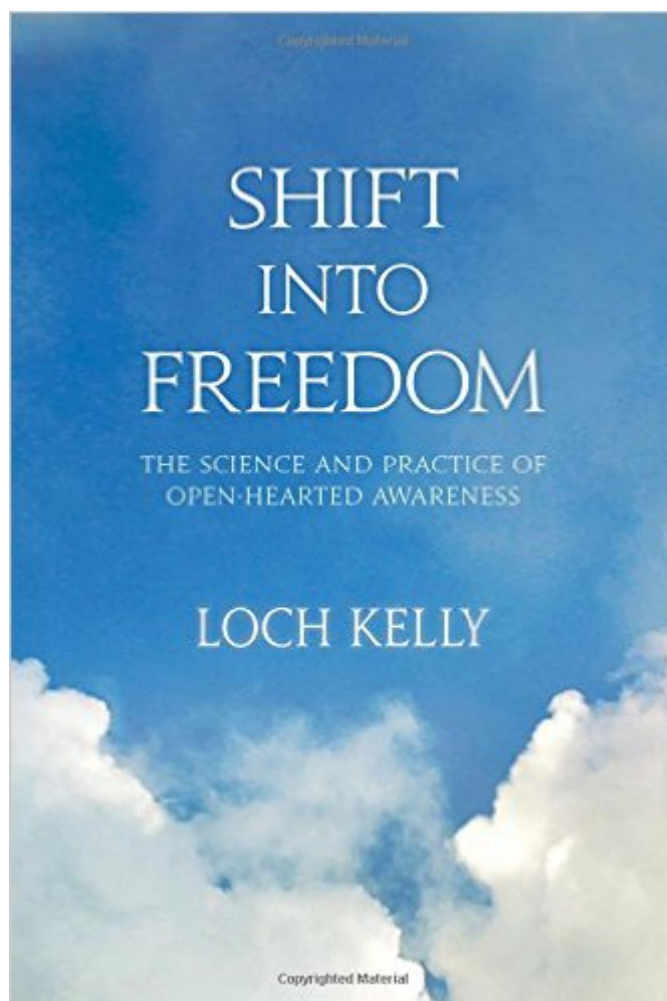


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# Shift Into Freedom: The Science And Practice Of Open-Hearted Awareness



## 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

Paperback: 288 pages

Publisher: Sounds True (September 1, 2015)

Language: English

ISBN-10: 1622033507

ISBN-13: 978-1622033508

Product Dimensions: 6.1 x 0.6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars - See all reviews (66 customer reviews)

Best Sellers Rank: #33,464 in Books (See Top 100 in Books) #1 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Mahayana #4 in Books > Textbooks >

Humanities > Religious Studies > Buddhism #17 in Books > Religion & Spirituality > Religious Studies > Psychology

## Customer Reviews

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).

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.

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.

Instantaneous change in consciousness, which is the true nature, to stay there. This is undoubtedly one of the most important moments in the life of any person. It is a return to the true nature of being at home, which has always remained closely with us as we are. The error that leads to suffering and misunderstanding has historically been seeing the world from the perspective of all the thoughts and emotions that make up the ego, which lacks true identity. It is a part of the true consciousness, but consciousness does not depend on him and the ego can in no way replace consciousness. There must be a radical change of perspective, to consciousness, the real home, not darkened or clouded by thoughts or emotions, which are included in consciousness, because consciousness is all-inclusive. When the world is viewed from the consciousness, when one has rediscovered the true self, the perspective changes radically, the mind quiets and takes its place, which corresponds to the secondary role and not the principal as before. Emotions stabilize naturally, decisions are even-handed, there is peace, which is inherent to the natural state and the connection comes with everything as consciousness, which is the true nature, is the same for all beings. This is a simple finding that, properly understood, can and should revolutionize the spiritual, physical world and all mankind. And it is important to consider that once consciousness of consciousness is taken, the true home is remembered as a rediscovery and can never be forgotten. From here everything is pure, without useless rhetoric. This book is finally a treasure. M

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