



Shift into Freedom: A Training in the Science and Practice of Open-Hearted Awareness

Loch Kelly

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Our most cherished times are those occasions when we feel open, loving, free of worry yet able to respond when needed. Loch Kelly calls this the expression of open-hearted awareness, our natural foundation of mind that arises effortlessly whenever we step out of the usual mode of consciousness known as ego-identification. Created as a stand-alone program or a complement to his book of the same name, *Shift into Freedom* is a progressive training guide that offers "small glimpses, many times" to help us shift out of our chattering mind and into who we really are.

- Join this innovative teacher to explore more than 20 meditations including:
- Awareness Yoga - a foundational practice in moving awareness
- Embodied Presence - a practice for deeply feeling unity and acceptance
- Unhook, Drop, Open, See, Include, Know, Let Be - a way to shift levels of mind that culminates in living from open-hearted awareness

"The goal of these meditations is not to transcend the human condition," explains Loch Kelly, "but to discover how to live a fully intimate human life." *Shift into Freedom* gives you the tools to navigate your life with clarity and unconditional love.

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