



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

Loch Kelly

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"Top 10 Best of the Year" - *Spirituality & Health*

"Best of 2015" - *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.

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