



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

*Loch Kelly*

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## **Shift into Freedom: The Science and Practice of Open-Hearted Awareness** Loch Kelly

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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