



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.

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