

Shift into Freedom

author: Loch Kelly

2026-06

Synopsis

author	Loch Kelly
readBy	Loch Kelly
inLanguage	english

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.

Reader's comments

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