

# SHIFT INTO FREEDOM

A TRAINING IN  
THE SCIENCE AND PRACTICE OF  
OPEN-HEARTED AWARENESS

LOCH KELLY

# SHIFT INTO FREEDOM

## SESSION ONE

- 1 Introduction
- 2 The source of life
- 3 Awakening
- 4 Glimpse Practice: No Problem
- 5 Glimpse Practice: Awareness Yoga
- 6 The four modes of expression of awake awareness
- 7 Glimpse Practice: Coming Back to Your Senses
- 8 Glimpse Practice: Awareness  
Following the Breath Home
- 9 Glimpse Practice: Awareness of Space
- 10 Glimpse Practice: Awareness of Awareness
- 11 Glimpse Practice: Making a You-Turn
- 12 Shifting through the five levels of mind
- 13 Glimpse Practice: Unhook, Drop,  
Open, See, Include, Know, Let Be

## SESSION TWO

- 1 Glimpse Practice: Open-Eyed Meditation
- 2 Glimpse Practice: Panoramic Awareness
- 3 Glimpse Practice: Effortless Focus
- 4 Glimpse Practice: Balanced Awareness
- 5 Glimpse Practice: Getting Your Heart-Mind Online
- 6 Glimpse Practice: Emotional Freedom
- 7 Glimpse Practice: Om Sweet Home in Your Heart
- 8 Glimpse Practice: Embodied Presence
- 9 Glimpse Practice: The Now

## SESSION THREE

- 1 Glimpse Practice: Infinite No Self
- 2 Glimpse Practice: Open-Hearted Connection
- 3 Glimpse Practice: The Memory Door
- 4 Glimpse Practice: Cave of the Heart
- 5 Glimpse Practice: All Parts Are Welcome
- 6 The four fields of the ground of being
- 7 Glimpse Practice: Exploring the  
Four Fields of the Ground of Being
- 8 Small glimpses, many times
- 9 A new way to be