

Shift Into Freedom Home Retreat With Loch Kelly

1. Overview of Retreat
2. Question and answer
3. Inquiry- What's aware now?
4. Grounded in Being
5. New Habits of Consciousness
6. Shift in Orientation
7. Options for this retreat
8. Inquiry- What is awareness like?
9. The three levels of movement introduction
Letting awakening be normal. Mindful move.
10. On Vision and Spacious Awareness. ADHD question.
Returning the eyes to their natural state.
11. Fourth state of Consciousness and Unhooking exercise.
Heart centered intelligence. Natural state of Consciousness.
12. Pure Awareness. Nature of mind. Unsacred Mantra Blah Blah Blah. Pristine Empty Awareness.
13. Awareness Location Meditation. Open hearted Awareness. Compassion.
14. Peer Inquiry. Four questions exercise. Instructions and Q&A.
Peer Inquiry Printout
15. Sharing Peer Experience.
16. Q&A about spacious awareness and the practice of awareness techniques.
17. Sharing experience after awareness exercise.
18. Q&A Waking up, Growing Up
19. Exercise- Awareness of Everyday Mind, with debrief. Heart centered. Loving presence.
20. Exercise- Open eyes awareness with debrief.
21. Grace practicing awareness throughout the day; Simultaneous mind; functioning from awareness
22. Exercise- Ultimate Tonglen - Interconnected Field- Working with Pain.
23. Beginning From Spacious Awareness, Unhooking, Spacious and Local Awareness
24. Deconstruction; trouble and pain in the world, meaning that's prior to thinking
25. Exercise- Open Hearted Awareness and Compassion
26. Exercise- Cave of the Heart
27. Time- Present moment- Deathless awareness- Ego
28. Exercise- Moving into Open Hearted Awareness
29. Debrief of exercise
30. Exercise- Open hearted Tonglen with partner
31. Debrief of Exercise and Guided Tai Chi Process
Peer Inquiry printout