

# Direct Awakening Exercise ~ LOCH KELLY with Stephanie Nash

00:00:00 Well, each exercise kind of takes you directly.

00:00:10 So let's give me an example.

00:00:12 Let's just have an example of one of these exercises, one of them, or one of the ones

00:00:16 where you use something physical.

00:00:20 Not the thought ones.

00:00:21 Okay.

00:00:22 All right.

00:00:23 All right.

00:00:24 So here's, yeah.

00:00:26 So one simple way of getting this feeling of shifting your awareness out of the identification

00:00:37 with your mind, which creates this little self-looping identity, is to have awareness

00:00:45 just, again, I'm talking to you, the awareness.

00:00:50 I'm talking to you, the awareness, and the awake awareness.

00:00:53 So if you think, well, how am I going to unhook awareness from thought?

00:00:57 I've never done that.

00:00:58 I don't know if I can do that.

00:00:59 That is correct.

00:01:00 You cannot do it.

00:01:02 But awareness can do it.

00:01:04 So you just have to be, sometimes I call it the Columbo approach.

00:01:07 It's like, yeah.

00:01:08 Oh, by the way, before I leave, I just unhook awareness and have it drop.

00:01:15 By the way, as an aside.

00:01:16 As an aside, just without thinking about it.

00:01:17 Do that, and then.

00:01:18 And then you'll be awake.

00:01:19 So we'll see you next time.

00:01:20 All right.

00:01:21 All right.

00:01:22 All right.

00:01:23 All right.

00:01:24 All right.

00:01:25 All right.

00:01:26 So just simply have awareness, which is identified or attached to thought.

00:01:30 Simply unhook and step back, and then see what it feels like if awareness, which is

00:01:35 the center of knowing, drops and knows your smile from within your smile, knows your jaw

00:01:42 from within your jaw, without looking up to thought and without stretching or looking  
00:01:47 down from thought, have awareness that knows directly drop into your throat, know your  
00:01:54 throat from within, and then feel awareness drop below your neck and feel your upper torso  
00:02:02 or come into your heart space.  
00:02:04 And you can smile and breathe and just feel what it's like to directly perceive your body  
00:02:15 from within without orienting to thought and without going to sleep.  
00:02:22 This field is a direct awareness-based, embodied, open-hearted, non-thought-based knowing, which  
00:02:38 is kind of alert.  
00:02:40 It's aware of space, it's aware of aliveness, and it's aware of awareness, which is aware  
00:02:50 by itself.  
00:02:56 Just feel that relief and notice this new, non-conceptual, embodied way of shifting into  
00:03:11 another dimension of your consciousness.  
00:03:18 See what's absent, what was there, and then see the qualities of presence that start to  
00:03:28 kind of shimmer.  
00:03:32 What do you notice?  
00:03:43 What I love about that is not checking up.  
00:03:53 You say looking up?  
00:03:54 Yeah, not looking up.  
00:03:55 I'm not looking up and I'm not down here going, oh look, that's happening there.  
00:04:00 I'm not this witness watching this, which is what we do a lot.  
00:04:04 Like okay, I feel my knee and now I'm labeling here.  
00:04:09 But you literally talk about being there.  
00:04:14 And for me that's like juicy.  
00:04:16 It's like, oh, it's nice.  
00:04:22 It's full, it's nice, it's warm, there's love.  
00:04:27 And the not looking up, looking down is free, because you realize it's kind of like the  
00:04:36 Wizard of Oz is behind there trying to move all the gears to make that thing work.  
00:04:41 And it's like he's not there anymore.  
00:04:43 And so you can just allow it to be something without all the, well, you know, stuff there  
00:04:52 and that's nice.  
00:04:54 And then just take us out.  
00:04:56 Yeah, so take us out.  
00:05:00 So then interestingly, there's a bunch of different ways, kind of like you taught, I'm  
00:05:07 aware of different learning types.  
00:05:09 So some people are kinesthetic, some people are emotional, some people are more mental,  
00:05:14 some people are visual, some people are auditory.  
00:05:17 So I use different doors for, and some people were like, oh, that one was really good and  
00:05:24 that one didn't work so well.  
00:05:26 But by the time we do short little practices.  
00:05:29 And does everything, something's going to start a movement.  
00:05:31 Something's starting to happen and they get to the same place.  
00:05:35 And then interestingly, they use their own words to describe it.

00:05:39 And they don't need to use the vocabulary that I'm starting with.

00:05:43 And that's the style of his teaching.

00:05:46 He'll kind of guide you to an experience.

00:05:48 And then literally, rather than talking about it, he has everyone go around the room and

00:05:53 report their words.

00:05:54 And what's nice always about that is, one, as a student, you get to hear what everyone

00:06:02 else is doing.

00:06:03 Not that I'll have some of that or what he is, but it helps open your idea to other things

00:06:09 that can be, or maybe it was words you hadn't thought to describe it from your own experience.

00:06:14 As the teacher sitting there, I was going, way to go.

00:06:17 You know, like, you hear that?

00:06:19 You hear all that?

00:06:20 So good, it's so good.

00:06:21 I was like, there's popcorn happening in this room.

00:06:24 And throughout the workshop, you'd hear someone at the beginning going, where is what?

00:06:30 You'd hear them at the beginning and at the end, there were a couple people at the end

00:06:33 going, oh, and you get these ahas.

00:06:36 And as a teacher, I was high-fiving him and going, that is so cool.

00:06:41 Because as a teacher, the mudita, you get this joy at that.

00:06:48 Because you know they walked out the door with something that's going to shift their

00:06:52 life in a good way.

00:06:54 And they're giving them tools to be able to do it themselves.

00:06:57 So there's like, these short practices and I've written this book about it.

00:07:04 Oh yeah, your book.

00:07:06 I almost forgot.

00:07:08 There's a book.

00:07:09 You want a book on this?

00:07:12 There's a book on this.

00:07:13 What's your book called?

00:07:14 It's a book on this.

00:07:15 Shift Into Freedom.

00:07:16 It's called Science and Practice of Open-Hearted Awareness.

00:07:19 All right, got that.

00:07:21 Shift Into Freedom.

00:07:22 And then currently there's an audio.

00:07:26 And it's a very perfect title for what this is too.

00:07:29 It is exactly a shift into freedom.

00:07:31 And there's an audio?

00:07:32 Yeah, and the audio currently is the audio of the practices, not the audio of the book.

00:07:37 Oh, you didn't want to sit there for 12 hours and read your book?

00:07:41 I ended up doing that and that will come out.

00:07:43 Oh, okay.

00:07:45 I always like to hear the teacher, like I want to hear Pema Chodron read her book.

00:07:50 I want to hear the word, I don't want the actor they hired.

00:07:54 I want to hear you describe it, because you also get that kind of, the energy of how it

00:07:59 comes in.

00:08:00 So when you say it's the audio of just the practices.

00:08:02 So the audio of the practices is kind of the teaching style, is like the teacher, it's

00:08:08 like I'm introducing the students to their own inner teacher.

00:08:14 And when I'm showing or pointing them to look within, it's not look up here, but look back

00:08:22 within you.

00:08:23 And then once you discover this non-conceptual awareness, by being able to speak from there,

00:08:30 it's really not even about the words.

00:08:33 It's about speaking from non-conceptual heart mind, so that you start to rewire functioning

00:08:42 and living from this new way of knowing and being, so that you can start to make it a

00:08:49 normal thing.

00:08:50 And then in the middle of your life, you can start to just walk down the street, go to

00:08:55 work, have relationships, hang out, have fun.

00:08:59 From a continuous awakening, you know, losing it.

00:09:03 And part of the small glimpses is, of course, initially, you're going to recognize, realize

00:09:09 and lose it, and then the practice is re-recognize.

00:09:14 So training to re-recognize and return and remain and then speak and walk and talk from

00:09:22 there and then lose it.

00:09:24 And then no big surprise, just re-recognize.

00:09:27 And then again, and the training can be done with these small glimpses in the midst of

00:09:32 your day.