

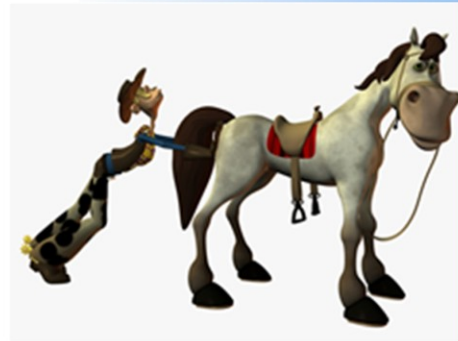
60 Second Sessions™

It's time to give up pushing to get ahead. There's an easier way to get where I want to go.

If I really want to "let go," rest into my body and then expand my energy.



My deep inner yearning for clarity, connection, and inner peace is central to my Being. This yearning is inherent to being expansive and centered in all moments.



What am I assuming?
What are the stories I'm creating in an attempt to explain what is actually unknown? What affect do these stories have on me?

Written and Designed by Jeff Krock

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