

# 60 Second Sessions™

Our separate self, our ego, wants distance from others. Simultaneously, our Heart yearns for connection. No wonder intimate relationships can be so difficult.



Ego produces ego;  
Heart produces Heart.

Creating an isolated, separate self is the role of everyone's ego. Accepting another person's ego is inherent to enduring relationships.

If we're feeling "lack" or without purpose, we've forgotten that we're here to learn the Heart.



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