

60 Second Sessions™

If you want to live your deep inner happiness you must use your daily life to learn.



When I'm resting deep into my torso, I feel connected with myself and the solid world around me. I'm more able to stay on track with what I'm creating.

I have the capacity to expand and contract my energy (spirit, chi). As I expand, I naturally let go of the way I've been stuck.

Written and Designed by Jeff Krock

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