

60 Second Sessions™



What I think does not reliably set my course. My Heart Presence and deep inner yearning for love, connection, and joy set my course.

Who I am and where I am "coming from" in myself are generally more important than what I have to say.

I want to know the Love that is Me.



Notice how my ego can turn my deep inner yearning for love, connection, and joy -- into "lack."

Written and Designed by Jeff Krock

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