

60 Second Sessions™

No matter how long being lost in thought or feeling overwhelmed have been part of you-- *seeking within* is how you permanently transform them. 21st century life requires this transformation.



The seeker/warrior in you is willing to do what it takes to evolve. Ask for it to show up. (don't expect your ego to applaud)

Essentially, seeking *within is simple*. Resting into your body and feeling what your body is resting against is the first step. To go further, recognize your deep inner yearning for the higher levels of life and surrender to the learning that takes you there.

Written and Designed by Jeff Krock

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