

# 60 Second Sessions™



I have the capacity to expand and contract my energy. When I expand out to the edge of my body, life is less stressful and people are more receptive to me.

Lack, guilt, blame, and fear of the future are common ways of maintaining our familiar contracted version of life.

*It's o.k. to be easier.*



It's only a limiting belief that if I'm easier I won't get anything done.

Written and Designed by Jeff Krock

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