

60 Second Sessions™

Practice “hearing” from my deep inner self. Notice that I am then less distant from myself and the world around me. My life is enriched.

I’m releasing the sorrow, darkness, and fear in my chest. I’ve used these as a life-long barrier to separate me from the world around me.



When I have more awareness in my deep vertical core, I'm more able to give up using anyone or anything external to me as my point of reference.

Written and Designed by Jeff Krock

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