

# 60 Second Sessions™

Your Heart Presence is free of thought, emotion, and limiting beliefs about your value. Look for the voice deep within that says "I Am." Not I am right or wrong...not good or bad. Simply "I AM."



Deep within the separate self, the ego—everyone believes that they are flawed. In part, inner peace comes from no longer believing any thoughts that judge your value.



Your ego is designed to give you the experience of being an individual--isolated and separate from those around you. The feelings of isolation and separation you experience with others are not proof that someone is flawed.

Written and Designed by Jeff Krock

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