

60 Second Sessions™



Being mixed up in someone else's suffering is neither love, compassion, nor support. Come back to yourself and rest into your body.

"Letting go" means resting into my body and feeling what my body is resting against. Surrender to this feeling of being grounded.

Today's world asks us to live a new level of life -- or be swallowed up by the external demands and chaos.



When I allow my inner energy and sensation to expand, I am more in the present moment. This always helps those around me.

Written and Designed by Jeff Krock

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