

# 60 Second Sessions™

It takes some degree of courage to recognize how lost and separate we can be.

Expanding your inner energy out to the edge of your body reduces your walls.

Inherent to the human ego, your lower or separate self, is having walls. The walls come from a contraction of your life force (energy, spirit).



**The seeker/warrior in you recognizes your deep inner yearning for love, clarity, connection and joy. It will lead you out of your separate world.**

Written and Designed by Jeff Krock

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