

# 60 Second Sessions™

It's only a limiting belief that I'm supposed to be different. I choose to accept who and where I am and then grow from there.

When I'm more embodied, I'm more present. I'm naturally more connected with the world around me.



Is there anyone in your life with whom you do not want to be grounded and steady?



The ideal guide for my life is my deep inner yearning for love, connection, and the divine.

Written and Designed by Jeff Krock

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