

## Episode-22

### Anger Depletes Energy

Rising within us like hot molten lava, turning into ash all the empathy, love and respect we carry in our hearts, anger causes unreversible damage to our energies and relationships. The outburst offers a momentary relief but also a bouquet of negative emotions. Anger seems to give us a moral justification for our improper behaviour but, instead, it only veils the true jigsaw of emotions we need to realise. Emotionally and physically drained, we not only cause an imbalance in our own energies and aura but of every person we meet and every place we visit.

Join in today's episode as I invite you to observe the harms of anger in a world where it is becoming exceedingly rampant.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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<https://sumedhakataria.in/podcast/episode-22/>

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