

Namaskar. Hope you all are well and in good spirits.

Episode-9

Let go and make room for finer experiences.

We are surrounded by constant reminders of letting go. Abscission of leaves, rain pouring from weighed clouds, piled snow melting —all are nature's ways of teaching us to let go. Then why do we hang on with residual pain for eons? Let go and make room for finer experiences.

In today's episode, learn the hows and whys of letting go and have faith that spring will come and you will blossom.

Friends, do we hang on with painful memories, or believe in letting go? To know-hows and whys of letting go, join my podcast elan vital Sumedha Kataria talks on thursday evening

Follow episode 9th of my podcast to know-how.

Follow my podcast on energy consciousness every thursday

Website

<https://sumedhakataria.in/podcast/episode-9/>

Spotify

<https://open.spotify.com/episode/2PXwOyWw61CXG2P3n3gztd>

Google Podcast

https://podcasts.google.com/feed/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj9mZWVkl3BvZGNhc3Q/episode/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj8_cG9zdF90eXBIPXBvZGNhc3QmcD0yMDI0?sa=X&ved=0CAUQkfYCahcKEwj4uafP4unwAhUAAAAAHQAAAAAQCQ

Youtube Channel :-

<https://www.youtube.com/watch?v=NOvt3toYppQ&list=PLmUYkmg7qTwaQeJuPDwRuGZVlj5Uzxz1l&index=11>

Facebook Page :-

<https://www.facebook.com/sumedhakataria.in>

Instagram page :-

<https://www.instagram.com/sumedhakataria.in/>