

Episode-26

FEAR

Be Not Afraid of Fear, Fight the Fear

A knot in stomach, palpating heart, sirens blaring inside head, the growing urgency and we stand frozen in the moment when all we wish to do is escape. The feeling of fear is an uncomfortable one which we usually try to repress and bury in a deep dark corner and never face it. But in reality, our fears are juggernauts which can propel us to the greatest heights, when realised and faced. Fear is not a mere emotion but raw energy coursing through our body. Once we realise the sensations of fear, we become alert and prepared to face all that we dread.

Join me in today's episode as we learn to transit our natural response to all our fears from flight to that of fight.

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<https://sumedhakataria.in/podcast/episode-26/>

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