

Episode-25

## JUDGEMENT

### Abandon Judgements

Fleeting moments, where we find someone not behaving well or to our liking, we question their words or actions. We impose our own standards of conduct and morality on them. Placing ourselves on a high pedestal, we judge others and decide what is correct for others. This illusion of authority to control brings disappointment, envy and depletion of positivity energy. We need to stop gratifying our ego by judging others and look within and observe the working of our own minds.

Tune in to today's episode as we disentangle our emotional responses, learn how to abandon judgement and embrace discernment.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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