

## Episode-24

### SILENCE

Silence is stairway to tranquility.

In the race to get ahead of everyone, we have forgotten the true value of spending time away from all, in silence. It is truly rewarding to be with oneself alone. When we allow our brain to not be filled with outer clamour, we allow our creative juices to flow, our energies to replenish and our body to be in complete sync with our mind. All this happens because the sound of silence is sweeter and louder than everything. So, take a break, sit quietly and absorb all that silence has to offer.

Tune in today's episode and learn how to embrace these moments of silence and see your life and energies bloom.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

### Website

<https://sumedhakataria.in/podcast/episode-24/>

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<https://open.spotify.com/episode/3rMM2B2tNo6WBw6PIVusz3>

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[https://podcasts.google.com/feed/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj9mZWVkl3BvZGNhc3Q/episode/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj8\\_cG9zdF90eXBIPXBvZGNhc3QmcD0yMDkw?sa=X&ved=0CAUQkfYCahcKEwjAquXe6PHyAhUAAAAAHQAAAAQCg](https://podcasts.google.com/feed/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj9mZWVkl3BvZGNhc3Q/episode/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj8_cG9zdF90eXBIPXBvZGNhc3QmcD0yMDkw?sa=X&ved=0CAUQkfYCahcKEwjAquXe6PHyAhUAAAAAHQAAAAQCg)

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