

## Episode-23

Sleep is Blissful

Sleep and Energy

Bright, warm morning with birds chirping and you wake up energised and ready to start your day. What put you in such a blissful state? A goodnight's sleep.

Sleep is the innocent, blissful state that rests and refreshes your mind and body. Imperative for sustenance, it removes creases of care and soreness of fatigue. Sleep acts as an effective means to align oneself better with the realms of consciousness.

Join in and listen to today's episode where we discover the magic of sleep in our mindfulness

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

Website

<https://sumedhakataria.in/podcast/episode-23/>

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