

Episode-20

Let Suffering Not Sap Our Energies

Suffering

Suffering, be it physical or emotional, causes a series of apprehensions in our minds. The seemingly catastrophic pain and the suffering it causes takes most people to a dark place where our vibrations are unduly low and suppressed. It is upon us to break free from the shackles of our suffering, to heal and to rebuild ourselves.

Come with me on today's journey as the Universe moulds into a better place where all beings are free from pain and vibrating with highest energies.

Join me in today's episode as we experience the divinity that prayers have made possible.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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<https://sumedhakataria.in/podcast/episode-20/>

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