

For 5 years, Sayali lived in a low, heavy space — tired, unhappy, and ready to quit her job

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SUMMARY

The speaker reflects on their transformative journey over the past year since joining a master class, marking the anniversary of a significant personal and professional turnaround. After experiencing profound grief from the loss of loved ones, they found renewed joy and purpose through community support and personal development.

- Celebrated one year since joining a master class on April 19.
- Faced deep grief and depression after losing key family members in 2019 and 2020.
- Considered quitting their tax consultancy practice due to emotional struggles.
- Despite the birth of their daughter in 2020, they felt a persistent emotional void.
- Joining the master class led to unexpected feelings of joy and positivity.
- Experienced a sense of community and energy exchange with other mothers.
- The support received helped them return to their "normal self" and regain happiness.

uh April is marks one year of my journey in EP. So like 19th April last year I had joined the master class and uh like 19th April this year it was my anniversary we can say. Wow. So I really celebrated it and it was like I can tell you the difference that uh last year I was in a place where I was about to quit my um tax consultancy practice because I was really uh you know in my grief mode like I lost my father in 2019, I lost my nanny in 2020.

So these people were like my pillars of strength who made me who I am. So when I lost them I was actually in a very you know a low phase. So you can imagine like said it was 2022 from 2019 to 2024 5 years I was actually completely depressed. Wow. Even if I gave birth to my daughter in 2020, even if that happened then too there was already a hole in my heart. Uh it was okay. So because of that what had happened is I was not able to fully be for my daughter. But after I joined the platinum languages the shift was that I was actually amazed at how I could feel happy. Like initially I was feeling why am I feeling so joyous because I was used to the low feeling. Correct. So I was like oh my god where is this feeling coming from? Because like uh even we are not meeting any person and we can feel the energy when mothers share that when we can actually feel the energy pass through each other. the like the positivity just flows and uh that has really helped me come back to my normal self. Now I'm like back to my normal self and it's all because of