

## Episode-18

Mood is the power we have!!

### MOODS

Our emotions have vibrational voltage. Moods can hit us like a tsunami or feel like rustling leaves on a windy day. They move us as per their type and tenor. Anger rushes through us as an intense current, anxiety sends tremors and quivers, joy causes ripples of relief. The key is the amount of power we assign to our moods.

Listen to today's episode and learn how to effectively rein and tune in with our moods on a more profound level.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

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<https://sumedhakataria.in/podcast/episode-18/>

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