

Episode-28

Personal Place is Precious Necessity

The whole universe and its components carry different energies and we are all designed to fuel our own specific energy systems. Our dynamic energy field is made of multiple layers, which we can expand or contract ; and the moment someone crosses a layer, weighs down our protective cover, or breach our psychic boundaries, it feels as if someone has broken into our safe abode and chipping away the peace, piece by piece. It triggers a feeling of closing oneself and wishing there was a wall between us and the world.

Tune in to today's episode as we learn to protect and prioritise our unique energies, peace of mind and sense of self.

Join my podcast elan vital Sumedha Kataria talks on Thursday evening

Website

<https://sumedhakataria.in/podcast/episode-28/>

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