

Now Live

While walking the walk of life, we seek good and discard bad. We keep a tab on all the events that affect us in any way.. But why not on our energies then? A complaint, a cutting remark, a flash from the past, an urgent call can make our energies go haywire. Much before we realise, we are out of order. A daily audit can keep us updated about our wellness inventory.

Let's know how we can guard as well as augment our treasure trove of positive vibrations.

Website

<https://sumedhakataria.in/podcast/episode-4/>

Spotify

<https://open.spotify.com/episode/7ILFUz9BpxajuJtJUzMOs?si=NOKk8Ql4RNagot68ybv--g>

Google Podcast

<https://podcasts.google.com/feed/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj9mZWVkl3BvZGNhc3Q>