

HAPPINESS CHRONICLES



Namaste,

This week, I am sharing my insights on how the quality of our inner world shapes everything we experience.

True happiness, authentic leadership, and fulfillment begin not by seeking more from the outside, but by knowing who we truly are.

Podcast: The Happiness Hour For Leaders

[Episode 3 : Happiness Is Aham Brahmasmi.](#)

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Revisiting a memorable conversation from The Happiness Hour with Ashutosh Garg, entrepreneur, author, and podcaster, I explored the timeless wisdom of the Vedas and the profound truth of Aham Brahmasmi, the understanding that our true nature is complete, and that the happiness we seek exists within us.

We reflected on:

- Happiness as our true nature: The wisdom of *Aham Brahmasmi* reminds us that we are not separate from the source of joy. Happiness is an intrinsic part of who we are.
- The illusion of seeking outside: We often spend our lives searching for fulfillment through success, possessions, or recognition, only to discover that true happiness was always within us.
- Living from Awareness: When we trust our inner self instead of relying on external validation, we experience greater peace, clarity, and purpose in the way we live and lead.

This conversation is a powerful reminder that happiness is not what we have to achieve; it is what we awaken to. By turning inward and recognising our true nature, we discover a deeper sense of fulfilment that transforms both our lives and our leadership.

Watch and listen to this full episode of The Happiness Hour with Ashu Khanna on:



The Inner View

[The Question That Changed How I Lead](#)



A life changing experience challenged everything I thought I knew. It taught me that authentic leadership is not about proving how much we know, but about remaining curious enough to discover what we do not know. Curiosity creates space for growth, innovation, deeper relationships, and wiser decisions.

I believed leadership meant having the right answers. Experience, expertise, and certainty became the foundation of how I made decisions and led others. Over time, I realised that this mindset, while valuable, had also become a limitation.

When we stop listening only to respond and begin listening to learn, our leadership transforms. We build teams that welcome diverse perspectives, create cultures where questions are encouraged, and give ourselves permission to keep growing. The most impactful leaders are not those with all the answers. They are the ones who never stop being curious learners.

 [Read the full blog and notice one pattern of your mind today...](#)

Insight Corner

[Awareness Shapes Everything](#)



A strong life begins with a strong foundation. When Awareness becomes the foundation of how we live, every other aspect of life naturally finds balance and direction. Our relationships deepen, our leadership becomes more humane, and our decisions are guided by greater clarity and purpose. Just as a house stands firm on a solid foundation, we too can navigate life's challenges with resilience when we remain aligned with our inner self.

 [Watch the video and apply this in your next challenging situation.](#)

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Reflection Frames



Trust What You Feel

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Use this reflection to return to inner peace.

A Glimpse into my Journey

[Book Spotlight: I Am Perfection](#)

(Chapter 7 : Authentic Leadership)

When we move beyond our egoistic thoughts and surrender to Universal Love, we experience magic. Our whole being feels alive and blissful with love. In such moments, there is no fear, expectation, attachment, judgement, assumption or identification with a role or title.

 [Explore the book and deepen your awareness, one reflection at a time](#)



As you move through this week, may you strengthen the foundation of your inner life.

May awareness guide your choices, curiosity inspire your growth, and authenticity shape your leadership.

May you discover the joy, peace, and fulfilment that have always been within you.

Warmly,

Ashu Khanna
Reimagine possibilities



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