RS:

Happiness Chronicles



compassion. Each of us is gifted with an inner voice that is our compass to designing a life of meaning.

As we celebrate the spirit of festivals like Ganesh Chaturthi, let's remember that every ritual is also an invitation to purify our mind and welcome new beginnings joyfully.

Happiness blossoms when we accept life as it comes, live with courage, and act with

joy. **Podcast: The Happiness Hour**

This week, I invite you to reconnect with yourself and create space for freedom and

Episode 22: Alchemize Pain Into Purpose Listen to the Podcast \rightarrow

In this episode of The Happiness Hour, I speak with Walid Malouf, a transformation coach, writer, and entrepreneur. His journey is a true reflection of resilience and

courage, showing how even life's deepest struggles can become stepping stones to

joy and purpose.

In this podcast, you will explore: Finding joy within, even during tough times. Turning struggles into strength and self-growth. Believing in your dreams and keeping hope alive.

Living true to yourself and growing from within to help others



The Inner View Ganesh Chaturthi: A Festival of Inner Awakening



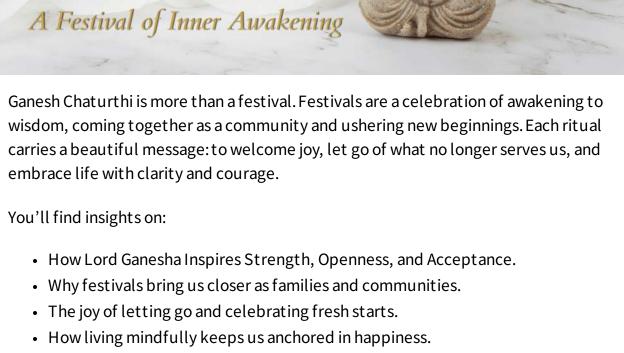
and gratitude.

Read full blog...

Ashu Khanna

Managing Emotions with Awareness

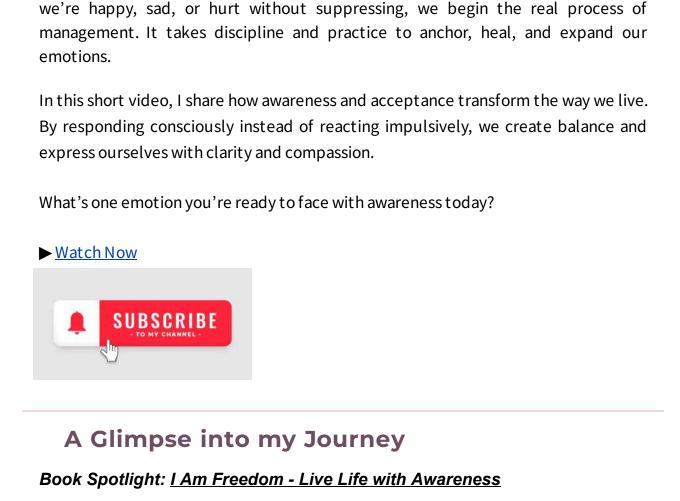
Ganesh Chaturthi



Moments of Truth - Must Watch

This festival reminds us that true spirituality is living each day with love, courage,

MANAGING **EMOTIONS**



Are you ready to reconnect with your true self and navigate life's transitions with ease and grace? My book, I Am Freedom, offers a heartfelt roadmap to unlock your leadership

"Our inner self is the only constant in our lives. Our life is like a passenger train. People step in and out of our lives, scenarios keep changing, and along the way, we keep learning and growing. Most of us achieve success in some form or another. Learning new skills and languages and taking care of ourselves are all accomplishments that often get overlooked.

This book inspires you to embrace your authenticity, live with courage, and lead with

In a world full of noise, may this space be your gentle pause... A breath. A reminder to

The first step to managing emotions is becoming aware of them. When we notice if

We use our strengths and attributes to survive, and when those attributes are harnessed consciously, we can fearlessly climb mountains. Consciously using my skill for identifying

awareness.

potential and expand your consciousness.

Here's a glimpse of the Book:

Why Read This Book? To reconnect with your authentic self

To cultivate inner strength, courage, and self-awareness

• To navigate transitions with confidence and grace

patterns and trusting my intuition has helped me grow as a coach and author."

<u>Get Your Copy & Begin Your Journey</u> →

return home... to yourself.

With love & light,

Ashu Khanna

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