

# HAPPINESS CHRONICLES



**Namaste,**

Today, I am grounded in Joy.

Where Joy is not dependent on external circumstances.  
Where Joy does not sway with praise or accomplishment.

It is a quiet state that exists within as I live in alignment with the inner self.

When we dare to live authentically, Joy is not accidental.  
It is a real possibility.

And authenticity is the doorway.

This week's words unfold from this truth.

## Podcast: The Happiness Hour

### [Episode 31: Joy Is A Conscious Choice](#)

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In this episode of The Happiness Hour, I am in conversation with **Dr. Katie Eastman**, psychotherapist, grief coach, and co-founder of ReCreate Coaching & Counsel.

Katie brings over four decades of experience working with grief, change, and the deeper meaning that can emerge through life's most difficult moments. Our conversation gently explored how loss, when understood, can become a doorway to growth.

- We reflected on how every change carries a form of loss.
- On grief not as weakness, but as a powerful teacher.
- And on how compassion and self-awareness shape truly conscious leadership.

Katie reminds us that joy is not dependent on circumstances. It is a choice we return to, even in the midst of life's challenges.

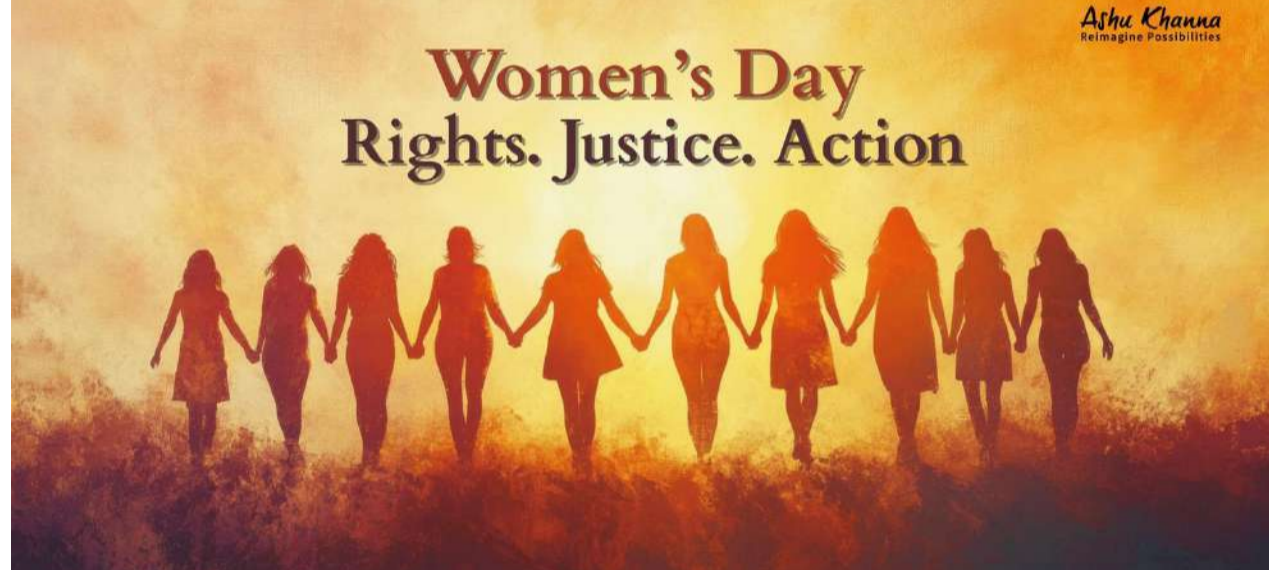
This conversation is an invitation to see pain differently and rediscover the compassion and meaning that often lie within it.

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



## The Inner View

### [Women's Day: Rights, Justice and Conscious Action](#)



Leadership is meaningful when it uplifts others and when our actions create dignity and opportunity for those around us.

The spirit of Rights, Justice and Conscious Action reminds us that true progress emerges when intention is expressed with accountability.

Compassion deepens our understanding of the challenges many women continue to face, while conscious leadership encourages us to create systems that are fair, inclusive and empowering. When we lead with love, courage and service, leadership moves beyond personal success and becomes a movement that protects rights, strengthens justice and nurtures a more equitable world.

[Read more here...](#)

## Insight Corner

### **If joy is a conscious choice, how do we choose it when life feels difficult?**

Choosing joy does not mean ignoring pain. Life will bring moments of loss, change, and uncertainty. Joy emerges when we live as a witness to these changing experiences. And we remember to be compassionate and patient towards ourselves. Joy then becomes less about circumstances and more about the state from which we choose to live.

## A Glimpse into my Journey

### [Book Spotlight : I Am Abundance : Live A Life Of Possibilities](#)

The language of the heart asks us to listen beyond words to understand the intention, emotion, and energy. Communication is not limited to speech. It lives in our silence, eyes, posture, and presence.

For me, silence has transformed from an escape into a companion.

I have learnt:

- To observe before reacting.
- To respond directly, instead of defending myself.
- To accept myself holistically.

Now, my focus has shifted from speaking more to listening more.

Patience has become a powerful resource.  
Time has become a partner.

Where authenticity lives, courage follows.  
And where courage is present, abundance unfolds naturally.

This book is an invitation to choose possibility over limitation and truth over performance.

[Buy On Amazon...](#)

As you move through this week, reflect gently :

Where am I waiting for joy instead of choosing it?  
Where can I honour my inner voice more honestly?

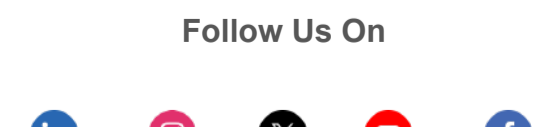
- Choose joy consciously.
- Live authentically.
- Make presence your power.

*With love & light,*

**Ashu Khanna**  
Reimagine possibilities



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