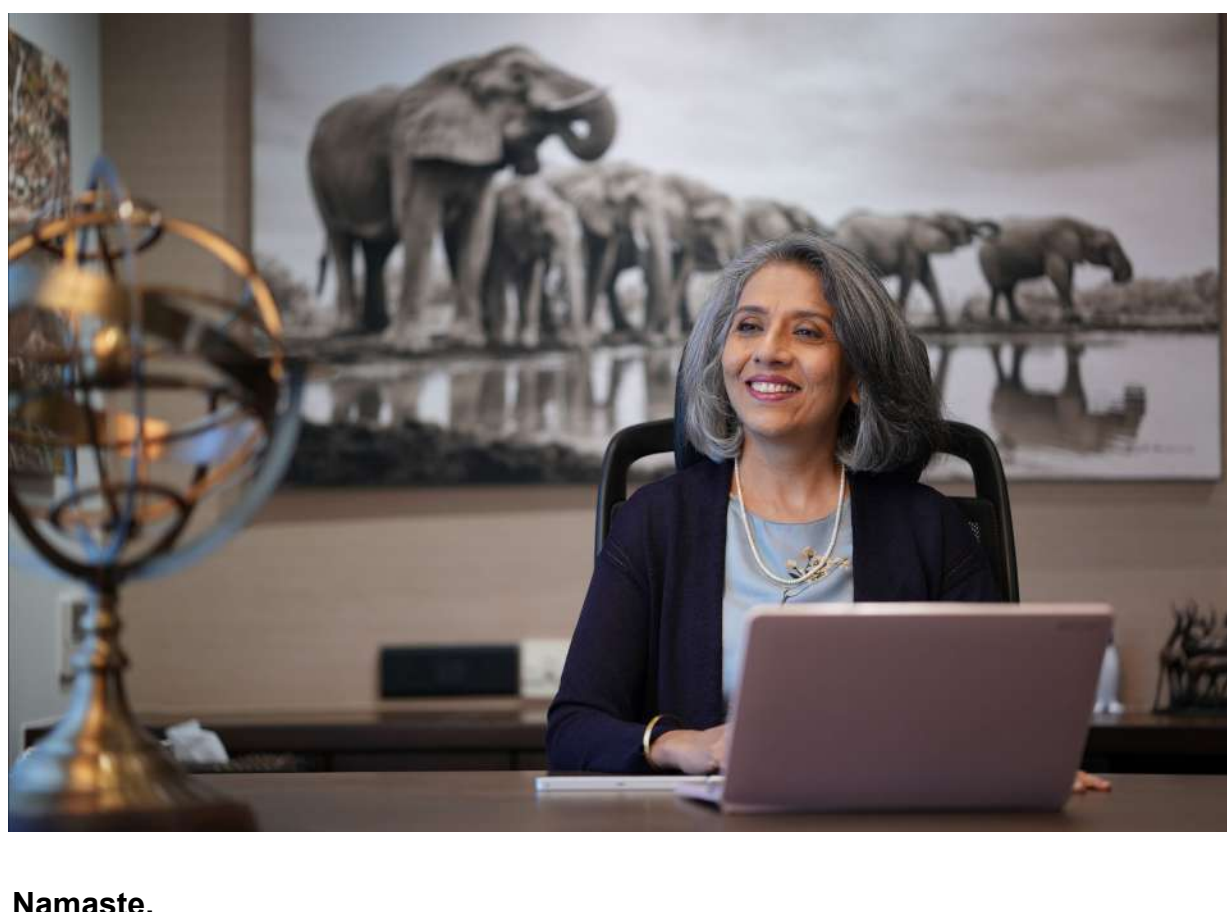


# HAPPINESS CHRONICLES



**Namaste,**

Conscious living shapes how we think, decide and show up in the world. It influences leadership, relationships and the quality of our inner life.

This week's reflections explore awareness as a lived practice. Awareness is a state of being that gets cultivated with consistency and discipline. It is like a muscle that needs time and patience and informs choice, responsibility and alignment across both personal and professional spaces.

## Podcast: The Happiness Hour

### [Episode 29 : Conscious Living](#)

[Listen Now](#)



In this episode, I am in conversation with **Janet Harvey**, Master Certified Coach, author and CEO of InviteCHANGE. Janet has spent decades developing leaders grounded in awareness, authenticity and purpose.

Our dialogue focuses on how conscious choice influences happiness and leadership. Janet shares insights on self-responsibility, reflection and living in alignment with one's values. Awareness emerges as a steady practice that lends clarity, self transformation and growth.

This episode explores :

- Awareness as the foundation of conscious choice
- Self-responsibility as a pathway to inner freedom
- Authentic leadership rooted in values
- Change approached with trust and clarity
- Happiness shaped through presence and alignment

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



## The Inner View

### [Self Awareness as a Path to Inner Peace](#)



Awareness deepens our relationship with ourselves and with life. This reflection explores how presence and inner peace develop through conscious living.

The blog touches upon interconnectedness, self-realization and the role of awareness in living with peace and clarity. Through consistent inner practices, we begin to respond to life with equanimity, compassion and authenticity.

[Read full blog...](#)

## Moments of Truth – Must Watch

### [Be Happy](#)



A short reflection on personal responsibility and awareness. Happiness unfolds through conscious engagement with self and life.

► [Watch Now](#)

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## A Glimpse into my Journey

### **Book Spotlight:**

### [I Am Love - Live Life With Gratitude](#)

### [Live With Awareness](#)

### **How aware am I of myself**

### **To know how to be happy**

### **How aware am I of others**

### **To know how to be happy**

### **Happiness is always with me**

### **It is for me to choose to be**

### **Living true to myself is happiness**

### **For then there is nothing more to be**

This book reflects on awareness as a way of living.

It explores presence, gratitude and self-honesty as guiding principles for happiness.

Living with awareness strengthens inner clarity.

Gratitude becomes a natural expression.

Alignment creates ease in action and being.

[Explore the book...](#)

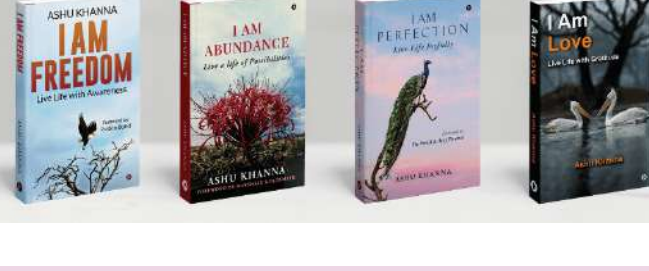
May awareness guide your choices.

May clarity shape your leadership.

May your presence support how you live each day.

*With love & light,*

**Ashu Khanna**  
Reimagine possibilities



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