Happiness Chronicles

Namaste,

Have you ever felt unheard or limited by circumstances?
Often, these moments are invitations to reconnect with the quiet truth within us. What feels like limitation on the outside can become a doorway to clarity, if we allow ourselves to listen deeply.

Leadership is about rising above fear, embracing challenges as opportunities for transformation and growth and creating with a sense of purpose. When actions come from a place of trust, life opens new possibilities.

This week is a celebration of living meaningfully, creating your own destiny and embracing abundance with trust and gratitude. May these reflections remind you to walk your path with faith in life's unfolding and love in your heart.

Podcast: The Happiness Hour

Episode 26: Living With Meaning
Listen Now

This week on The Happiness Hour, I had a heartfelt conversation with Niren Chaudhary, former CEO of Panera Brands. Beyond his corporate success, Niren's journey is one of resilience, love and learning from life's deepest moments. In this episode, he shares how purpose, compassion and authentic leadership shape our careers and our lives.

Through this conversation, you'll discover:

- How purpose brings true happiness.
- Growing through change and staying curious.
- Turning loss into strength with gratitude.
- Leading with heart and authenticity.

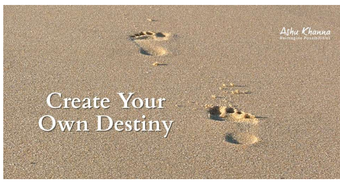
Listen to the episode and feel inspired to lead with love and live meaningfully.

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

Listen on Spotify Watch us on YouTube

The Inner View

Create Your Own Destiny



There was a time when I felt my voice didn't matter. It was only when I looked within that I realised my limitations were born out of fear. Stepping beyond that fear opened the path to self-transformation, purpose and happiness.

In this blog, I share reflections on how awareness, courage and daily commitment can help us shape our destiny. It's about living with vision, practicing excellence and creating from a space of abundance.

"Each conscious choice we make writes a new line of our destiny."
Explore how you can grow into an inspirational leader and live with purpose.

Read full blog…

Moments of Truth – Must Watch

Who Am I?

We lose ourselves when we try to be someone else.

True freedom begins when we reconnect with our own voice and embrace our uniqueness.

▶ Watch Now

Follow us on Instagram for more inspiring content.

Follow us on Instagram

A Glimpse into my Journey

Must Read Book: I Am Abundance: Live a life of Possibilities

It is time to release fear, stop seeking validation and simply be a loving presence. In I Am Abundance, I share a moment of reckoning that invites you to open your heart to love, trust the journey and welcome life with grace.

Take a Glimpse →
"*I was listening to a conversation between Dr. Wayne Dyer and Anita Morjani, on her near death experience. It triggered me to stop wasting my life and time questioning, instead just trust and embrace myself as a manifestation of Universal Love. After all, every experience, every interaction, every decision and every choice had revealed the benevolence of the Universal Love in moving me forward on my journey of transformation. It was time to stop hesitating, stop looking for validation, stop feeling scared of rejection. I experienced a strong force that moved me forward to courageously drop the noise in my head and just be a loving presence.*"

Here are a few reminders from the book:

- We all have the power to make a difference.
- Attachment limits our ability to love unconditionally.
- Expectations create disappointment; acceptance sets us free.
- Abundance flows when we trust, surrender and live with gratitude.

Step into abundance and experience life as a beautiful unfolding of possibilities →

Live each day with faith in the flow of life. Let your heart guide you toward peace and possibility.

With love & light,
Athu Khanna
Reimagine possibilities

Follow Us On

LinkedIn | Instagram | Twitter | YouTube | Facebook

You are receiving this email as you are a part of our Happiness Chronicles Community.

This email was sent to <<Email Address>>
why did I get this? unsubscribe from this list update subscription preferences
Arka Capital Advisors Pvt. Ltd. · 19th Floor, Nirmal Building · Madam Cama Road, Nariman Point · Mumbai, Maharashtra 400021 · India