

Happiness Chronicles



Namaste <<First Name>>,

How are you feeling today? I hope this note finds you smiling, breathing deeply and pausing for a moment to just be. This week, we're diving into playfulness, self-awareness, connection and the joy of being your true self - through conversations, words and soul-nourishing short videos.

Let's begin.

New Podcast Episodes – The Happiness Hour

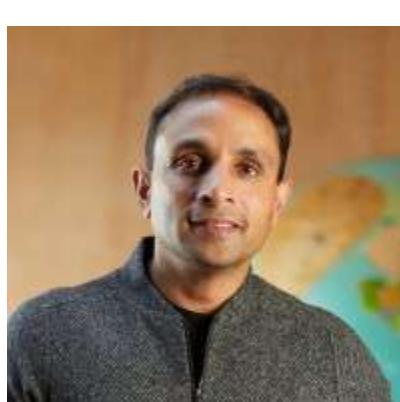
Season 1: Episodes 11 & 12

Heartfelt stories, deep insights and conversations that make you pause and reflect.

Episode 11: Happiness Is In Aligning With True Self – with Shreans Daga

In this beautiful exchange, Ashu speaks with Shreans Daga - entrepreneur, spiritual teacher and chairman of Pyramid Valley International, about how aligning with our true self and embracing meditation can lead us to real, lasting happiness.

→ [Tune in for a soul-expanding experience.](#)



Episode 12: Honour Your Feelings – with Raj Nayak

Media powerhouse and happiness evangelist, Raj Nayak, opens up about the unexpected events that led to his transformation - from Raj Nayak to Raj Cheerful. A moving conversation about embracing vulnerability, honouring your emotions and creating joy for others.

→ [This one's a hug in audio form.](#)



Feel-Good Videos to Uplift Your Energy

Living With Awareness

[Watch now](#)

Real empowerment begins with self-leadership. When we shift from reacting to responding, we create ripples of awareness and purpose in our relationships. Let this reel remind you of your power to choose joy.

Freedom Is Who You Are

[Watch now](#)

We're born free and yet, somewhere along the way, we give our freedom away to fears and expectations. In this powerful video, remember the truth: your soul is and always will be, free.

Let go. Breathe deep. Step into your light.

Let each video be a step closer to your true self. Watch more on my YouTube Channel.

Subscribe to our

You Tube Channel

Blogs To Light Up Your Week

1. Bringing Playfulness Into Life

[Read the blog](#)

Let's be honest, adulthood gets serious. But who said we can't add some play into our life every day? From gamifying your to-do list to giggling at your own goof-ups, this blog nudges you to bring back that curious, creative spark.

Play is not a distraction, it's a way back to yourself.

2. Spirituality: The Antidote To Loneliness

[Read the blog](#)

We live in the most connected age... and yet, loneliness is everywhere. This blog gently guides you through understanding loneliness and shows how spirituality can be a bridge to connection, belonging and home.

Sometimes, the way out is within.

Join me in exploring fresh perspectives on life and leadership!

Until next time...

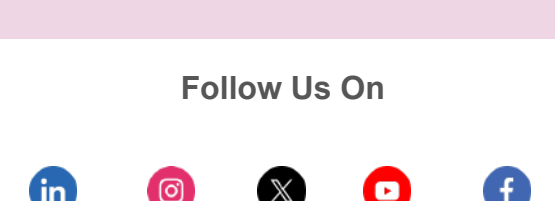
Remember, happiness is not a destination - it's a moment, a choice, a practice. Whether you're playing, meditating, laughing, crying or simply resting... all are passing emotions, just flow!

With love & light,

Ashu Khanna
Reimagine possibilities



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