Happiness Chronicles

Namaste,

Change is like a relative that keeps us on our toes. Some days it feels like movement around us. On other days it stirs something within. When we learn to meet change with awareness and a smile, it becomes a teacher that expands our capacity to live fully.

I would like to invite you to listen inward, strengthen presence and trust the rhythm of your own growth and navigate it with clarity and courage.

Podcast: The Happiness Hour

Episode 27: Dance With Change

Listen Now

On The Happiness Hour, I had an amazing conversation with Zia Mody, one of India's most respected corporate lawyers and the Founder and Managing Partner of AZB & Partners. Her journey reflects perseverance, sincerity and the strength to stay true to oneself even in demanding environments.

In our conversation, Zia shares:

- Joy that arises from simple moments with loved ones
- The importance of integrity and authenticity in leadership
- How presence supports us in moments of pressure
- Why true leadership is about serving and uplifting others
- Encouragement for the youth to pause, breathe and keep moving forward

Her reflections will inspire you to rethink success, deepen your own leadership style and value how integrity and empowerment make leadership purposeful.

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

Listen on Spotify | Watch us on YouTube

The Inner View

Fear Of Irrelevance

Technology is evolving quickly. New ideas are reshaping the way we work and live. Amidst this change, many experience a quiet fear of becoming invisible, outdated or unable to keep pace. These emotions arise when we measure our worth by outer movement and forget the inner qualities that make us human.

Relevance arises when we live with awareness, creativity and purpose. Progress is not only the result of innovation. It is also the outcome of inner transformation, reflection and conscious choices.

In this blog, I share how:

- Mindfulness helps us stay centered during uncertainty
- Inner clarity brings balance between intellect and intuition
- Awareness prevents us from being swept away by noise
- Human connection, empathy and imagination keep us indispensable
- Silence nurtures creativity and grounds us in our true nature

When we anchor in who we are, change becomes an ally rather than a threat. The future belongs to those who grow with consciousness and show up with authenticity.

Read full blog…

Moments of Truth – Must Watch

Make A Difference

True leaders awaken the leader within others.

Courage, compassion and wisdom live in each one of us. When expressed mindfully, they create ripples that uplift lives.

▶ Watch Now

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A Glimpse into my Journey

Book Spotlight: I Am Perfection - Live Life Joyfully

Life becomes expansive when we trust the quiet intelligence guiding our journey. When we drop the weight of false identity and surrender to the flow of life, we begin to witness its beauty with openness and delight.

In I Am Perfection, I share moments when trusting my inner rhythm led me to new horizons. Each leap of faith was met with support, love and learning. These experiences taught me to embrace the unknown wholeheartedly and express myself with joy.

This book invites you to explore:

- The freedom that comes from aligning with your true nature
- The lightness of living with child-like wonder
- The power of trust in unfolding your potential
- The grace that enters when we walk with awareness

Explore the book…

As you move through the coming days, may you stay rooted in your inner rhythm. Change will continue to arrive. Meet it with steadiness, clarity and faith in your own unfolding.

With love & light,

Athu Khanna
Reimagine possibilities

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