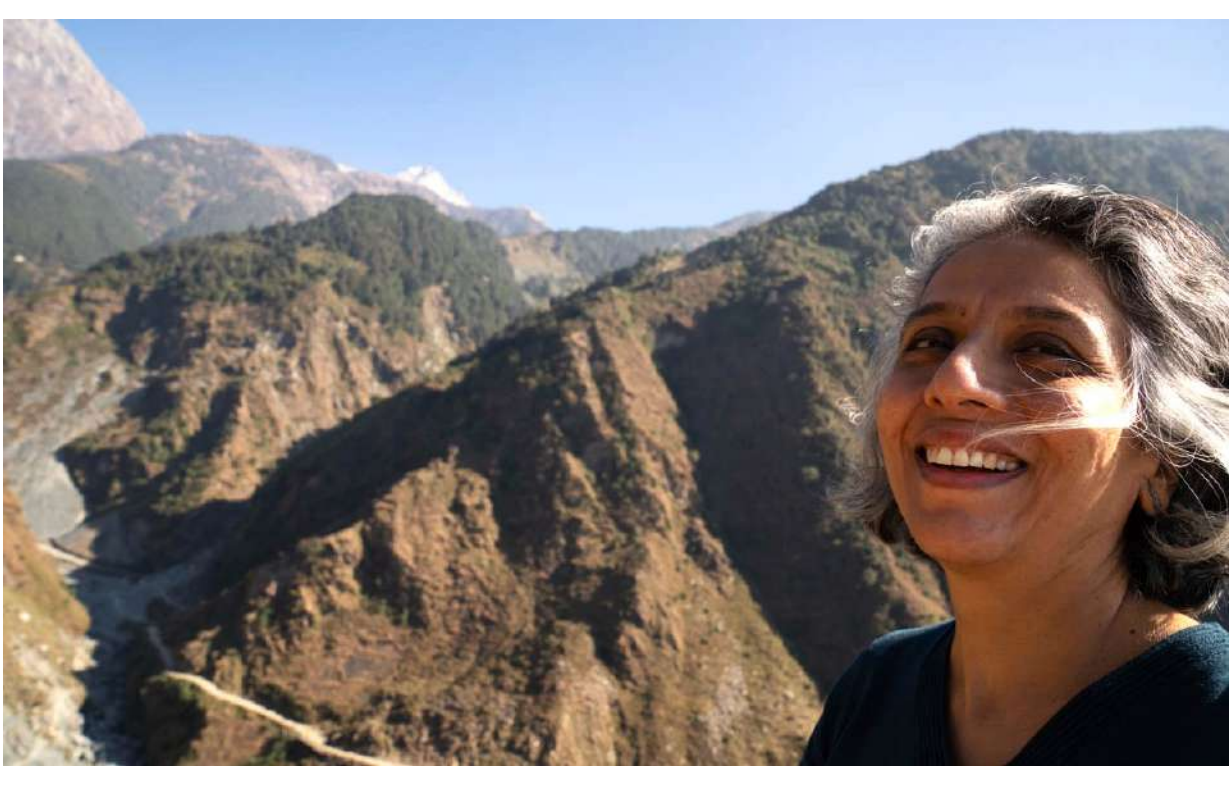


HAPPINESS CHRONICLES



Namaste,

A few weeks ago, I was in the mountains - away from meetings, away from notifications, away from the usual noise.

Within minutes, I found myself reaching for my phone.

Not because anything was happening. Just out of habit. Almost like a reflex.

I caught myself. This time around, instead of giving in, I just... sat with myself.

The urge came back, rather stronger. My mind was restless, scanning through - looking for action or progress. A typical need to always be doing something is so deeply wired than most of us want to admit.

I stayed with the discomfort. Slowly, the restlessness shifted and loosened its grip. My mind stopped hovering. And I experienced profound stillness.

This week's reflections come from that experience.

Podcast: The Happiness Hour

Episode 33: Happiness In the Mountains

[Listen Now](#)



This episode reflects on what unfolds when we slow down and become present.

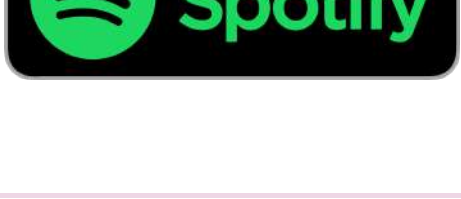
In this conversation, I share:

- The experience of observing without distraction
- What begins to surface in silence
- The role of attention in deepening awareness

The mountains offer space.
In that space, listening deepens.

This episode is an invitation to pause and be with yourself.

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



The Inner View

The Truth Behind Relationships



Relationships reveal how we respond, especially under pressure. We react before fully understanding, expect without expressing, and avoid conversations that require honesty. These patterns create distance over time.

When we pay attention, these behaviours become clear. Our responses, communication, and level of responsibility shape the direction of every relationship.

[Read the full reflection and examine your own patterns...](#)

Moments of Truth – Must Watch

I Am Happiness



Happiness is experienced when there is less inner resistance. This resistance comes from wanting situations, outcomes, or people to change.

When attention settles, this becomes visible. The need to control reduces, and a sense of ease begins to emerge.

[Watch the full insight and observe what shifts within you...](#)

Follow us on Instagram for more inspiring content.



A Glimpse into my Journey

Book Spotlight: I Am Perfection, Live Life Joyfully

*I am sensitive; I am emotional
My head is full; my heart cannot be heard
How do I live with this pain?
Love says, pay attention,
I am a sensitive emotion*

For a long time, holding my emotions was difficult. With awareness, my relationship with them began to change.

Sensitivity became a powerful tool to listen deeply. Emotions became signals to develop awareness. Discomfort became a space for contemplation.

There was no need to move away. There was space to remain present.

In that space, awareness and understanding deepened.

[Explore the book...](#)

A Quiet Invitation

When we begin to notice these patterns, we are often unsure how to break past the internal barriers. This is where awareness deepens when it is guided.

I work with leaders and entrepreneurs who are navigating these inner shifts, to reconnect with their authentic self and find clarity in decision making and alignment.

If the reflections stayed with you, and you feel ready to explore this more deeply, write in to me.

With love & light,

Ashu Khanna
Reimagine possibilities



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