

Happiness Chronicles



Namaste,

Have you ever noticed that your best insights often come in quiet moments?

They arise when you pause, breathe and tune into your inner voice, the voice of wisdom that guides your choices with clarity and purpose.

This week, we explore stories, reflections and practices to help you lead with awareness, embrace self-love and welcome abundance in life.

Let's step in and explore together...

Podcast: The Happiness Hour

Episode 23: Be An Instrument Of Doing Good

Guest Speaker: Mr Ajay Piramal, Chairman, The Piramal Group

In this episode of The Happiness Hour, Ajay Piramal shares his journey of purposeful living and conscious leadership. Drawing from The Bhagavad Gita, his life experiences and guidance from spiritual masters, Mr Piramal emphasizes that true happiness comes from giving, serving and leading with integrity.

He also reflects on how faith has helped him navigate loss, how businesses can become a force for good beyond profit and why leadership is about stewardship rather than ownership. His story is a reminder that success is most meaningful when it uplifts others and creates lasting impact.

Don't miss this treasure of an episode; it will leave you inspired to live with more meaning and kindness.

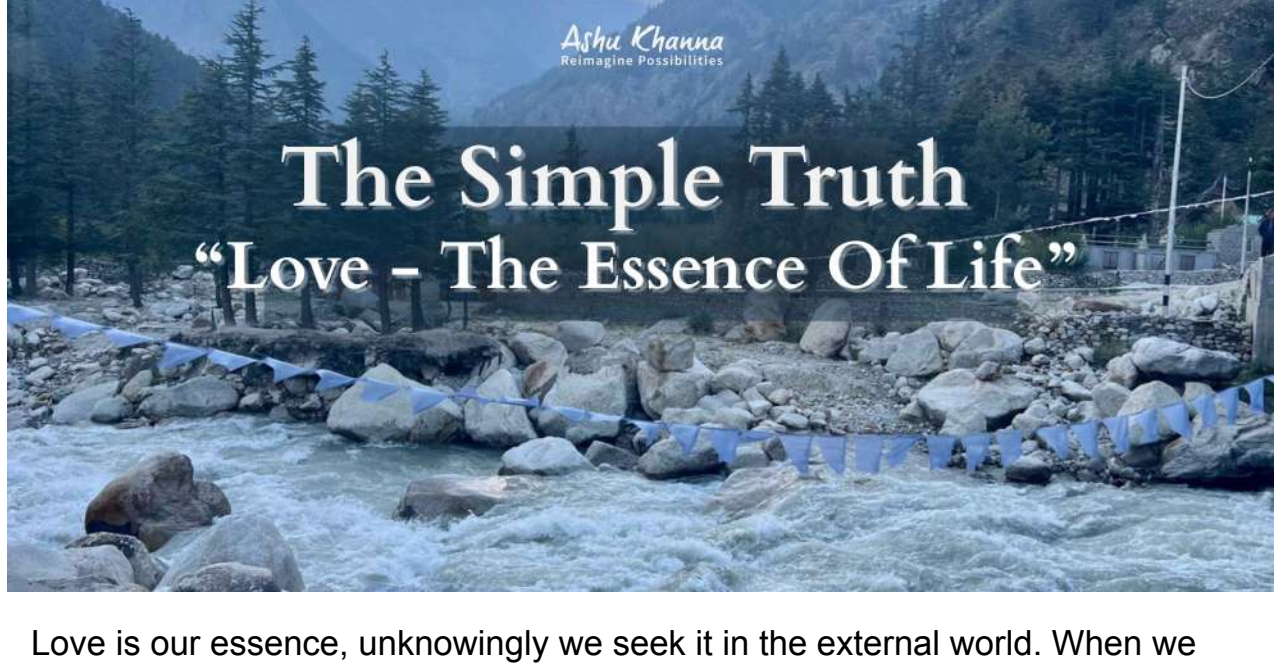


Watch and listen to this full episode of The Happiness Hour on:



The Inner View

The Simple Truth: Love - The Essence of Life



Love is our essence, unknowingly we seek it in the external world. When we turn inward, we discover that love is the key to joy, peace and meaningful connections.

In this blog, I share how to:

- Shift from seeking approval to embracing your wholeness.
- Cultivate self-awareness through mindfulness.
- Transform relationships by connecting with love.
- Lead with compassion and authenticity.

[Read the Blog →](#)

Moments of Truth – Must Watch

The Anchor Within



Have you ever felt that even in times of change and uncertainty, there is one constant within you, your inner voice?

In this video, I share the joyful moment when I realized that this voice is always present, guiding me through the unknowns. Unlike the transient world around us, it is our true anchor, our stability.

[Watch the Video →](#)



A Glimpse into my Journey

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

Take a Glimpse →

“We like the world to be a clone of ourselves and thus, we end up judging and expecting people to understand us and meet our standards. Everyone is a package of good and bad, likes and dislikes, success and failure. Often, intense proximity and attachment colours our perspective. There is a fine line between attachment and pure love. Attachment is laden with expectations, disappointment and is based on a perceived image; pure love is based on acceptance and understanding of the person as a whole.”

This book inspires you to embrace possibility, trust the flow of life and welcome abundance in every form.

In this book, I share insights that remind us:

- We all have the capacity to make a difference.
- Attachment colours our ability to love unconditionally.
- Our expectations create disappointments, accept everyone for who they are.

[Step into abundance and live a life full of possibilities →](#)

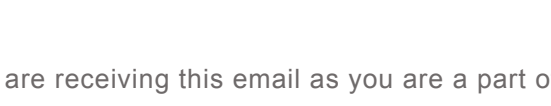
Until next Thursday, remember, every choice, every pause and every act of self-awareness brings you closer to a life of meaning, joy and abundance.

With love & light,

Ashu Khanna
Reimagine possibilities



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