Happiness Chronicles

Namaste,

Happiness blooms when we live with awareness, embrace each moment fully, and act with love and compassion. Every experience, whether playful, reflective, or challenging, is an opportunity to reconnect with our true selves and nurture the joy within.

This week, I invite you to explore stories, reflections, and gentle reminders about love, energy, and the simple joys of life. From leading with care to balancing your inner energy, these insights can guide you to feel more calm, grateful, and connected to yourself.

Podcast: The Happiness Hour

Episode 24: Leading With Love

In this episode, I sit down with Shaheen Mistri, CEO of Teach For India, education reformer, and changemaker to explore how love, courage, and service can reshape lives and communities.

From founding the Akanksha Foundation at 18 years to building Teach For India into a nationwide movement, Shaheen's journey shows us what's possible when one chooses compassion over convention.

Through this conversation, you'll learn:

- How leading with love creates lasting change.
- How education is the greatest equaliser.
- The courage it takes to start young and stay the course.

Listen Now

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

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The Inner View

The Healing Connection Between Energy and Well-being

Have you ever wondered how your energy affects your health, happiness, and overall well-being? Everything we eat, think, feel, and do sends energy through our bodies and when it's out of balance, we feel tired, stressed, or off.

Here are some reflections to explore:

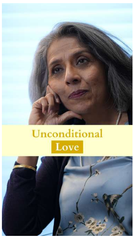
- How stress is a guiding mechanism.
- The difference between chasing passion and living with purposeful direction.
- How simple daily habits can help you feel anchored, not agitated.

Small, daily habits can help you feel lighter, clearer, and more alive. Healing is about tuning into your energy and reconnecting with your true self.
Discover how small changes can bring big balance to your life.

Read full blog…

Moments of Truth – Must Watch

Unconditional Love



Love is about acceptance, presence, and nurturing hearts, including your own.

True love flows when you stop trying to change others and simply hold a space for who they are.

▶ Watch Now

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A Glimpse into my Journey

Must Read Book: I Am Love - Live Life with Gratitude

I Am Love is a celebration of life, love, and the simple joys that often go unnoticed. Through heartfelt poems, this book invites you to pause, reflect, and reconnect with the beauty and gratitude that exist in everyday moments.

Here's a glimpse of the poem Childhood:

"Remembering that child
I travelled back in time
To recreate that joy and contentment
That was all a part of me

I enjoy that child today
As I laugh and play
Loving every moment of life
Knowing that life is just a game"

Each poem is a gentle reminder to:

- Embrace love and gratitude in every aspect of life.
- Reconnect with your authentic self and inner joy.
- See life as a journey of reflection, growth, and wonder.

Get Your Copy & Begin Your Journey →

Let these stories and reflections be a soft pause in your day… a moment to rest, reflect, and nurture the joy and calm that lives inside you.

With love & light,

Athu Khanna
Reimagine possibilities

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