

Happiness Chronicles



Namaste,

When was the last time you sat still - not to check something off your list, but simply *to be*?

In the noise of our schedules, even the beautiful things can feel rushed. I've always found clarity when I pause. When I look up at the sky. When I sip my tea without a screen. When I just listen - to the birds, to my breath, to my heart.

This week's reflections are all little invitations back to that place. The one you always carry within.

Podcast of the Week

The Happiness Hour – Episode 16

[Live In The Present with Harish Mehta](#)

[Listen Now](#) →

In this heartwarming and insightful conversation, I sit down with Harish Mehta - tech pioneer, NASSCOM founding member, and a man whose spirit is as curious as it is grounded.

We speak about the evolution of happiness - how it shifts as we grow, how it hides in simplicity, and why the present moment is truly all we ever have. Harish reminds us that joy doesn't need a grand plan - it can be found in a child's laughter, a walk in nature, or simply letting go of being too serious.

If you need a gentle nudge to *slow down and smile*, this episode is it.



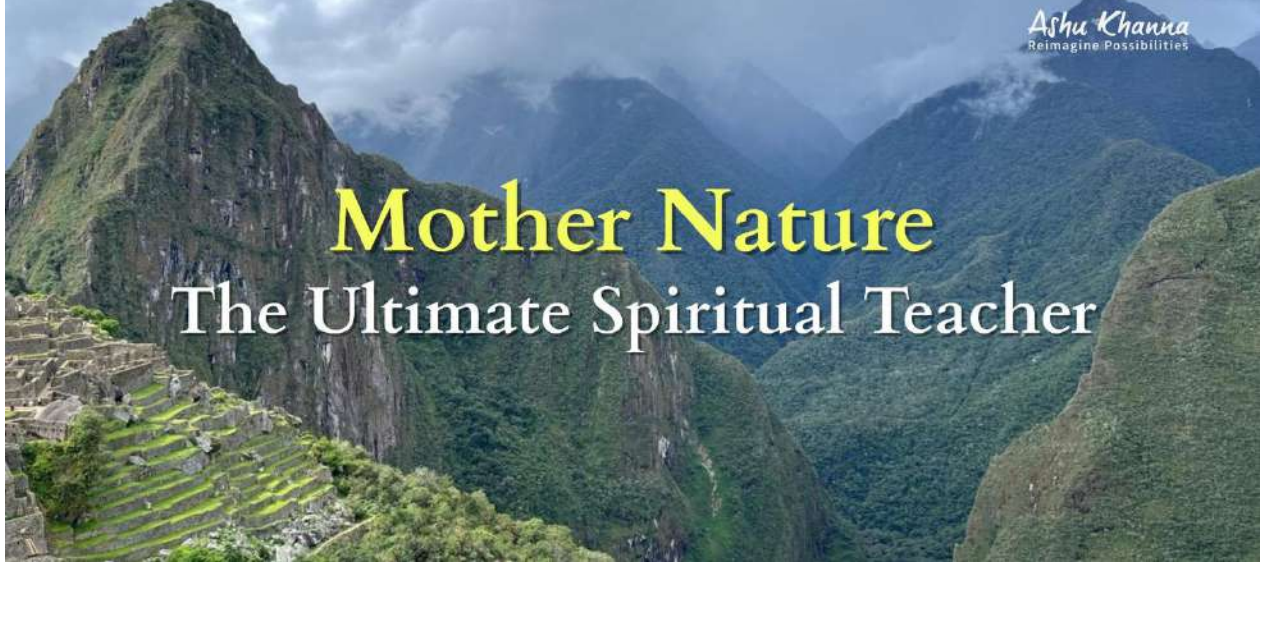
Listen to all the episodes of The Happiness Hour on my Channel:



New on the Blog

Mother Nature - The Ultimate Spiritual Teacher

[Read here](#)



My recent trip to the Amazon rainforest was a soulful experience. Surrounded by silent giants and fluttering wings, I saw how nature leads - quietly, gracefully, inclusively.

There were no loud declarations of power - only harmony. Only presence. Only love.

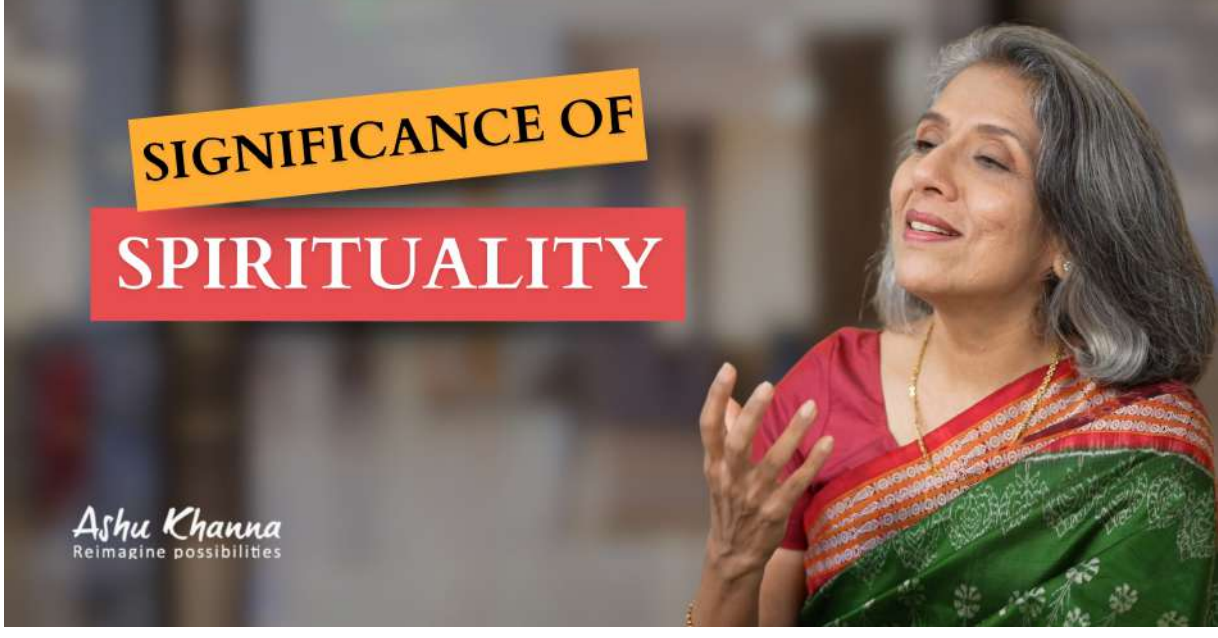
In this piece, I share what the forest taught me about leadership, stillness, and the nurturing strength we all carry within. Nature reminded me that we don't need to be louder to be more impactful - we just need to be more aligned.

I hope it resonates with the leader within you, too.

Video Snippet

The Significance of Spirituality

[Watch now](#)



Spirituality isn't a distant concept - it's a very real, intimate part of how we live each day.

In this video, I speak about the journey of inner connection - and how aligning with your deeper self can help you find peace, purpose, and presence.

This week, I invite you to simply *observe*. Observe where you feel most alive and real. That's where your spirit lives.

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Before I sign off...

Take a moment this week - even just 5 minutes - to be with *you*. Step outside. Look at the trees. Feel your breath.

The world is always trying to pull us outward - but happiness lives quietly, inward.

Until next time..

With love & light,

Ashu Khanna
Reimagine possibilities



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