

HAPPINESS CHRONICLES



Namaste,

This week, I have been reflecting on the relationship between creativity and authentic living.

The more we trust ourselves, honour our values, and follow what inspires us, the more purpose, fulfillment and meaningful success begin to unfold.

True leadership begins within and is expressed through the way we create, connect, and contribute to the world around us.

This week's reflections come from that space.

Podcast: The Happiness Hour

Episode 38: Art, Authenticity and the Trap of Money.

[Listen Now](#)



In this episode of The Happiness Hour, I am in conversation with Arzan Khambatta, renowned sculptor, artist and creative visionary whose extraordinary journey challenges conventional ideas of success and fulfillment. Known for transforming discarded scrap metal into iconic works of art, Arzan shares profound insights on creativity, self-awareness, authentic living, and the trap of chasing money and external validation.

We reflected on:

- On preserving a childlike sense of wonder in a world that often values conformity over curiosity.
- On why true success comes from passion, creativity, and meaningful work rather than the endless pursuit of money and external validation.
- On the importance of staying grounded, nurturing genuine relationships, and finding joy in the simple moments of life.
- On how self-awareness, authenticity, and human connection create a deeper sense of fulfillment and purpose.

This conversation is a reminder that a meaningful life is not measured by what we accumulate, but by how authentically we live, how deeply we connect and how courageously we remain true to ourselves.

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



The Inner View

Your Inner Voice - Playbook to Authentic Leadership



Leadership coaching for entrepreneurs who are building something from the ground up has taught me that this inner trust is not optional. It is the most critical resource for a leader. In the early stages of any significant endeavour, you will be operating in the absence of certainty, the absence of validation, and often the absence of a clear map. What you have is your own observation and assessment. And the quality of that decision is directly proportional to the quality of your relationship with your inner voice.

Cultivating that relationship is the work. Not the only work but the foundational work that makes all the other work more effective, more sustainable, and more authentic.

You have an inner voice. It has been speaking to you throughout your life and career. The question is not whether it is there. The question is whether you are quiet enough, honest enough, and courageous enough to actually listen and take action in alignment.

[Read the full blog and notice one pattern of your mind today...](#)

Insight Corner

Choice is Our Greatest Power



Every action is a choice, and every choice shapes the life we experience. While circumstances may influence us, they do not define us. By becoming more aware of our thoughts, emotions, and responses, we reclaim the power to lead our lives with intention.

[Watch the video and apply this in your next challenging situation.](#)

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★ Echoes of Truth



[Watch the video on Youtube](#)

📖 A Glimpse into my Journey

Book Spotlight: I Am Perfection

(Chapter 7 : Authentic Leadership)

When we move beyond our egoistic thoughts and surrender to Universal Love, we experience magic. Our whole being feels alive and blissful with love. In such moments, there is no fear, expectation, attachment, judgment, assumption or identification with a role or title. There is complete surrender to the relationship with the inner voice. Just like a gymnast who performs cartwheels, flips and then multiple flips on a gym bar, and lands perfectly with grace and rhythmic ease. Letting go of all external crutches, this leap into the unknown occurs when our thoughts, energy, breath and emotions move in alignment with that inner knowing.

[Explore the book and deepen your awareness, one reflection at a time](#)



As you move through this week, may you create space to listen to what inspires you.

May your choices be guided by authenticity rather than expectation.

May you find joy in the journey, purpose in your work and meaning in the connections you create.

Warmly,

Ashu Khanna
Reimagine possibilities



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Arka Capital Advisors Pvt Ltd

19th, Nirmal Building, B Wing, Nariman Point

Mumbai Maharashtra 400032

India

<https://www.ashukhanna.com>

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