

HAPPINESS CHRONICLES



Namaste,

This week, I have been reflecting on how our authentic self is the source of real happiness. We can uncover this happiness by living with awareness and purpose.

When we shift our focus from external validation to inner transformation, we begin to lead with greater clarity, compassion, and authenticity. Every conversation, reflection, and practice in this edition is an invitation to reconnect with the happiness that already exists within and to create a life that flourishes from within.

Podcast: The Happiness Hour

Episode 39 : From Capitalism to Hapitalism : The Path to Ananda.

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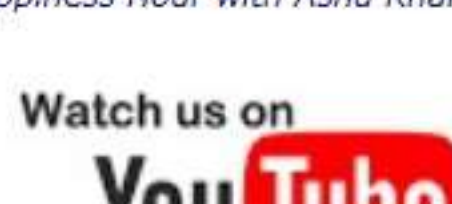
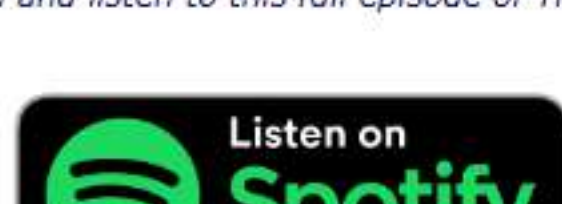
In this episode of The Happiness Hour, I sat down with Luis Gallardo, Founder of the World Happiness Foundation and author of Hapitalism, to explore what it truly means to build a happier world and why real transformation begins within.

We reflected on:

- **Redefining success:** Luis challenged the conventional idea that success is measured by wealth, power, and fame, and instead shared how inner freedom, consciousness, and happiness create a more meaningful life.
- **Moving from fear to peace:** We explored how many of our choices are driven by unconscious fears, and how self-awareness, compassion, and forgiveness help us reconnect with our true nature.
- **Creating happier communities:** Lasting change doesn't happen in isolation. As Luis shared, when individuals transform from within, they naturally contribute to healthier families, workplaces, and communities where everyone can flourish.

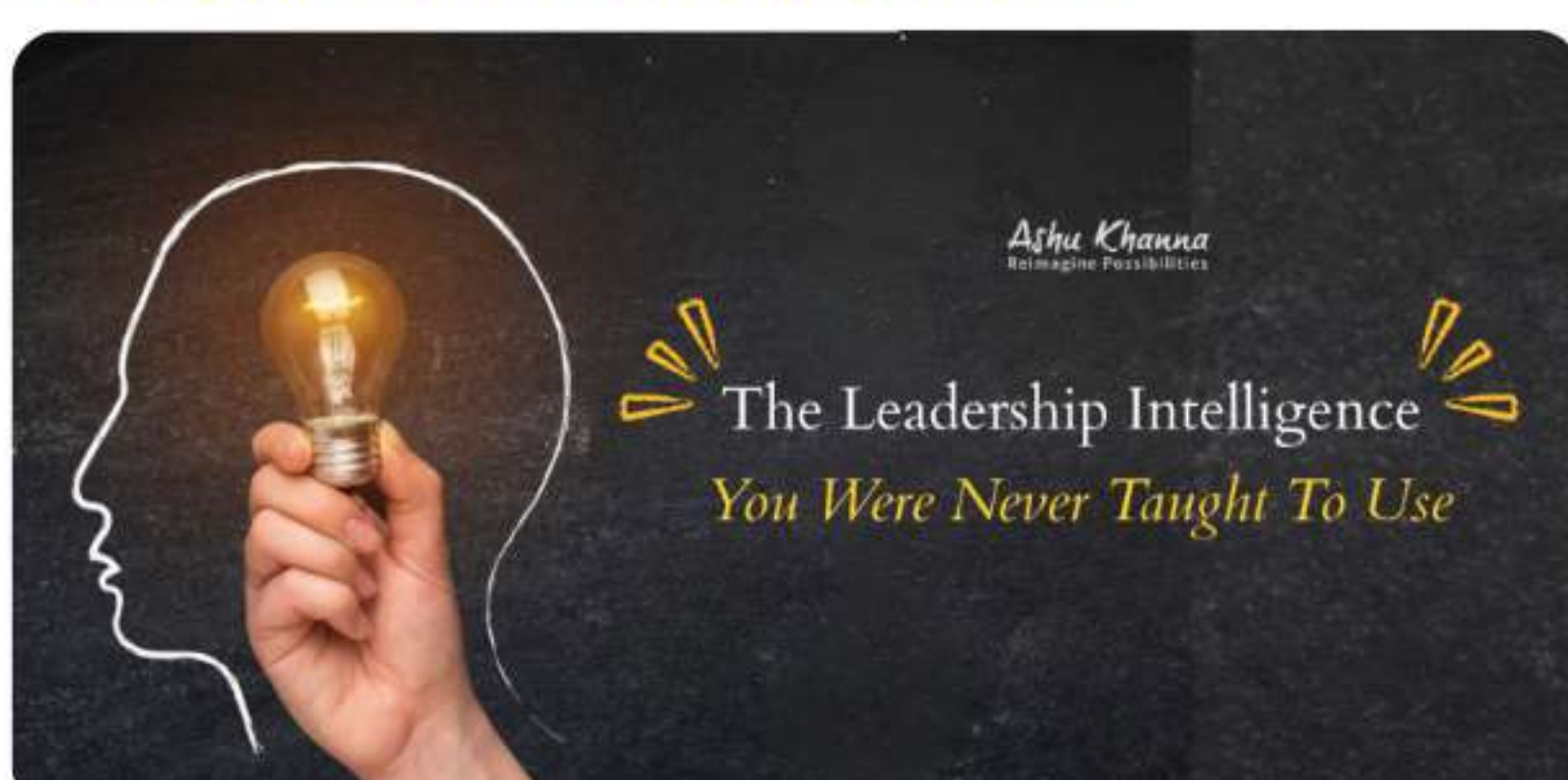
This conversation is a powerful reminder that happiness is not something we chase, it is something we uncover. When we lead with awareness, purpose, and compassion, we don't just transform our own lives; we help create a more conscious and joyful world.

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



The Inner View

The Leadership Intelligence - You Were Never Taught To Use.



The leadership world is full of brilliant, accomplished, driven people who are quietly running on emotional patterns formed in childhood. Patterns that were adaptive then they kept us safe, kept us accepted, kept us moving which are now the invisible ceiling on our leadership. We wonder why we hesitate before the big conversation.

We wonder why we over-explain our decisions, seek validation before acting, or avoid conflict until it explodes. We label it perfectionism or imposter syndrome or people-pleasing, and we try to manage the behaviour. We never go to the root. We never ask: where did this begin, and is it still true?

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

Insight Corner

Do We Know Who We Are ?



The mountains stood still while the clouds kept moving, reminding me that life's circumstances are constantly changing. Just like the passing clouds, challenges, uncertainties, and emotions come and go. But when we stay anchored in our values, purpose, and inner strength, we remain steady through every season of life. True resilience is not about avoiding change it is about cultivating the strength within to navigate it with clarity, calm, and confidence.

 [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 Abundance

(Chapter 21 : Who Am I)

I was listening to a conversation between Dr. Wayne Dyer and Anita Morjani, on her near death experience. It triggered me to stop wasting my life and time questioning, instead just trust and embrace myself as a manifestation of Universal Love. After all, every experience, every interaction, ever decision and every choice had revealed the benevolence of the Universal Love in moving me forward on my journey of transformation. It was time to stop hesitating, stop looking for validation, stop feeling scared of rejection. I experienced a strong force that moved me forward to courageously drop the noise in my head and just be a loving presence.

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



As you move through this week, may you remember that lasting happiness begins within.

May you lead with awareness, embrace each moment with purpose, and find the courage to grow through every experience. May your inner peace become the foundation for meaningful relationships, authentic leadership, and a life of lasting fulfillment.

Warmly,

Ashu Khanna
Reimagine possibilities



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Arka Capital Advisors Pvt Ltd

19th, Nirmal Buiding, 8 Wing, Nariman Point

Mumbai Maharashtra 400032

India

<https://www.ashukhanna.com>

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