

# Happiness Chronicles



Namaste,

Happiness begins within. It grows when we accept life, live with courage and act with compassion. Each of us has an inner voice that guides us when we pause to listen.

This week, I invite you to reconnect with yourself and create space for freedom and joy.

## Podcast: The Happiness Hour

**Episode 21: Happiness Is A State Of Wholeness**

[Listen to the Podcast →](#)

In this episode of *The Happiness Hour*, I speak with **Izabella Niewiadomska**, a leader, coach and bestselling author. Her journey shows the strength that comes from living in wholeness.

In this podcast we will explore:

- Wholeness as the foundation of happiness.
- The role of gratitude and emotional awareness.
- Balance of body, mind and spirit.



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



## Blog of the Week

**True Freedom Begins Within**

[Read the Blog](#)



Freedom lives in our choices. It expands when we say “yes” or “no” depending on what aligns with us internally, rather than feeling pressured to fit in.

In this blog, I share how to:

- Recognize the conditioning that limits growth.
- Release inner blocks through forgiveness and awareness.
- Choose thoughts and actions that bring peace.

Reflect: *What does inner freedom mean to me?*

## Video Snippet

**What’s Stopping You?**

[Watch the Video →](#)



Obstacles often arise from the patterns of our own mind.

In this video, I share how to:

- Identify the inner barriers that delay progress.
- Build self-awareness and self-leadership.
- Move forward with clarity and confidence.



## From My Writing Desk:

*A Journey You Can Hold in Your Hands*

Every book carries energy. Mine were written to spark inner shifts that last long after the page is closed.

- [I Am Freedom](#) is for the restless spirit ready to breathe again.
- [I Am Abundance](#) is a gentle reminder that life is overflowing.
- [I Am Love](#) helps you soften into compassion, for yourself and others.
- [I Am Perfection](#) is about aligning with the truth of who you are.

These books are not meant to be read once and left behind. They are companions, ones you can return to whenever you need clarity, courage or grounding.

If one of today’s words from this newsletter stirred something in you, perhaps a page in these books is waiting to meet you.

[Explore My Books →](#)

*Freedom grows when we listen inward, act with courage and live authentically. One step each day brings us closer to wholeness.*

Until next tuesday...

With love & light,

**Ashu Khanna**  
Reimagine possibilities



## Follow Us On



[LinkedIn](#) [Instagram](#) [Twitter](#) [YouTube](#) [Facebook](#)

You are receiving this email as you are a part of our  
Happiness Chronicles Community.