

Happiness Chronicles



Namaste,

As I look back at 2025, what has been my most powerful insight is that the more *I live with awareness* of my core, the more I fall in love with life and its essence.

The year end is the perfect time to take a moment to return to the inner self with some reflective practices. Take a walk in nature to reconnect your source and with the relationships that bring depth and meaning to your days.

Below you'll find conversations, reflections and practices that support a grounded way of living, especially as the year begins to soften toward its close.

Podcast: The Happiness Hour

Episode 28: The Power of Nature

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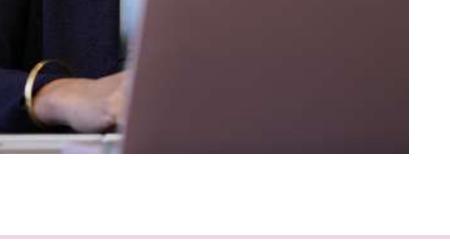


Stephen McGhee has spent over two decades guiding leaders into a more conscious way of living. Through his work as a transformational coach, entrepreneur, author and filmmaker, he brings people back to clarity, creativity and purposeful action. His worldview is rooted in presence and in the quiet mastery that emerges when we stop rushing and start listening.

In this week's episode, Stephen and I explore what it means to lead from the heart. We speak about silence, surrender and the strength that grows when we pause instead of push. Our conversation moves through the power of stillness, nature and the courage it takes to live authentically in a world shaped by speed.

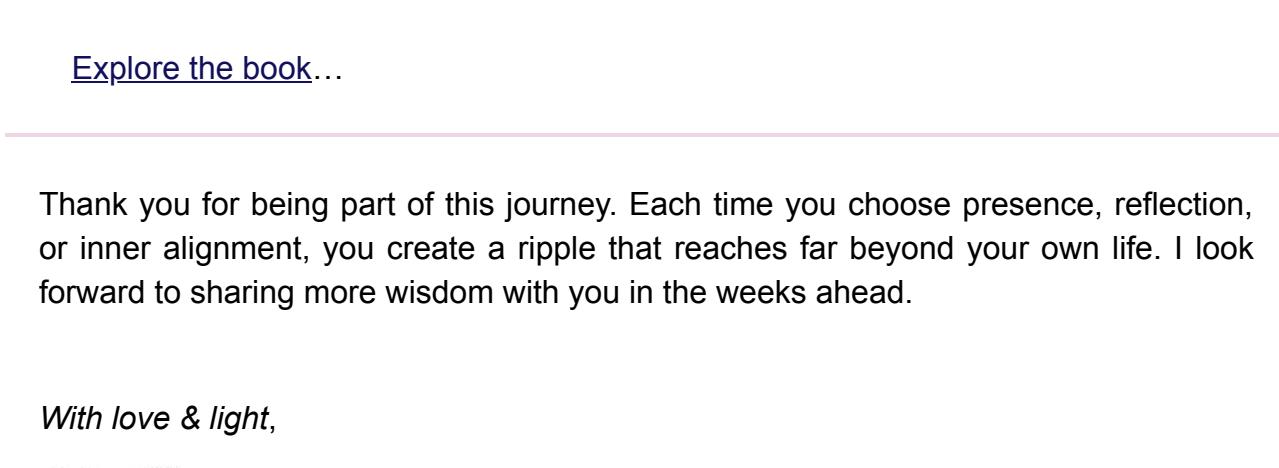
If you've been moving too quickly or trying to meet the world's pace, this conversation will bring you back to your centre. It offers a gentler way of leading, living and creating, one rooted in awareness.

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



The Inner View

Connection Between Animals and Humans



Animals are a pure source of joy and love. Spending time in their presence is healing and expansive because suddenly all the noise of the world just falls away.

A little over two years ago, Laika entered my life. Her playful energy brings out my inner child. Her welcome at the door fills the home with warmth. She sits beside me when I work, and especially when I'm unwell. Her presence soothes and heals without asking for anything in return.

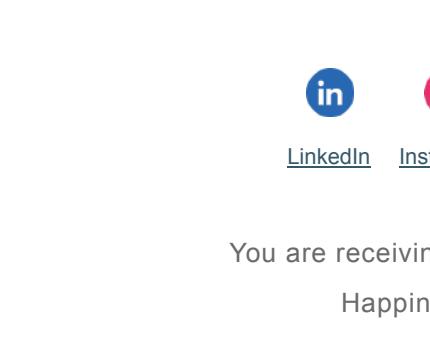
The moment a cat rests on your lap, a horse leans into your palm, or even a wild animal pauses in recognition, something universal is exchanged. Animals sense what lies beneath our thoughts. They mirror our emotions without judgment and help us see ourselves with honesty.

Read the full reflection on how animals become quiet teachers of presence, healing and unconditional love.

[Read full blog...](#)

Moments of Truth – Must Watch

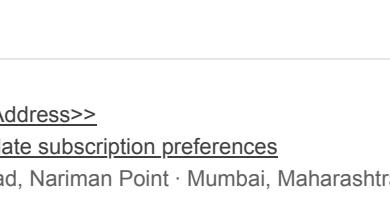
Be Happy



Happiness is our essence. It doesn't 'happen' to us; it invites us to be present. Our day brightens when we reconnect with where joy resides naturally.

[▶ Watch Now](#)

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