

Happiness Chronicles



Namaste,

Have you ever noticed that your best decisions rarely come from force?

They emerge in silence, when your inner voice rises above urgency or opinion.

Stillness is a pause that has the power to pierce through the noise and listen to the inner voice, the voice of wisdom. In leadership, this stillness separates reaction from response, and pressure from purpose.

This week, we explore the subtle, often overlooked dimension of conscious leadership, your ability to lead with awareness, not just intellect.

Podcast: The Happiness Hour

Custodian Of Wealth

Guest: Amit Chandra, Chairperson, Bain Capital.

How our life changes when our leadership extends beyond profits and control to contribution and people.

In this heart-led conversation, Ashu and Amit Chandra explore:

- The spiritual responsibility of wealth
- Leadership driven by values, not valuation
- How legacy is built through service

Amit's life is dedicated to being a successful philanthropist and professional. He has blended the two roles seamlessly to create impact.



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



Blog of the Week

Be A Loving Presence

[Read the Blog](#)



We tend to believe that productivity is tied to constant doing. What if your greatest breakthroughs came from simply watching without judgment, without rush?

In this week's blog, Ashu shares how self-observation becomes a portal to:

- Sharpened clarity in high-stakes moments
- Freedom from repetitive mental loops
- A grounded space to lead with intention

This is not about overhauling your mindset. Becoming present enough to notice what's already guiding you, your inner awareness.

Video Snippet

Feelings vs Emotions

A 2-Minute Reset



Confusing emotional reactivity with authentic feeling.

This short video cuts through that fog, giving you a quick yet powerful way to:

- Pause before reacting
- Separate emotion from inner wisdom
- Anchor yourself in real-time presence

These two minutes can shift your day.

[Watch the Video →](#)



Before you go...

Strategy is not the starting point of leadership.

It begins with awareness of your inner world, your mental patterns, your energy.

This week, pause not to stop, but to listen.

You might just meet the leader within you who knows exactly what's next.

With love & light,

Ashu Khanna
Reimagine possibilities



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