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# **Happiness Chronicles**



Namaste,

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

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

Stillness is a pause that has the power to pierce through the noise and listen to the

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.

inner voice, the voice of wisdom. In leadership, this stillness separates reaction from

**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:

· Leadership driven by values, not valuation How legacy is built through service

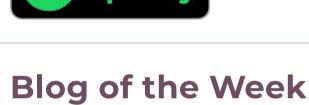
Amit's life is dedicated to being a successful philanthropist and professional. He has

blended the two roles seamlessly to create impact.

The spiritual responsibility of wealth



Spotify



## Read the Blog

Be A Loving Presence



 A grounded space to lead with intention This is not about overhauling your mindset. Becoming present enough to notice

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

# **Video Snippet** Feelings vs Emotions

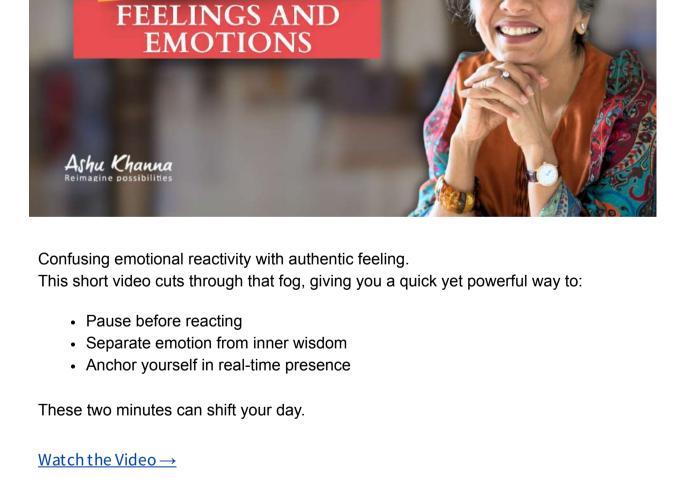
DIFFERENCE BETWEEN

Sharpened clarity in high-stakes moments

Freedom from repetitive mental loops

what's already guiding you, your inner awareness.

A 2-Minute Reset



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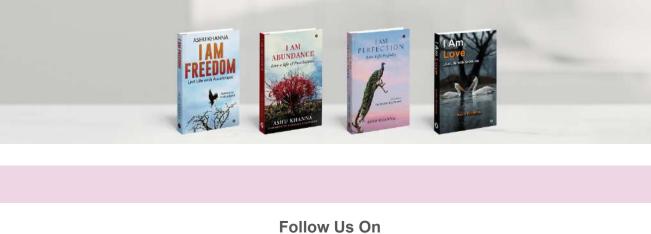
Before you go...

Strategy is not the starting point of leadership. It begins with awareness of your inner world, your mental patterns, your energy.

With love & light,

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

Ashu Khanna



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











Happiness Chronicles Community.

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