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Happiness Chronicles



Namaste,

is not about giving up - it's about stepping into your deeper truth?

In this edition, I share a conversation close to my heart - a dialogue with my spiritual

In a world that celebrates control, surrender can feel counterintuitive. what if surrender

teacher Swami Swatmananda, where we explore how letting go of resistance can open the door to real joy, strength, and freedom.

Scroll down to listen, read and reflect.

Podcast: The Happiness Hour

Podcast of the Week

Episode #17 – <u>The Secret of Happiness</u>

<u>Listen Now</u> →

What does it truly mean to surrender in today's world?

wisdom — from how our ego gets in the way, to why insistence leads to sorrow, to how surrender gives us access to real independence and inner peace.

A few gems from the episode:

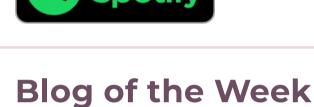
In this episode of The Happiness Hour, Swami Swatmananda offers deep, practical

✓ Surrender isn't weakness — it's clarity

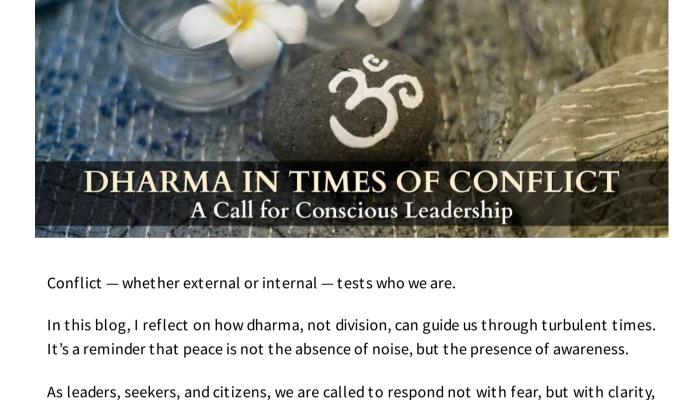
- ✓ Resistance = suffering
- ✓ Real strength lies in alignment, not control
- It's an honest, insightful episode and one I hope will shift how you experience happiness.



Listen on



<u>Dharma in Times of Conflict — A Call for Conscious Leadership</u> <u>Read here</u>



compassion, and courage.

Let's rise together — not by overpowering, but by awakening.

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Bhakti Yoga: The Path of Devotion

Watch now

Video Snippet

BHAKTI YOGA
THE PATH OF



With love & light,

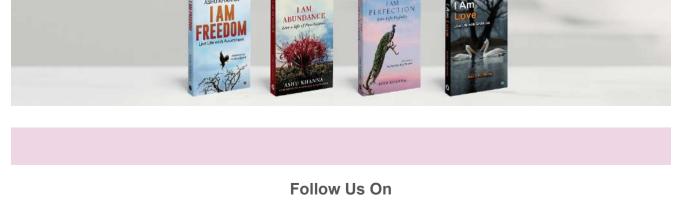
Ashu Khanna Reimagine possibilities

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Let's keep walking this path — inward, upward, together.

Thank you for taking the time to reflect with me.



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