

Happiness Chronicles



Namaste,

In a world that celebrates control, surrender can feel counterintuitive. What if surrender 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 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 of the Week

Podcast: The Happiness Hour

Episode #17 – *The Secret of Happiness*

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

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

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



Blog of the Week

Dharma in Times of Conflict — A Call for Conscious Leadership

[Read here](#)



Conflict — whether external or internal — tests who we are.

In this blog, I reflect on how dharma, not division, can guide us through turbulent times. It's a reminder that peace is not the absence of noise, but the presence of awareness.

As leaders, seekers, and citizens, we are called to respond not with fear, but with clarity, compassion, and courage.

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

Video Snippet

Bhakti Yoga: The Path of Devotion

[Watch now](#)



Bhakti Yoga teaches us that devotion is the path of unconditional love for all manifestations of Universal Love and sharing that love for a higher purpose. When we relate to the divine with love and accept that everything happens for our transformation, we naturally align with our inner self. In this short video, I share how the path of devotion helps us embrace the oneness, interconnectedness of life and transform into a loving presence.

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Thank you for taking the time to reflect with me.

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

With love & light,

Ashu Khanna
Reimagine possibilities



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Arka Capital Advisors Pvt. Ltd. · 19th Floor, Nirmal Building · Madam Cama Road, Nariman Point · Mumbai, Maharashtra 400021 · India