

Happiness Chronicles



Namaste,

I have spent years working with leaders. The most common theme that has emerged is that success and happiness are an outcome of self transformation.

Success without self-awareness is fragile. When we embrace our whole being - that's when we lead with lasting impact.

Let's journey inward together in this week's edition of Happiness Chronicles.

Podcast: The Happiness Hour

Episode 19 – Happiness Is The Fabric Of Life

[Listen on Spotify](#)

In this soulful episode, I sit down with Leon VanderPol - transformational coach and author of 'A Shift in Being' to explore what it truly means to live from the inside out.

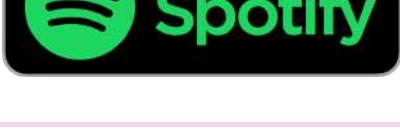
Happiness isn't about external milestones—it arises from living in spiritual alignment, with authenticity, compassion, and creative expression.

True leadership arises from inner work and being a witnessing presence that tunes into deeper truths. Leadership is letting go of trying to be in control and embracing the unknown with faith.

As Leon shares, deep coaching offers the space to reveal the hidden beliefs and conditioning that block our joy and true nature.



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



Blog of the Week

Embrace Your Emotions

[Read the Full Blog](#)



When I first began this journey, I wore strength like a mask believing that vulnerability had no place in leadership. But the truth is, we cannot lead others if we are disconnected from ourselves.

I had suppressed emotions for years, fearing judgment. All that silence turned into anxiety, even depression. It wasn't until I accepted my emotions - listened to them, that healing began.

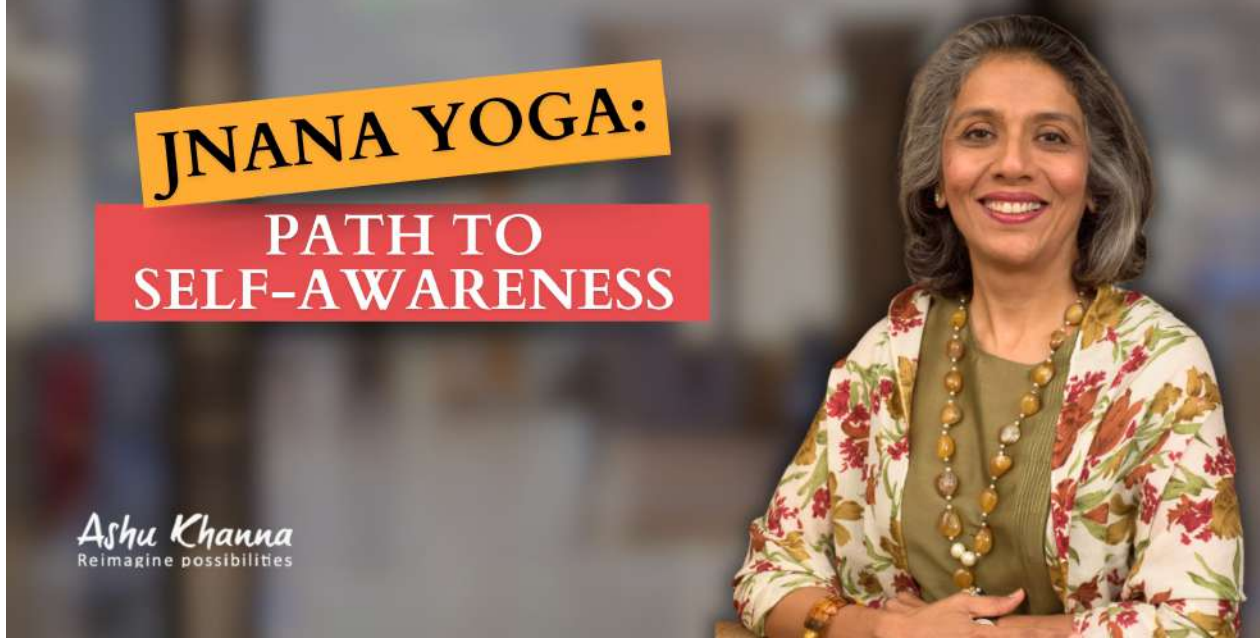
In this blog, I share how living with awareness of your emotions is the path to wisdom. Leading authentically begins with reconnecting to your inner truth because it opens doorways to listening deeply to others as well.

If you've been suppressing your emotions behind performance and pressure, this is your invitation to begin again, from a place of wholeness.

Video Snippet

Jnana Yoga – Path to Self-Awareness

► [Watch Now](#)



In this short video, I reflect on the essence of **Jnana Yoga** the path of inquiry that asks:

“Who am I beyond the labels and expectations?”

This practice is an invitation to slow down, turn inward, and go beyond your conditioned thoughts to reconnect with the voice that knows what really matters - the voice of awareness. The one that leads you home to joy, clarity, and inner power.



If something in this newsletter resonated with you today, pause and take a moment. Journal it. Reflect on it. Or simply share it with someone who might need it.

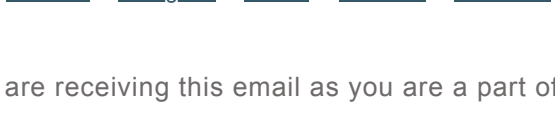
Let's keep growing together, one moment of awareness at a time.

With love & light,

Ashu Khanna
Reimagine possibilities



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