

HAPPINESS CHRONICLES



Namaste,

Love and leadership have been alive in my reflections this week.

Both ask us to soften.
Both invite us to look within.
Both ask us to grow and serve.

When I sit with these themes, I realise how deeply connected they are. The way we love shapes the way we lead. The way we lead reveals the depth of our inner work.

This week's offerings come from that space.

Podcast: The Happiness Hour

[Episode 30 : Unfolding Love And Leadership](#)

[Listen Now](#)



In this episode, I am in conversation with Amy Elizabeth Fox, Co-Founder and CEO of Mobius Executive Leadership.

Amy shares her journey of healing and leadership with profound honesty. Her work integrates trauma-informed wisdom with deep compassion and service. As we spoke, I felt the quiet strength with which she serves and lives.

- We reflected on vulnerability as courage.
- On emotional connection as a leadership strength.
- On how organisations transform when leaders begin with inner alignment.

Leadership is shaped by how deeply we are willing to know ourselves. Love expands when we allow ourselves to be seen fully.

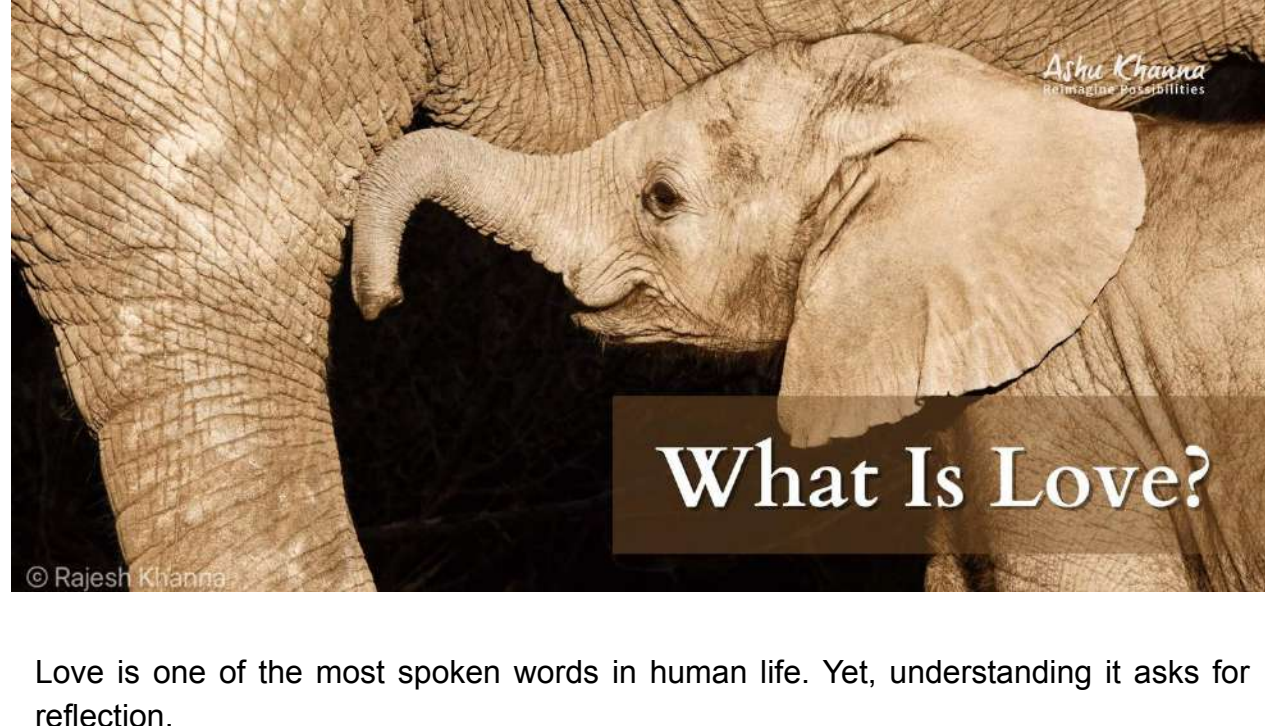
This conversation is an invitation to hold both power and tenderness with equal dignity.

Watch and listen to this full episode of The Happiness Hour with Ashu Khanna on:



The Inner View

[What Is Love?](#)



Love is one of the most spoken words in human life. Yet, understanding it asks for reflection.

I have loved deeply.
I have felt joy and vulnerability.
I have witnessed how love reveals both strength and sensitivity within us.

For a long time, I asked myself what love truly means.

Through awareness, my understanding of love has evolved. Love now feels less like an emotion that rises and falls, and more like a presence that flows from the heart. The way we love others reflects how we relate to ourselves.

When love carries expectations, it feels heavy.
When love is grounded in awareness, it feels expansive.

To see another as they are.
To allow emotions to arise without clinging.
To remain present without trying to control.

These became my deeper lessons.

Love is a living experience. It grows through honesty, authenticity and self-awareness. When we learn to sit with ourselves gently, love flows more freely in our relationships.

[Read full blog...](#)

Moments of Truth – Must Watch

[Make Magic Happen](#)



Have you noticed how life shifts when you begin listening to that quiet inner voice?

Growth feels natural when we align with what guides us from within. With discipline, contemplation, patience and awareness, we reconnect with our own clarity.

This short reel is a reminder to honour that inner listening.

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A Glimpse into my Journey

Book Spotlight:

[I Am Love - Live Life With Gratitude](#)

Loving ourselves requires courage.

It matters when people say no.
It matters when people judge.
It matters when expectations feel heavy.

There comes a moment when we choose to honour our own voice.
When we decide to stand with ourselves.
When we allow our truth to guide our response.

Self-respect is an expression of love.
Inner awareness strengthens that love.

This book is an invitation to live with gratitude, dignity and conscious presence.

[Explore the book...](#)

As you move through this week, I urge you to hold love as awareness.

May your leadership reflect your inner peace.
May your presence create space for others to unfold.

With love & light,

Ashu Khanna
Reimagine possibilities



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