

Happiness Chronicles



Namaste <<First Name>>,

What if this week, you gave yourself permission to just listen - to your intuition, your emotions, your purpose? In the quiet of awareness, happiness gently emerges.

Let's dive into conversations and reflections that awaken your inner truth and nourish your spirit.

Podcast Corner - The Happiness Hour

New Episodes You'll Love

Episode 13: Spirituality – The Art of Living

Ashu Khanna sits down with the revered Swami Swatmananda of Chinmaya Mission to explore what truly makes us happy. Rooted in Vedantic wisdom, this episode offers timeless tools for living with clarity, purpose, and peace.



Episode 14: Integration of Purpose and Profit

Ashwin Damera, Executive Director at Emeritus, shares his powerful journey from purpose to profit - how aligning business with meaning transformed his path and touched millions of lives through accessible education.

This one's a must-listen for anyone seeking balance between impact and income.



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



New on the Blog

Intuition: Your Superpower

Have you ever had a gut feeling that turned out to be spot on? That's your intuition speaking - and it's more powerful than you think. This blog explores how tuning into your inner wisdom leads to clarity, purpose, and fearless decision-making.

Your intuition is not mystical - it's a muscle. The more you use it, the stronger it gets

[Read the full blog](#)

Why Do Wars Occur?

Why do conflicts keep repeating? What if the wars we see around us are just reflections of the wars within?

Ashu shares a deeply personal story of her father's journey during the Partition of India and explores how gratitude and inner peace holds the power to end outer conflict.

Let this blog be a heartfelt reminder that peace begins within and we are all capable of transforming fear into love.

[Read the full blog](#)

Watch & Reflect

Managing Emotions

Your emotions aren't here to be ignored. They're here to be felt, understood, and healed.

When we reflect instead of react, we open the door to emotional freedom.

[Watch now](#)

What's Stopping You?

What's holding you back - fear of failure, perfectionism, or just overthinking?

Step into your power and lead from within. It's time to stop waiting and start doing.

[Watch now](#)

For more soul-nourishing videos, head over to [my YouTube Channel](#) and hit subscribe.

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You Tube Channel

Stay connected, stay grounded, and most importantly - stay joyful. May this week bring you the courage to trust yourself, the calm to embrace your emotions, and the clarity to walk your purpose.

With love & light,

Ashu Khanna
Reimagine possibilities



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