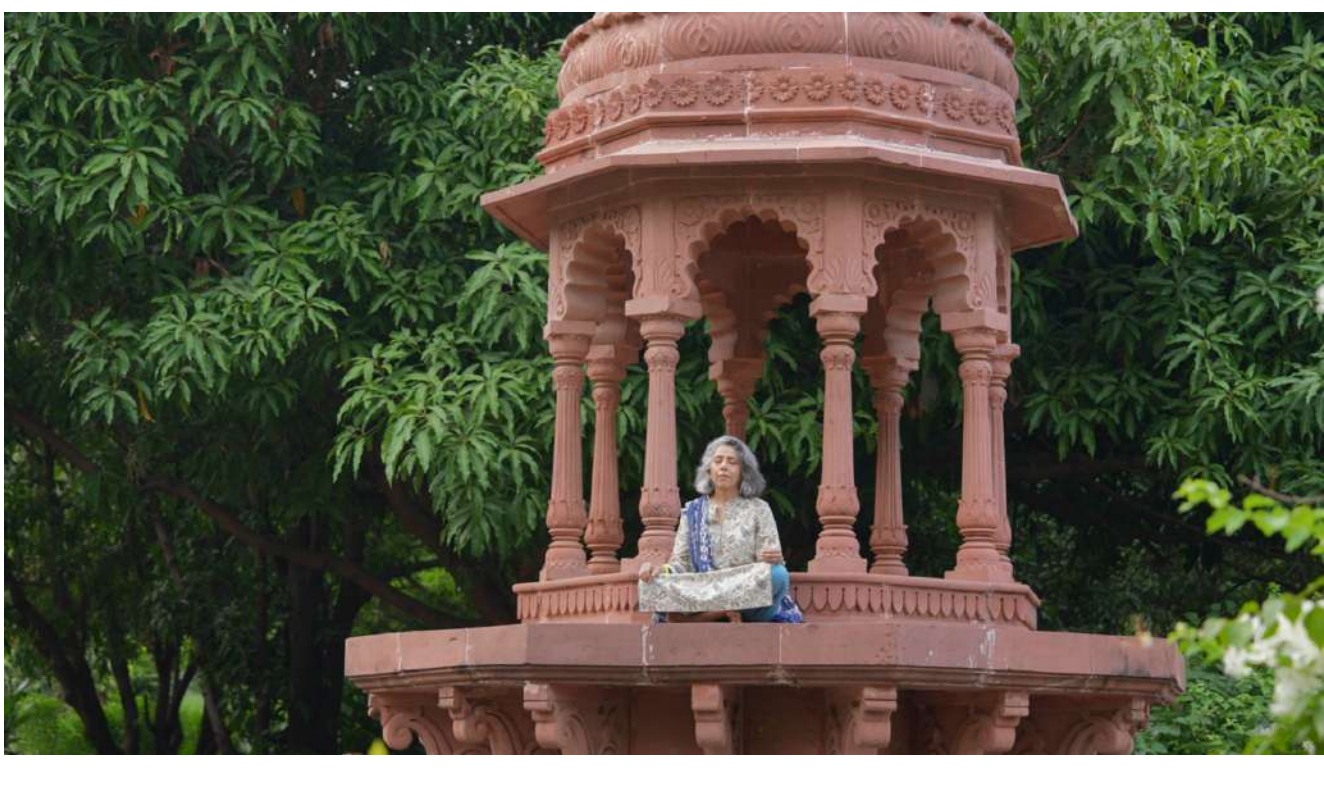


Happiness Chronicles



Namaste,

Life is unpredictable and fragile. When I see strife and pain in the world, I gently sit in stillness and pray for humanity. There is power in prayer as it elevates the collective energy for the world to heal.

This week, I want to share three reflections that recently touched me deeply. I hope they give you the space to pause, reflect, and reconnect too.

This week, I'm sharing three insightful resources. I hope they offer you a moment to reconnect with your inner calm and compassion.

Podcast of the Week

The Happiness Hour – Episode 15

Power of Prayer with Gauranga Das

[Listen Now](#) →

In this very special episode, I had the honour of speaking with Gauranga Das, a revered Spiritual Leader and Author. His calm presence and profound wisdom stayed with me long after our conversation ended.

We explored the essence of true happiness — and how we can hold onto it, even amidst life's inevitable chaos. Gauranga Das shared his inspiring journey from IIT Bombay to monkhood, sparked by one powerful question: Is death a solvable problem?

We also spoke about the two forms of happiness — fleeting pleasures and lasting spiritual joy — a distinction that deeply resonated with me.

I invite you to listen in, reflect, and discover your own meaning of happiness with us.

[Listen to the full episode](#) →



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



New on the Blog

Embrace Your True Identity

We often try to live up to roles, titles, or expectations. I've done it too. Some years ago, I realised that beneath our perceptions lies the real you and me — changeless, whole, and complete.

In this blog, I open up about the journey of shedding false layers and finally coming home to who I really am. It's an ongoing process — this is a gentle nudge for you to begin or deepen yours too.

[Start reading](#) →

Video Snippet

Inner Self, Timeless Perfection

This short video is a reminder I return to often that you and I are already whole and perfect.

You don't need fixing. You just need reminding.

Let this be a moment of stillness take a deep breath in the middle of your day where you remember that everything you've been searching for is already within you.

[Watch now](#) →

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Let's keep walking this path, together.

As you reflect on these messages, whether through prayer, identity, or inner stillness - I invite you to go deeper. Not just with the content, but with yourself.

If something touched you today, take one small but meaningful step:

[Download my Happiness booklet](#)

Inside, I share the very habits and reflections that have helped me and so many others find greater clarity, balance, and joy in everyday life.

You'll discover how to:

- Create habits that nurture inner joy
- Find deeper meaning and direction
- Cultivate a sense of happiness that lasts

This isn't just a read, it's a gentle guide to reconnecting with your true self. I hope it serves you well on your journey.

With love & light,

Ashu Khanna
Reimagine possibilities



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