Happiness Chronicles

Namaste,

Can I ask you something personal?

When was the last time you felt… at peace? Not because everything around you was perfect, but because something within you was?
For years, I chased goals thinking they would bring joy. But instead, I found stress dressed up as ambition. It wasn't until I paused and listened that I discovered something life-changing:

Purpose doesn't make life easier. It makes life clearer.

This month's Happiness Chronicles isn't about quick fixes. It's about realignment. With your inner self. With what truly matters. With peace that doesn't depend on circumstances.
Let's explore together.

THE HAPPINESS HOUR

Episode 18: The Connection Between Maths & Mysticism

In this episode, I sit down with Hitendra Wadhwa - Columbia professor, leadership coach and mystic explorer to decode a powerful question.
What if happiness is not an outcome… but a frequency we align to?

From the logic of mathematics to the silence of mysticism, this conversation weaves together science and soul revealing how joy, purpose, and self-mastery are deeply interconnected.

Through this podcast you'll learn:

- Why external success can feel empty without inner anchoring
- How yogic philosophies shape powerful leadership
- The shift from striving to surrendering and how it transforms impact

This one's for anyone walking the bridge between doing and being.

Listen Now →

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

Listen on Spotify

BLOG of the Week

Purpose: A Combat to Stress

I used to believe that stress was a side effect of ambition. That it was normal to feel anxious and stretched all the time.

Until one day, I asked myself: What if peace isn't something I find after success, but something I need to begin with?

This blog is close to my heart, a reflection on how I transformed restlessness into rhythm by tuning into my **purpose**.

Inside, I share:

- Why stress is actually a signal from your soul
- The difference between passion and purposeful direction
- How you can begin to lead a life that feels anchored, not agitated

Let's not manage stress. Let's move beyond it.

Read full blog…

VIDEO SHORTS - Must Watch

Power of Practice

There's something sacred in showing up for yourself, even when no one's watching.

In this short video, I speak about the quiet strength of practice. Because discipline isn't harsh, it's a form of self-love. And it's through daily action that we become who we're meant to be.

What's one habit you're ready to commit to again?

Hit reply in the video comments and let's hold each other accountable

▶ Watch Now

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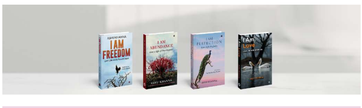
In a world full of noise, I hope this space feels like a pause.

A breath. A reminder to come back home…to you.

With love & light,

Athu Khanna
Reimagine possibilities



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