

HAPPINESS CHRONICLES



Namaste,

This week, I have been reflecting on how happiness is not the outcome of success but the foundation for sustainable leadership.

The most effective leaders are not those who simply achieve results. They are those who cultivate wellbeing, build meaningful relationships, and create cultures where people feel valued and empowered. When happiness and purpose come together, leadership becomes a force for lasting impact.

This week's reflections come from that space.

Podcast: The Happiness Hour

[Episode 18: Sat Chit Ananda - The Ancient Formula For Fulfillment, Joy & True Success.](#)

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Revisiting a memorable conversation from The Happiness Hour with Hitendra Wadhwa, author of *Inner Mastery*, *Outer Impact* and founder of the Mentora Institute, I explored with him the deeper understanding of happiness and the role it plays in creating a meaningful life.

We reflected on:

- Happiness as our true nature : The mystics viewed happiness not as a fleeting emotion, but as the very essence of our being, *Sat Chit Anand*, an infinite, everlasting joy that exists within each of us.
- Fulfillment begins within : Lasting joy is not found by chasing external success, but by reconnecting with the deeper truth of who we are.
- Success follows fulfillment : As I shared during our conversation, "The more fulfilled you are, the more successful you are". True success grows naturally when we lead and live from a place of inner fulfillment.

This conversation is a powerful reminder that happiness is not a pursuit, it is a remembering and returning to our essence. When we reconnect with the joy that already exists within us, we bring greater purpose, meaning, and success to every aspect of our lives.

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



The Inner View

[Happiness And Authentic Leadership: Leading From Inner Alignment.](#)



A fundamental shift occurred in a self-transformation course, when it struck me that happiness is our inner state of being and we have the playbook and power to choose happiness. I stilled at the enormity of realising that happiness is a choice and responsibility, not a consequence of circumstances.

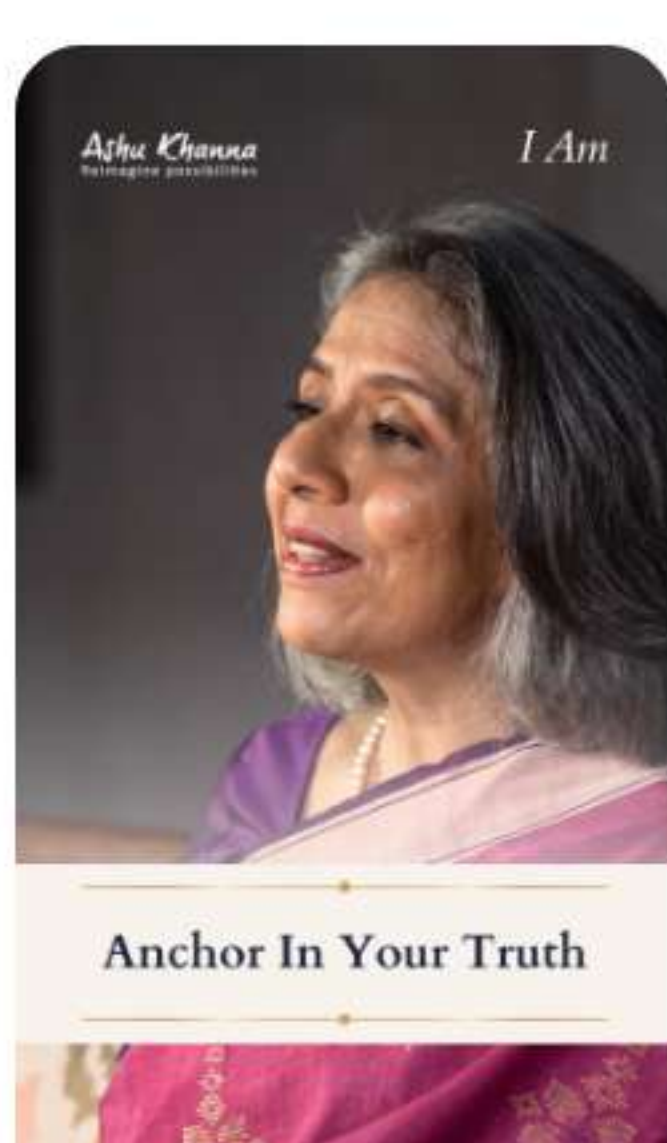
I had been living as though joy was the reward for getting life right. Only if I were disciplined enough, successful enough, good enough, that happiness would finally arrive and stay. That is not how joy works. The more you chase happiness, the more you clutter your head with noise. The joke is on us, for running around trying to catch our own tail.

Joy is not downstream of achievement. Joy is our true nature, the baseline frequency of a human being who is living in alignment with their inner voice. Everything in life, the achievement, the performance, either supports or distances us from that frequency. Being joyful depends on whether you are building it from the inside out or the outside in.

[Read the full blog and notice one pattern of your mind today...](#)

Insight Corner

[Anchor in your Truth](#)



Watching the Swiss Alps from a balcony in Zermatt, I was reminded that life's circumstances are like passing clouds constantly shifting, appearing, and disappearing. Yet beyond them, the mountains remain steady, strong, and unwavering. In the same way, when we stay anchored in our values, purpose, and inner strength, we can navigate change with clarity and resilience. True peace comes not from controlling the clouds around us, but from developing the mountain of resilience within.

[Watch the video and apply this in your next challenging situation.](#)

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Affirmations

1. I stay grounded in who I am.
2. I trust my inner strength through every change.
3. I move through life with calm, confidence, and purpose.

A Glimpse into my Journey

[Book Spotlight: I Am Abundance](#)

(Chapter 13: Happiness)

The nature of the mind is to get attached to our emotions and thoughts. We may be happy or unhappy with some of the choices of the past, but we cannot undo those actions. Our state of mind is influenced by the quality of our thoughts and carrying regrets and guilt does not serve us at all.

We need to learn the lesson and make peace with our choices and decisions. To be happy, it is critically important for us to create a routine to regulate our emotions as most of our decisions are made from our emotions.

[Explore the book and deepen your awareness, one reflection at a time](#)



As you move through this week, may you find the balance between achievement and wellbeing, action and reflection.

May your leadership be guided by wisdom, strengthened by resilience, and enriched by authentic connection.

May you continue to flourish while helping others the same.

Warmly,

Ashu Khanna
Reimagine possibilities



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