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# AMPOWER NEWSLETTER

AmPower



Ever Wondered What  
Happiness Really Is?



MEET THE MIND BEHIND THE JOY REVOLUTION



♥ Narita

*The Architect of Mindful Living*



☀ Nandita

*The Visionary of Inner Joy*



## Ever Wondered What Happiness Really Is?

The moment you read that question, your brain likely began searching for happy memories. Some found smiles from the past, while others struggled to recall even one joyful moment.

**Ask yourself honestly –**  
**When was the last time you truly felt happy?**

For Nandita, happiness began the day she discovered what her name meant – “joy.” And she decided to live in it.

For her, happiness isn’t something external. It’s not something you chase. It’s something you create – from within.

**WE’RE HERE TO  
REMIND YOU THAT  
JOY IS NOT A  
LUXURY. IT’S YOUR  
BIRTHRIGHT.  
THROUGH  
HAPTITUDE**



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# Let joy not be a guest. Let it be your home.

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For Narita, always says this everything happens for good. So, For her “Happiness is all about embracing the present, living it with gratitude, and assurance to keep joy by surrendering and making happiness a natural outcome of the life we choose to live.



**You can turn any moment into joy or despair. The choice is always yours.**

Hello from Team AmPower!

We are Nandita and Narita, and in this special newsletter, we're sharing a few insights on how to bring happiness back into your life – not just occasionally, but every single day.

Because let's face it:

Right now, for many of us, it isn't very easy.

That's why we believe your attitude needs happiness.

And that's why we call it...

 HAPTITUDE – A Joyful Living Mindset

**WHAT IF WE TOLD  
YOU THAT  
HAPPINESS ISN'T  
SOMETHING YOU  
FIND —  
IT'S SOMETHING  
YOU BUILD?**

*Newsletter 2025*



## **The Happiness Illusion**

When we asked someone to define happiness, their answer was: “When we were children, going on a drive with my family, eating ice cream. Later, it became gifts, travel, good marks, a dream college, appreciation... all the things I believed would make me happy.” Sound familiar?

Most of us tie happiness to achievements or approval.

But what happens when we don't get the job, the grades, the relationship, or the raise?

That's when unhappiness creeps in — not because of what happened, but because of how we interpret it.

Even something like not passing an exam can unleash a storm of self-doubt.

But it's not just a number — it's the meaning we assign to it that fuels disappointment.

# Happiness: A Learnable Attitude

Happiness is not a mood.

It's not a luxury, nor is it a reaction.

It's a practice. A mindset. A way of life.

Your brain is neuroplastic – meaning it can be rewired.

You can train it to feel joy more often, more deeply, and more sustainably.

Remember Buddha? He had the palace, the riches, the luxury.

But he walked away – because he knew true joy doesn't come from what you have...

It comes from what you realize.

## TOOLS FOR BUILDING HAPTITUDE

### 1. The Gratitude Reset

Instead of writing wish lists on New Year's Day, try writing a daily gratitude list.

Every morning or night, list 3 things you're thankful for – your body, breath, loved ones, lessons learned.

Gratitude shifts your attention from what's missing to what's already miraculous.

### 2. The 'If' to 'Now' Shift

We often think:

"If I get that job... If I lose weight... If they love me..."

But what if you said instead:

"Now, I am whole. Now, I am enough. Now, I am living my dream."

The brain doesn't distinguish between real and vividly imagined experiences.

So let's imagine joy – and let your neurons fire accordingly.



# HAPTITUDE = JOY AS A WAY OF LIVING

Happiness isn't something that happens to you.

It's something you create, moment by moment.

Not because life is perfect – but because you've learned to respond with presence, awareness, and gratitude.

Don't wait for the vacation, the raise, or the relationship.

Live joyfully now.

Train your mind.

Practice presence.

Choose joy.

Because that's the neuroscience of joyful living.



## Introducing: HAPTITUDE – A Joyful Mindset Course for Inner Transformation

After years of studying human behaviour, neuroscience, and mindfulness, we're launching a powerful masterclass that brings it all together.

When you join Haptitude, you'll receive:

- ✓ Step-by-step tools to rewire your brain for joy and resilience
- ✓ Guided meditation audios to calm your mind and regulate emotions
- ✓ A Joyful Living Workbook with habits that last
- ✓ Weekly mindfulness tips to stay consistent
- ✓ Access to a supportive community for learning, sharing, and growing together

This isn't just another course.

It's a complete recalibration of how your brain experiences happiness.

Two Truths to Remember:

1. Do not give someone else control of your happiness.
2. Do not be dependent on others for your joy.

**With warmth and light,  
Team AmPower**

👉 **Register now:** Haptitude Course

🌐 **Explore more at:** [www.theampower.com](http://www.theampower.com)