

<b>Program Schedule</b>	
6.00 pm - 6.30 pm	Registration
6.30 pm - 6:45 pm	Introduction to Ms. Rashmi Aiyappa
6.45 am – 9.30 pm	“Preventive Health and Group Healing session” by Rashmi Aiyappa
9.30 pm - 10.00 pm	Q & A and Closure

**Take Aways**

- ✓ Unique opportunity to interact with Rashmi to understand the power of our innermost self.
- ✓ Deep understanding on how one can be free within.
- ✓ Deep sense of awareness and acceptance towards your core issues.
- ✓ Workshop package is inclusive of tax and service charge.

Places are subject to availability. Book early to avoid disappointment.

Cost: RM120 per person.

To register, please contact us or fill in the attached registration form:

Phone	Email
03-80614735	nages@aashwasan.com
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012-6450036	
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TRANSFORMING LIVES

*Preventive Health*

A Talk and Group Healing Session  
 by  
**Rashmi Aiyappa**  
 Spiritual Scientist & Founder

**Venue: Crystal Crown Hotel, Petaling Jaya, Malaysia**

**Date: Sat 14 August 2010**

**Time: 6 – 10 p.m.**

Dis-ease is not the natural state of existence for human beings. Most humans have the wherewithal to fight diseases and to overcome most health issues. The Herpes virus, for example, is present in 80% of humans and yet it manifests in only a few. The cold virus, one of the most virulent retrovirus, affects just 30% of the people who are exposed to it. About 85% of common complaints such as back problems, digestive problems, sleep issues, depression, breathing problems and repetitive Stress Injury (RSI) can be attributed to internal factors that are within control of a human being. Boredom, monotony, relationship issues, feelings of insecurity and feelings of restlessness are all manifestations of issues that we have not addressed at the root cause.

Just like the mind develops a fixed way of response, the body develops habitual patterns. For some individuals, heightened levels of stress may result in severe back pain; for some the physiological system may result in blockages in blood circulation and for others it may result in more severe manifestations. All these patterns are programmed responses to various external events. These are not the natural and innate responses of the physiological and psychological system. Over a period of time because of the environment around us, we acquire and develop various patterns which are fixed in their ways of response. With the passage of time, these responses become rigid patterns and become self reinforcing in nature. An insecure and aggressive environment in childhood may result in feelings of insecurity and unresolved fear. These can manifest in rigid physiological responses that may later result in digestion, respiratory and other issues. The response system and the way in which the impact is felt is highly individualistic.

Most of the diseases and ailments are but a manifestation of these deep rooted patterns. The knowledge or conscious awareness of our patterns is just the first step. At a conscious level it is difficult to be free of these patterns. A deeper and subtler approach is necessary to bring about a complete transformation. The good news is that this is possible. Prevention, however, calls for a holistic approach that goes to the root cause.

This session on Preventive health gives a deep understanding on how one can be free within. Freedom can be obtained at all levels - physiological, psychological and spiritual. Feeling free within, feeling a sense of harmony, developing strength against diseases are all but different sides of the same coin.

Group Healing session actually brings about a deep sense of awareness and acceptance towards the core issues and patterns that are troubling us. Group Healing is a process that happens beneath the levels of our conscious awareness. It subsequently manifests as feelings of lightness or feelings of being aligned or being in harmony with ourselves and with our environment. This Group Healing session is a first step towards deeper understanding of ourselves. The changes at the unconscious level can set you free and give you the deep sense of satisfaction that you might have been yearning for.



*The speaker of the event is Ms Rashmi Aiyappa, a globally renowned Spiritual Scientist.*

*Rashmi Aiyappa experiences her life as a part of the universal phenomenon. As a part of this phenomenon, she experiences creation in its entirety.*

*There are times, when the universe sends people to this world to bring the nature back to its origins, where all living and non living beings exist in a state of deep harmony, love and grace, where all actions flow out of love and not fear, hatred or worry. A single human being through fear, worry and doubts can impact the environment more than the external parameters. Rashmi Aiyappa is a gift of the universe and has been sent to*

*this world with the explicit purpose of bringing back humans to their infinite self. She was born with the knowledge of Aura Science and ESP that enables her to see and understand an individual at all three levels of existence – physiological, psychological and spiritual.*

*Rashmi Aiyappa is the founder of Aashwasan. Aashwasan is the only Spiritual Science organization in the world that brings in the knowledge of Aura science and ESP to transform lives by leading individuals to explore their infinite self. Thus, it brings in holistic well being at physiological, psychological and spiritual levels.*

*Aashwasan has worked with over 4000 individuals and over 50 organizations in bringing out individual's talents and potential in an optimal manner. Services offered by Aashwasan are spiritual in origin and scientific in nature.*