



A cozy little group – some familiar, some met for the first time – came together to experience Spirit-u-all, a forum that took people through a journey of sharing. People opened up to what they felt and shared where they are and what they feel. “I could not hug my father. And I still feel the missing of it.” “I want to hug my father, but he will surely think there is something wrong with me.” “I used to be a person who would hug as a greeting, but the way I was looked at by others in my office, I just stopped it and started to keep to myself,” shared a few. When asked “How would they want the world to know them”, there were some candid confessions, true to oneself. One said, “let the world think what it wants to. I am what I am. Life has changed. Hope guides me now.” Another said – I want the world to see me the way I am – vulnerable, childlike, loving and open. Yet another participant said – I am different. I love challenges. So I end up being a trouble maker, and I accept that about myself now, and let the world see me the way I truly am. Everyone listened to each other without the barrier of doubt or of being a stranger, and opened up, trusting and allowing others to be privy to their true personal self. The time took people to a zone of oneness and left with a sense of calm and seamlessness. Look out for this space for more updates on Spirit-u-all™. To participate in the upcoming event please send your name, number and email to spirit-u-all@aashwasan.com.



To go further please contact Aashwasan at **9731301017/14**
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