



EVENT HIGHLIGHTS

“DISCOVER HEALTH AS YOU DISCOVER YOURSELF”

Shampoorna Motors ECIL, 19th Aug 2017



In the busy-ness of today's life, where most of us are overworked, exhausted and hard-pressed for time - to be heard, to be seen and to allow oneself to be with oneself and connect to one's reality of life, is a rare occasion. One such special occasion was the evening of 19th August in the city of Hyderabad. Beating the torrential rain that flooded the roads and delayed the traffic, a small group of 15 people gathered to converse with Aashwasan on a unique topic “Discover Health as you

Discover Yourself” at Shampoorna Motors ECIL, a venue offered generously by one of the participants. The objective of the event was to offer a inside-out perspective to one of the most important aspect of one's life - HEALTH.

Aashwasan practitioners who facilitated the program opened the discussion about the concept of health that brought out different answers and perspectives. All agreed upon the fact that health is much more than a mere physical phenomenon. As the evening went by, people shared, introspected and acknowledged their own awareness of the fact that everything that goes into the body including the emotions and experiences that stay within us can impact our health. Participants saw slices of their own lives mirrored back to them. Youngsters who attended the program were a fresh reminder that as we grow up, somewhere we stop being ourselves. They could see their own responses towards their life's situations and saw how these responses in turn affected their health. The insights shared left some inspired, some empowered and some resolute that they would like to be healthy inside-out. Nearly everyone agreed that “Health is not what comes from outside but it is about how we are inside. Many participants shared after the session that they felt clarity, depth of perception and the enthusiasm to change what they have felt was going in a wrong direction in their lives.

Aashwasan Science™ became a reiteration of the deep belief some carried within that life can take a u-turn if one could connect to one's Self. As a participant shared later, Aashwasan became that hope where people reach when they feel it's dead-end in life.