

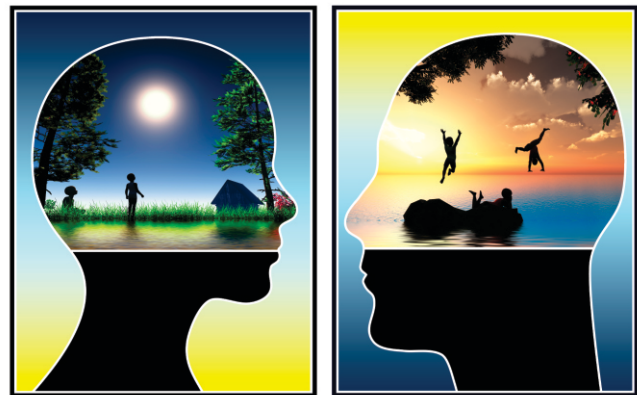
*W*hat does one mean by living free? Does it mean - living without boundaries? Living without rules? Living without restrictions? Living without being affected by anything? Does living free entail living without any attachments? Can we live freely when things are going wrong in our life?

Ms. Rashmi Aiyappa
Founder - Aashwasan
Spiritual Scientist,
Inventor & Social Innovator

Living free...

Aashwasan Science™ walks with
you to find your own freedom.

In every age, there have been individuals who explored ways to live without any inhibitions or barriers to their freedom. Every form of art and literature has reflected this in its expression. A selected few in every era questioned all that they were asked to follow, be it a certain way of being, thinking or living. Out of these voices emerged new insights and life-changing perspectives. Copernicus, Galileo, Vivekananda and many such lives challenged the belief systems of their times to seek various truths of life.



It is natural for human beings to inquire. Somewhere deep within them, there is a knowing that there is more to life and themselves. They have consciousness that goads them to question everything that does not resonate with that knowing. There is an innate need in people to experience freedom within. This need can be seen in our day to day expressions such as dressing up in 'unconventional' styles, doing things in their own way and in some extreme situations even taking to substance use to experience unbridled and uninhibited freedom. Some fiercely protect their individuality and take an aggressive stand against anything that might seem like a threat to their self expression, while some may give in and live a submissive life to be 'free' from any conflict in the environment.

Conversely, despite having freedom to live as they choose to, some might still feel restricted or caged within. Hence, seeking freedom need not always be a response to external restrictions. Freedom is a deep soulful need which cannot always be fulfilled by changing things outside of them. One needs to take a journey deep into their lives to unravel and address the cause behind the experience of inner bondage. Aashwasan takes people through a journey of self discovery and helps them break those soulful patterns that caused the experience of inner bondage and enable them to experience inner freedom.

According to Aashwasan Science™ causes behind lack of experience of inner freedom vary from person to person. Most often it is caused due to unresolved experiences from the past, which over years grow roots so deep and strong that they do not allow us to let go of our past and move on. These experiences in fact become referral points for many choices we make, decisions we take and experiences we create in our life. For instance, when a person goes through a painful breakup, the pain of broken trust brings immense emotional turmoil in him or her. The individual becomes extremely careful in allowing himself to trust anyone again. If he goes through such experiences a few more times in life, relationship with himself can take a drastic turn where he starts to believe that he is not good enough. This lack of confidence and self-esteem directly impact decisions of the person's life - be that of career, relationships (personal and professional) or even allowing himself to enjoy his life the way he wishes to. Unresolved baggage becomes basis of all the judgements, choices, decisions, actions and consequently the experience of life. Responses become automated and the experience of life becomes mechanical. Every new experience is judged and responded to according to past experiences. The individual stops being responsive and becomes reactive. **Hence, people react before moments unfold and live before experiences happen. As a consequence, they do not experience life as it unfolds, but replicate experiences from the past. Thus freedom to be in the moment is not experienced.**

WELLNESS

Many of us live in this manner and are not even aware that we are not being our true selves. Over years, our true nature gets covered with layers of conditioning and we are not able to completely experience, express or live our true self. There comes a time where life stops making sense to us. It loses meaning in our heart. One might experience an overwhelming feeling of having lost grip on one's life. However, breaking free from conditioning to experience one's true self may feel as if one is breaking oneself. Many resist with all our might to remain with our conditioned-self, which over time creates a deep conflict within. This conflict over time leads to many degenerative and debilitating mental and physical health conditions.

Aashwasan Science™ facilitates a process of self journey to enable people to connect to their true self so that they may resolve their past experiences, break their conditioned responses, let go of learnt behaviours, live every moment as a new moment and discover who they really are all over again. As they feel free within, they are able to live free in its truest sense. They are able to feel free to think, express and explore their deeper selves. Their being feels wholesome in itself. The outer expressions of freedom then become a celebration of inner freedom.

Inner freedom comes from the ability to experience oneself and life in its purity. It is about having freedom to express oneself freely - free from any barriers, limitations or restrictions. Being free is about being in the moment and experiencing that moment in its entirety. With inner freedom comes the ability to know who we are, to unravel our potential, to give purposefully and to have direction in life. It is in this freedom do we know that we are the architects of our life, and the cause of all that we experience. It is in this freedom do we realize that possibilities are infinite and our life is an opportunity to discover them. Nature has created every being in a way that they are free to flow and evolve with time. We are born free!



"Love is where it begins..."

Reach Aashwasan at:
Phone: +91 080 40988920
97313 01018 / 20
Email : info@aashwasan.com
www.aashwasan.com
www.youtube.com/Aashwasan
Linkedin: in.linkedin.com/Aashwasan
www.facebook.com/Aashwasan