


When the pursuit of a solution defeats the purpose of the problem - an insight

Fear of ill-health, worry about future, insecurity of money, frustration in relationships, concerns about children's health, growth and survival in the competitive world – we just seem to be running all the time, fixing something or the other in our life. Humanity in all aspects of life has become used to fighting a disease or a problem as if it is an enemy. We marshal all the resources to throw at the enemy (disease or a problem) with the sole purpose of killing it. Unfortunately sometimes this leads to a situation where the pursuit of cure /solution costs heavier than the disease/problem. The problem one wanted to address morphs into even more dangerous problem.

Health and well being is one such area where pursuit of solving is becoming deadlier than the disease/condition itself. Let us take situations such as Epilepsy. Seeing a child or an individual having an epileptic attack can be scary. And if that individual happens to be our loved one, it instills immense fear and throws us out of gear. This goads us on to seek out a solution immediately. Epilepsy in many cases is maladjustment between the body and the brain. The body is not able to decode or respond to the signals of the brain in a meaningful way, hence manifests as spasmodic jerks. To combat the situation and prevent further episodes of seizures, anti-epileptic drugs are given to the person. This takes care of the unpredictable episodes of falling or jerking, and averts the danger such a situation could bring upon. However, these very medicines bring upon side effects so much so that it many a time leads to conditions that need another line of treatment.





The medicines do not cure the root cause of seizures instead suppress the signals in the brain to prevent the occurrence of seizures. Thus the fear of seizures and helplessness of the conditions stays for life. Similar is the case with of Autism. The first fear that comes in is - Can my child become independent? Can he be educated in the normal way? To fight what is written as a lifelong reality of the child, some parents take to aggressive interventions including psychiatric drugs at the child. For some time these interventions seem to have a positive impact but over a period of time the situation worsens. There is a violent relapse and parents then have to reckon not with one issue but a multitude of problems. The individual in the child and the parent is lost, and what is left is a problem and a problem solver. A person suffering from Schizophrenia is given anti-psychotic medicines to manage his symptoms but in the bargain that the individual is afflicted by various other conditions as a side effect. Then the battle begins to combat the side-effects of those drugs with some more interventions. The battle never really seems to stop, instead it just changes direction.

Ms. Rashmi Aiyappa

Founder - Aashwasan
Spiritual Scientist,
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In this entire muddle, one needs to ask oneself a fundamental question - Why does a problem come into our lives? Why do we experience such desperation to fix it? Is it because we expect the worst to happen? Is it because we do not believe in our capability to solve the problem? Or is it because we do not feel hope within to face the situation?

The purpose of a problem or a disease is to indicate that there is something wrong within the system. Connecting to our system's unique format can take us deeper into the infinite potential we are endowed with, which can eliminate the root cause of any issue in our life. However, we have gone far away from our original nature, thus have forgotten the power of our own creation. If we could experience our truth, we will be free from fears, confusions and desperation, says Rashmi Aiyappa, the spiritual scientist and founder of Aashwasan.

Bringing a different view of life and open deeper aspects of human reality, Aashwasan, the spiritual science organization offers to the world a unique scientific methodology brought forth by Ms. Rashmi Aiyappa. Born with an ability to experience life in its true creation, experience and manifestation, she is in touch with the original mechanism of an individual. This gave her absolute clarity of the cause and effect of all happenings in that individual's life. She discovered that evolution had brought deep disconnect in human beings, bringing alterations in their original mechanism. People got disconnected with the holistic experience of their body-mind-soul

connection and its infinite possibilities, thus are able to access mere 3 – 5% of their true potential. This resulted in dramatic alteration in the body-mind awareness, and the unexpressed potential got lost to human experience. Thus people got disconnected with holistic reality of their life. Using her discoveries of Liferforce Mechanism™ and Timeless Phenomenon™, Rashmi Aiyappa brings forth Aashwasan Science™ to connect people to their body-mind-soul experience and bring out the intrinsic intelligence of their original mechanism enabling an individual's system to identify and address the root cause, understand its own functioning, and empower the individual to deal with the effects of the condition in a more intuitive and pragmatic manner.

So, if one were to look at getting a solution for epilepsy, bringing out a more graceful adjustment between the brain-body mechanism and becoming aware of the key influencers of such a reaction from the brain would then serve as a more natural and effective long term manner of treating epilepsy. Similarly, if one were to look at Autism from an experiential and developmental reality of the child, one would be able to think and respond in a manner that helps the child be true to its creation, use its own inner capability and innate intelligence, and help the parents bring their individual experience and intuitiveness to provide the right support to the child.

Deeper awareness of the root of the issue can liberate us from the fear of the unknown, and free us from the single minded pursuit in seeking solutions. The experience of one's innate potential can open up broader vistas and help us understand our problems more holistically - be it for diseases, issues and life's situations, and find accurate solutions.

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