



The Story of Conditioning behind **Allergies**

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Conventionally speaking, **'allergy'** is defined as a misguided reaction to foreign substances by the immune system to defend the body against foreign invaders, particularly pathogens (the agents of infection). The allergic reaction is misguided in that these foreign substances are usually harmless.

So the question arises – why does immune system defend the system against harmless foreign substances? Answer to this will open up solutions towards clearer understanding and accurate treatment of allergies.

Our immune system is one of the intelligent and efficient mechanisms in our body. When in balance, it does a seamless job of identifying and eliminating potential threats to our health, such as toxins, bacteria, viruses, and even cancer cells. However, at times our immune system responds too aggressively to a substance in the environment that is usually harmless, such as pollen, animal fur, mold or sometimes even changes in temperature. As the body works towards getting rid of the perceived threat, a person experiences uncomfortable symptoms of an allergic reaction. If the allergen affects the skin, the response from the immune system could result in rashes, discoloration, roughness or irritation or even eczema. If it affects the lungs, the consequences are respiratory diseases and in case it affects the stomach, it can cause GI tract distress.

A disease is a manifestation of the way we have responded to the environment of our life. **There is a direct relationship between our responses to life's happenings and diseases which attack us.** This is not really noticed due to lack of awareness nor is it observed that the signals from the external environment are constantly affecting our health. The truth is that there is a steady and dynamic exchange between our internal and external environments which creates our life experiences for us.

When there is extreme stress in a person, the immune system gets overworked. The toxins build up from deep rooted fear and anxiety and other related emotions which have been experienced in life, triggering symptoms. When we experience a perceived threat, our brain sets up a pattern of response to that event to protect us and prevent it from happening in future. In case of such repeated experiences for instance as in the case of exposure to an allergen, the physiological functions show a conditioned immune response leading to hypersensitive reactions.

The way we build a defense mechanism against getting hurt emotionally through our reactive responses, our body also puts up defense and builds a wall of conditioned responses. It creates a trigger-response cycle. The strange thing is that many times even when the threat is not present, the immune system responds vigorously leading to the false allergic reactions which is automated - a 'training' effect, a kind of learned placebo effect which may have got nothing to do with any environmental threat or challenge. This conditioning effect coupled with the stress we have accumulated throughout our life disrupts the immune system. It then loses its adaptability. It loses its ability to function normally and is unable to regain equilibrium when confronted with sudden change. If the immune system is already taxed by the presence of toxic wastes, then it builds up abnormal immune reactions and symptoms and such conditioned response become a norm than an exception. Such acquired and compromised immune functions can even cause immune suppression leading to autoimmune conditions.

We are all products of conditioning at different levels of existence. All conditioning acquires its existence from the unresolved fear and hopelessness. We react to our current experiences from the lens of the past experiences rather than responding to it with the seamlessness of inner clarity. We become limited and get restricted by conditioned or automated reactions.

“Conditioning is an inevitable predicament of human reality over evolution. However, human spirit is far more intelligent than the conditioned self. Thus, we have the capacity to not only challenge the conditioning but also replace it with what is authentic about our experience,” says Ms. Rashmi Aiyappa, spiritual scientist, inventor and the source of Aashwasan Science™. “Aashwasan is a way of life which helps us to respond to every experience in our life as it really is. It helps us be totally present to our current reality and live out of our authentic experiences and not from our 'learnt' responses. It is a journey of unlearning, emptying yourself of pre-set reactions, and get in touch with your original self.”

Freedom from conditioning opens infinite possibilities of the self-healing mechanism in individuals. At an individualistic level, people start adapting to the ever-changing nature of reality. They become intuitive that makes them malleable at dealing with external reality. This helps them create a responsive, rather than reactive relationship with the external world. People get in touch with their intuitive intelligence which opens up self-awareness within them. Instinctively, they move away from everything that does not resonate with who they truly are and live a life that is guided by their natural self.

The body starts responding in line with Nature. As the individual connects to his/her natural self, the immune system gets back to its natural functionality. As the individual finds strength in facing his/her reality without fear and puts his/her guard down against life's experiences, the immune system also finds clarity. It is able to differentiate between the real threat from false alarm. It stops creating unnecessary defense in the body. It stops creating random reactions in anticipation of a threat. The trigger-response pattern is broken and the body system starts to recognize healthy responses.

Moral of the Story – Existence of allergies is a sign of a conditioned living. Thus to overcome allergies, one needs to break free from the conditioning and flow fearlessly with true experiences.

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