

# HOLISTIC HEALTH - AN EXPERIENCE OF ONE'S TRUE POTENTIAL

Maithili suffered a severe bout of Herpes, which caused numbness in the right side of her body. When the doctor was consulted, he said that it was due to stress that she suffers this disease. The doctor asked her to take steroids as the eruptions of herpes were severe, with a caution that steroids sometimes could lead to necrosis. She was not comfortable with steroids, and opted for lifeforce healing at Aashwasan. Within a couple of months, not only did the healing sessions cured her of numbness, but also brought about deep resolution in her life.



As we live, we go through varied experiences. The good experiences give us motivation to move ahead with a more positive attitude, but the unpleasant experiences such as traumatic relationships, abuse, nagging ill-health, career confusions etc. can cause deep stress and leave a profound impact on our physical and mental well being, disturbing the sense of harmony within. Modern day life is witnessing this phenomenon across the board, even in children.

We are faced with issues such as cancer, cardio-vascular issues, metabolism and immunity related conditions, hormonal discrepancies, mental illnesses etc.,

**Health is understood as lack of diseases. And disease is generally understood as an ailment or condition of the mind and body. If we really look into the words that we use, 'disease' by virtue of its name means – lack of ease. It is about 'not being in ease' with oneself. Dis-ease is a broader term, which may be seen in the form of physical condition, emotional disharmony, or at times something which is deeply felt but doesn't have a name or a label. Health is being at ease with oneself. It is to be at ease in one's body, mind and spirit. Our health thus is a mirror to our life's reality.**

our lives by ransom. As the root cause is deep in our life's experiences, attempts to resolve it by external interventions most of the time fail.

"To solve any issue, one needs to get to the root of the matter. Addressing symptoms can only bring temporary relief," says Rashmi Aiyappa, the founder of Aashwasan, a spiritual science organization.

which seem to be growing with time. And some, not knowing where to get answers to their growing problems, emptiness and lack of direction are resorting to lifestyle habits such as addiction to substances and lifestyle habits such as shopping, usage of electronic gadgets etc.

This not only is affecting an individual's well being, but has spread its roots in organizations' well being as well. Organizations are facing concerns, with professionals going through issues such as Repeated Stress Injuries (RSI), impotency, non-committal relationships, addictions, performance related concerns, behavioral issues etc. This is telling on the work-life balance and happiness index of the organisations, which are spending serious amount of time and resources to address it.

Despite efforts, we are finding it difficult to strike at the root of this problem, which has taken

Born with an ability to connect to lives as an energy experience, Rashmi Aiyappa saw people at the subatomic level of their existence, where everyone appears as energy systems. This knowledge is called Lifeforce Mechanism™, which gives her clarity on the exact condition of a person. Another phenomenon she is born with is called Timeless Phenomenon™ by which she would experience lives of people as a holistic existence where their past, present and future unfold in a single moment, laying bare the exact root cause of all happenings in one's life. She could see the entire human mechanism as it was created, experienced and manifested. She found that people are born with body-mind-soul connection where soul (the inner lifeforce energy or true self) guided the body-mind experiences. Thus everyone is born intuitive and has enough resources within to self heal and live a life of their choice. However, over evolution, human beings lost touch with their true self and stopped experiencing the connection in its entirety. They are only able to access 3 to 5% of the potential they are born with. This took them away from their own intuitiveness and made them operate from a mechanical and diminished sense of self. Thus humanity lost its ability to evolve and adapt to the changing dynamics of life. With diminished experiences, they started creating reality in and around them which was neither complete nor true to their nature. This brought about alteration at physiological, psychological and spiritual experiences. Diseases, unhealthy choices and incongruent lifestyles brought about degeneration in the quality of life.

To help people connect to themselves and experience life in their original format, Rashmi Aiyappa brought forth Aashwasan Science™ based on her life experiences. She invented energy based tools and techniques to diagnose, empower and treat. Diagnosis is offered to bring out the root cause of a condition, and the treatment is done to restore the original mechanism of an individual which manifests as self-healing abilities. Owing to the origin of these tools and techniques, the services offered are spiritual in origin, experiential in nature and scientific in approach.

When the way is right, transformation is evident. In the last 9 years of Aashwasan's existence, children with Autism have seen complete cleansing of heavy metal deposits in the brain and restoration of the natural developmental pattern; children with Cerebral Palsy have seen cure of epileptic conditions, neuro-muscular repair and optimization; preventive, restorative and palliative benefits have been seen in Cancer, Cardio-vascular issues, Diabetes, Multiple Sclerosis, Rheumatoid Arthritis, etc ;

childless couples have experienced the bliss of parenthood; people could overcome addiction without withdrawal symptoms and the secondary conditions have found reversal; psychiatric conditions, auto-immune conditions have seen reversal and in severe cases have brought high level of coping and so on. Over thousands of lives, results seen have been repeatable, replicable and continuous, thus benefits have been ongoing.

Being at ease with our true self is the key to holistic health. This is when happiness feels wholesome and life feels real.

My son, Adithya, was diagnosed with Pervasive Developmental Disorder (PDD) with severe gut issues, communication issues, and sensory issues, and would be in his own world. We took him for many therapies, yet I felt there was something missing. As we started Aashwasan interventions, his gut issues drastically improved; his bowel movement got better; he started connecting with the family, and started communicating with people around. Now he has come to a point where he wants to make friends and enjoy himself. He is able to share his experiences now; his observation has improved greatly; his innate talents of music and sports emerged. He is able to make his decisions, express his preferences and is able to make independent choices. At the age of 14, Adithya is a performing musician. He plays Carnatic music on the keyboard. He has already won many awards for his music and sports. We are happy for him and are assured that he will find his way in his life.

As shared by Vidhya Venkatesh, Adithya's mother



Adithya Venkatesh, with his muse



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