



The Story of Pain behind Fibromyalgia

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Human body has a language which is alive, vital and dynamic, which at all times mirrors the state of our health - physical, emotional and spiritual. Our body speaks to us loud and clear about what's wrong in our lives long before our health breaks down. This communication is to be listened to and taken seriously. These are indicators and are the body's natural way of bringing awareness of the health imbalances and safe guard itself. If this natural alarm system is not paid attention to or is suppressed, the imbalances can get anchored in the body system leading to the emergence of a physical ailment.

All of us cope with painful experiences of life in the best way we know. In case of traumatic experiences, we survive through extreme ways of coping - by either numbing ourselves or shutting ourselves down to even block out our awareness of that experience. These experiences remain in us as an unresolved painful resonance. Our body becomes so overloaded with these resonances that it loses the ability to return to balance, thus manifests a condition. According to Aashwasan science, every physical manifestation of dis-ease is preceded by other levels of imbalances, including emotional suppression, overwhelm or instability. As a matter of fact, emotional issues are the key and healing them is rather vital to find our way back to health.

Fibromyalgia is one such disease where "Life's pain and weariness" is mirrored in the body as chronic physical pain and chronic fatigue, where the physical body is so weighed down with the stressful experiences of life that it cannot function properly. The resounding message that this disease gives is to pay attention to ourselves and our emotions, and more than anything to listen to our body. Fibromyalgia is a disorder characterized by widespread pain in the muscles and multiple tender points accompanied by fatigue, sleep, memory and mood issues. Other symptoms include: poor coordination (always tripping, falling, etc),

improper functioning of the body's temperature regulating system, dry/irritated eyes, dizziness etc. Researchers believe that Fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. The central symptom of Fibromyalgia, namely widespread pain, appears to stem from neuro-chemical imbalances and the activation of inflammatory pathways in the brain which result in abnormalities in pain-processing. In simple terms it can be described as the volume of the neurons being set too high and this hyper-excitability of pain processing pathways and under-activity of inhibitory pain pathways in the brain results in the affected individual experiencing pain.

There are no specific reasons identified for this condition, however some research suggests that there are brain anomalies present in people suffering from Fibromyalgia which may be the result of childhood stress, or prolonged or severe stress.. As there are no known causes, there is no available cure nor means to experience liberating relief.

Every disease has a story behind it

Vidya shares her story...

At first, I really did not know a lot about it. In fact, I had brushed aside the early symptoms saying that it was due to overexertion and the result of too much strain in my life. It had started off quite mildly, slight muscle aches and stiffness in my left arm. Symptoms would come and go at first and it was easy to brush it aside, till one day when I realized that painful areas kept increasing. One part of or the other was always hurting and by then my symptoms worsened, there was too much water retention in the body, I couldn't feel my feet due to numbness; there were cramps, stiffness and stomach upsets and above all sleeplessness. Before I knew, my life had entered a downward spiral of pain, depression and fatigue. The life that I had called normal and pain-free had vanished in front of my eyes. It felt like everyone else was normal and happy and having a good time but it is so different for me. Looking at all the tasks that I wasn't able to perform made me feel guilty. I started doubting my ability to take care of my children. My personal relationships suffered. I tried to keep a positive attitude for a long time but in the face of so much pain, it wasn't possible. I just wanted a break from the terribly painful days.

In desperation for a solution, I chanced upon a different approach to treatment offered by a spiritual science organization called Aashwasan. This treatment made me aware that all my symptoms in the physical body were a warning sign that there was something that was out of balance in my life. I needed to take a careful look at my life and the way I was living it. I was going through a life- debilitating relationship which had taken a toll of the very identity of my existence. My talents faded away. The deep pain of helplessness had seeped into every fibre of my body. I started getting a sense of what is causing my illness, thus opened myself to resolving it. Gradually, I saw a difference, my pain had lessened. When I took charge of my life and found meaning in my life, my skills and talents re-emerged. I began to feel even better. Every week, there was improvement. I could feel my coping strength getting better and better, and could also see more balance coming into me.

Every time, I had a relapse during those days, my body had quickly alerted me and I would recognize the stress factors which were bringing about the pain. Because of the awareness and recognition of what I needed to do to balance and be back to myself, those episodes were short-lived. As time passed, I noticed that the hours of pain and fatigue had lessened and good hours were eventually followed by great days. My energy was back again and I could do a day's work without feeling like I have just gotten up from a bout of flu. I was delighted that I could dance again and play badminton with my daughter. It was like the strength that had eluded me for years was mine now, and I could once again live my life to it's fullest.

If this treatment had not reached me at the right time, I would have been in real mess. I am more aware of myself. I listen to my body now and I pay attention to what I feel in my heart. If "Happiness" is described as freedom from pain, I can proudly say now that I am free of pain - both physical and mental..... And life once again is a joy to live!

“Pain is reality of life. It is part of the weft and warp of life's experiences. It sees no discrimination – be it of gender, background, age, virtues etc. It has its own identity, purpose and mechanism in every individual. The only differentiator is the way one copes with it. Coping makes all the difference as that decides what happens of the pain in us. We are creators of our diseases, and we only are the hope for our well being. This truth became a reality in Vidya's life, as she could connect to her life again, and her system could delve deeper into its awareness to identify the root cause behind the condition. She found hope within to face pain of her life which not only showed her a way out of it, but also could pave way for her body to deal with its dysfunctions in the most optimal manner,” explains Ms. Rashmi Aiyappa, the spiritual scientist and founder of Aashwasan Science™.

Bringing energy based technology derived from the unique inventions of Aashwasan Science™, Aashwasan offers a revolutionary solution for people suffering from Fibromyalgia. The body finds its natural pathways to process pain, thus stops creating inflammation in the body. The metabolic debris is flushed out of the body, and while this occurs, there is renewed energy in the body, which in turn improves and builds metabolism. Neuro-chemical harmony is restored. As the source of stress in life is resolved, the neurological functions are restored. The muscle tightness and disruption of bodily fluids is rectified, giving the body much needed flexibility and elasticity. The associated disorders also repaired. Stomach dysfunctions gradually reduce. Other conditions such as Irritable Bowel Syndrome, depression etc. are resolved. Depending upon the life span of the root cause and the potential of that individual's system, the painful condition is either completely resolved or drastically improved.

Moral of the Story – Listening to the cry of our body only takes us closer to our true Self that in turn creates optimal health leading to a pain-free living.

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“Love is where it begins...”

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