

Life

transforming experience

for Victims of Abuse ...the Aashwasan way

We live with a lot of untold and unresolved experiences. Time heals, they say. But for many, time passes but their experiences don't seem to fade away. People live with unresolved experiences for life, impact of which is seen on their physical, emotional and spiritual well being. One such experience is Abuse.

"Abuse is an extreme disregard to the piousness of one's personal space. Encroaching this space can suppress the original nature of an individual. The experience of abuse hits at the spiritual level, and alters life's experiences. Only when they embrace life again in their spirit, can they experience their life again." says Rashmi Aiyappa, spiritual scientist, inventor and social innovator.

Abuse of any kind, be it physical, emotional, mental or sexual, impacts an individual in very deep ways. Neglect, indifference, physical punishment and constant verbal abuse could also make an impact on one's self respect and self-esteem. Some live suppressed life, some turn rebellious and some become anti-social, perpetuating abuse.



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



One of the most traumatic forms of abuse people go through is sexual abuse, which breaks the fundamental integrity of life's experience in a person. Many adults, who have been abused as children by one of the family members and had no one to stand up for them, live with confused identities. Their inner experiences and external reality feel disconnected. They lose faith in life and lose their ability to trust. They live with guilt, helplessness and shame, and survive life by numbing their emotions. They live feeling either like a sinner or a victim of self-pity. In order to cope and manage their life, they create their own world. Thus for many, coping mechanism developed in the childhood turn into psychiatric issues when they grow into adults.

The altered life's experiences alter functions of the body and mind. People suffer from mental illnesses, issues with body image, confusion with respect to one's sexuality, addiction, unidentified aches and pains, memory issues, suicidal tendencies and many such issues. Many survivors of abuse land up in abusive relationships. Some live a compromised life as they feel they don't deserve the best. The unfortunate aspect of abuse is that the abused may turn into an abuser. They not only inflict pain on others, but also become self-abusing. Abuse makes people feel out of control. To get back a semblance of control, they make choices which inflict more pain on themselves. The experience of self-abuse, as it gets deeper, metamorphoses into intense self-loathing and self doubt in many. To top it all, unaware of the inner experience of people, society judges them based on their external responses and behaviour. Dealing with internal struggles and societal judgements can bring hopelessness in many and drive some to extreme steps.

"Those moments with my grandfather were play and love. I was made to feel special, and he was telling me things that no one else knew. He told me that it was between us and I should never tell anyone. Some moments I liked, some I dreaded.

When he died, I was relieved that this he is not going to come back. I lived like a non-entity for 12 years of my life. I did not have guidance or support. I did all that was expected of me and lived in a world in my own mind. I dreamt of love, and someday I would experience love in its purity. When I attained puberty, I was very confused. I started suppressing the sexual feelings inside me, thinking that they are unnatural. Relationships became confusing. I didn't know the difference between friends, boyfriends, girl friends etc. More than anything, when anyone got close to me I felt a profound sense of loss of my own identity. By the time I was 22 - 23, I knew something very wrong had happened to me. I tried taking my life as I felt numb and didn't know what to do with myself. I cut off from relationships. I preferred to stay in my own world, where it was safer. I had picked up smoking in college. Later that led to wheezing, so I gave it up.

I reached Aashwasan in this state. For the first time in my life, I felt loved. I got unconditional, caring, protective and empowering support. I started to discover my life again in Aashwasan. I learnt to be happy, to smile, to open up and share. I learnt to trust others and slowly myself. Rashmi Aiyappa, the universal phenomenon, a special person with unique abilities, brought hope in me. She knows me and my life. She knew how I felt and what was happening in me. Knowing my life, connecting to every moment of my life, she facilitated an experience for me to overcome my past and experience myself and my life again. For the first time in my life, I realised that I am not a bad person; how I was living was in the wrong direction, away from my happiness. It's in this space called Aashwasan, which means assurance I found myself able to accept myself and my life." (The identity of the person is not revealed to protect confidentiality).

Many such individuals found their way to Aashwasan to be helped to overcome their pain and reconnect to the sense of belonging to their life. The founder of Aashwasan and renowned spiritual scientist, Rashmi Aiyappa, offers hope to all who have lost faith in their life, and feel disconnected with their true identity due to the traumatic impact of abuse. She is born with a unique ability to experience people the way they experience themselves. Her inborn abilities and experiences paved way to a life-transforming science which is here to restore human life to its original creation, and connect one to one's unique truth. She is the source of this science which was discovered with secrets about timelessness and theories about life after death – one science that encompasses the mechanisms of all life forms into a single dynamic format demystifying the root cause of all unknown, be it a disease, situations of life, relationships or not knowing one's self at all.

“All human beings are energy beings at the fundamental level of creation. And all experiences are subtle energies, which when unresolved are stored in the body. Over time they bring deep alteration in the chemical environment in the brain and bring about changes in the body and mind functioning. This takes people away from their true experiences, thus they feel aloof from their own life. This disconnect numbs their identity,” says Rashmi Aiyappa, bringing clarity to human experience.

Rashmi Aiyappa creates a path of experience for individuals to find a resolution to their experiences. The tools and techniques of Aashwasan Science™ are energy based which address every issue at the root cause, thus bring permanent change in life's experience. They disperse the subtle energy of the unresolved experiences and revive an individual's original format. This restores the brain chemical environment, bringing back the original functioning of the body. Inner experiences change. Body sets its dysfunctions right. The awareness in people increases as they go deeper with themselves. They experience renewed sense of interest in their life. They feel confident and find courage to look at their life and accept it the way it is. They are able to take responsibility of their experiences. Psychiatric conditions are reversed. Addictions are addressed. People start trusting themselves and the world again. They forgive their life and move on to discover the glorious sides of themselves.

Aashwasan has undertaken an Initiative for Victims of Abuse, a revolutionary movement, to bring hope to all those who have felt violated. The unique approach of Aashwasan Science™ stands as Hope not only for individuals who are abused, but also the abusers, who want to make amends and change from within. Aashwasan Science™ stands as hope not only for individuals but for the society in the long run, as it helps both abusers and abused from passing on the conscious, subconscious and unconscious patterns of abuse to the next generation.



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