

## The story behind diseases...

Every human thought or action is a cause that sets off a wave of energy throughout the Universe which in turn creates an effect whether desirable or undesirable. With every thought, intention, emotion and action that is transmitted from you, you set into motion an unseen chain of effects which shifts from the mental plane through the entire cellular structure of body and brings it out into the environment as a physical manifestation. If this energy is unresolved or uncreative, it largely has a destructive effect on the life of the person.

The unresolved emotions and the unhealthy attitudes we carry within, coupled with the faulty lifestyles we lead, can unbalance our life-force mechanism and begin a ruinous effect. Many diseases start from here. Thus causes or sources of serious physical conditions are of a very subtle nature. The mental toxins produced inside our bodies due to unresolved intense fear, sadness, guilt and resentment is worse than the chemical contamination found in food that we try to avoid so carefully. Mental toxins severely impact the body's self healing mechanisms. They impede elimination of toxins and other harmful substances from the body. Cell reproduction gets affected due to the chemical changes the mental toxins bring about. The body ages faster than its actual age as the cells of the body lose their strength and are damaged. Infact this is one of the greatest reasons that the person looks older than their age when one's go through long struggle in one's life. Over time functional capacity of the internal organs and the capacity to rejuvenate and recover from diseases gets impaired. The gravest damage happens to our immune system, which goes away from its natural functions, leading to auto-immune conditions, various kinds of allergies and serious degenerative issues in the body. The effects of these toxins are different for everyone, so the resultant diseases can vary widely with each person's self-health blueprint.

Thus most diseases are 'self-created'. Cancers, Arthritis, auto-immune conditions, degenerative dispositions and all the non-communicable diseases are the manifestation of this phenomenon which is eating into the life expectancy all over the world. The body essentially is just a mirror, reflecting how we are mentally – consciously and subconsciously. We continuously repeat our life patterns and choices; and our bodies continuously create conditions and issues. What we are left with are - stories of unresolved emotions, diseases and struggle to find answers for diseases. In the entire story of diseases, what is completely unacknowledged is our Self, our spirit, the infinite source of our life.

Life begins in true sense when stories dissolve. Being part of nature, your Spirit knows how to heal from what transpires in you – physically and emotionally. You have an inbuilt ability to let go off experiences of the past and open to every new moment that unfolds as a fresh experience. Connecting to one's spirit (true Self) opens deep awareness about one's creation, which helps an individual look at the stories behind every problem, issue or condition. This gives the body a chance to connect to it's self healing mechanism.



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**Ms. Rashmi Aiyappa**  
Founder - Aashwasan  
Spiritual Scientist,  
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Body has an amazing inherent capacity to renew, repair and re-grow itself. As life, love and intelligence once entered us, created our bodies and started our experiences, so can new life, new love and renewed intelligence re-form the old cells and create new bodies and new experiences when we connect to our creative Self and experience life in its infinite possibilities. To connect human beings to their intuitive intelligence and to the ever evolving life within, the spiritual scientist and founder of Aashwasan, Ms. Rashmi Aiyappa, offers Aashwasan Science™. This is an ancient science, lost to humanity over evolution. It carries secrets of life's creation and manifestation. Aashwasan offers unique spiritual technology based on the principles of Aashwasan Science™ to connect to a system's inbuilt intelligence and use that as a tool to revamp one's own system to its original format.

As the individual's system connects to its original format, it is able to identify and address the root cause and find its unique path for self-healing. The unresolved thoughts and emotions are resolved, relieving the body of mental and emotional toxins. This gives body clarity and an opportunity to self-heal. The altered body chemistry is set right. Cell reproduction is restored where cells flourish again in the natural chemical environment. Body organs rejuvenate. Age reversal is experienced. People not only look younger but also feel and function with renewed energy. The body becomes aware of its optimal functions. Immunity is restored, helping the body fight unnatural functions and mechanisms in the body. This opens possibilities of reversal of many degenerative conditions such as Cancer, Multiple Sclerosis, Arthritis, cardio-vascular issues and other non-communicable diseases, which are preventable yet difficult to treat.

Every disease has a story behind it. We are creators of our diseases, and we only are the hope for our well being.

Beyond Time and Space into  
a World Undiscovered

**Aashwasan**  
TRANSFORMING LIVES™

“Love is where it begins...”  
*Rashmi*

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