



Living 'You' – an **ageless** experience

Aashwasan touches
lives of the Senior Citizens

Ms. Rashmi Aiyappa

Founder - Aashwasan
Spiritual Scientist,
Inventor & Social Innovator

How does it feel to be 20, 47, 53 or 80? What is different when we are these ages? If it is body weakening at the age of 60, then it can also happen even when one is 20, if they have any serious illness. Do we fall in love only when we are 20? After that can't we ever fall in love? Are tantrums a prerogative only of a 2 year old? Should we suppose that people stop throwing tantrums when they grow up? If being 25 calls for maturity, does that mean we can be immature at other times? Do we seek attention only when we are very small? Do we need nurture and care only when we are old? What are we actually saying when we say, we are old?

All of us grow biologically old. Everyone knows that they will also be old one day. That is not the struggle. People feel old not just because they have grown in years. Many feel old when their life loses charm. They feel old when they stop exploring their talents and interests, and live a day-to-day routine. For many people, life poses such extreme struggles that they age faster. People dealing with nagging health conditions may also feel old and helpless. Reasons could be any, but feeling of old for many can bring fear, insecurity, helplessness etc.

Thus, age is a subjective experience. There are many who start their life after they retire. They start their lives once they are off their responsibilities of family and work. Many connect back to their forgotten passion such as talents and hobbies. For some, age actually becomes an advantage, where they start living how they want to, without any inhibitions or pressure of expectations. There are yet some who start living when they face a debilitating illness. The illness gives them a chance to re-visit their life.

"Life can start anytime. There is no end to hope. We are born with Ourselves, and carry our unique truth. Being connected to one's true self can help people overcome their limitations and free them from all fears of life. Life then becomes an endless discovery." says Rashmi Aiyappa, world renowned spiritual scientist and inventor.

To help people be who they truly are by creation, and celebrate every moment of their life with zest and belonging, Rashmi Aiyappa offers her inborn knowledge, her two discoveries, Lifeforce Mechanism™ and Timeless Phenomenon™. Combining these two phenomena, she brought forth Aashwasan Science™, a science of life's mechanism, to offer life-transforming services. This science is nature's own, and is offered as an experience to connect people to their true self. It addresses root cause of all concerns and brings about profound and sustainable changes at all levels of existence – physiological, psychological and spiritual.

Aashwasan offers Lifeforce Healing (to restore body-mind-soul mechanism), Lifeforce Mechanism Assessment™ (to diagnose conditions at the root cause level), Transformatory Counseling (to bring clarity and assurance in life) and many such life-transforming services. Another unique program that Aashwasan offers is Retreats (Spiritual Retreat and Wellness Retreat), where people spend wholesome time with themselves to resolve issues at physiological, psychological and spiritual level to experience holistic health and well being, and start their life all over again.

These services help individuals revisit their life's mechanism (body-mind-soul mechanism) and get in touch with their innate potential, which initiates a self-healing process in the system (body -mind). This helps one break rigid life patterns acquired over years of living, which in turn helps the system revive and find its way back to its original format. Aashwasan Science™, thus connects one to one's true creation, to one's true self.

As a 70-year old client from Latvia shares, "My life has become more meaningful now. Colon Cancer that I was suffering from became an opportunity to revisit my life and resolve some of the oldest resentments of my life. I feel lighter in my heart. My body doesn't feel the pain of cancer at all. The symptoms have vanished. For 15 years. I couldn't sleep because of profuse sweating due to thyroid cancer, but now I get my 6 hour sleep without any problem. Life feels peaceful and hopeful.

When the connect with one's true self is experienced, life transforms. Possibilities are unleashed. Body is put on a self-healing mode, which opens up remarkable possibilities of reversal of degenerative and debilitating conditions in an individual. Quality of life dramatically changes as issues such as digestive conditions, bladder concerns, aches and pains etc are treated. Many serious issues such as Cancer, Alzheimer's, Rheumatoid Arthritis, Osteoporosis, Neurological weakness, Muscular issues etc, find benefit at preventive, curative, management and palliative level. Management and Palliative benefits are two of the most significant benefits that people in the last stages of a debilitating illness experience. Pain management brings tremendous relief, transforming their day to day experience.

Long standing issues are resolved, allowing one to experience freedom within. Relationships become clearer and positive. One is able to accept changing situations with grace. Fear of death vanishes. Insecurities in life change into acceptance of life. Fear of death becomes living in the moment, making life meaningful. Their talents and interests are rekindled. Their zest for life revives. Feeling of helplessness is overcome and people are able to take support lot more gracefully, accepting themselves deeply. They develop a healthy, positive and seamless relationship with life. They start facing reality of age-related illnesses with seamless grace. Life feels purposeful in very profound ways. They start living to discover themselves all over again.

Every moment of life is a celebration. Aashwasan stands as Hope in lives, showing them a path to connect back to their life, accept it and live it in its abundance, with their age giving them an edge of wisdom and uninhibited freedom.

I am Vaidehi Srinivasan, aged 70 years residing in Chennai. I am a diabetic and also suffer from Hypothyroidism. About two years ago I had severe leg pain due to diabetic neuritis and found it very difficult to walk normally. I also had severe indigestion problems due to fatty liver and gastric ulcer. I suffered from extreme mood swings due to certain psychological issues. I had very low tolerance and would get irritated very easily. Then my daughter introduced me to Aashwasan. She was taking her son to Aashwasan. My grandson is mildly autistic and had showed great improvement after taking healings.

After listening to her experiences I decided to give it a try and signed up for a RETREAT program. On the second day of healing I found that my leg pain had reduced considerably enough for me to sit on the floor and even get up with ease. Slowly and surely their sharing sessions also helped me resolve my psychological issues. My digestion has also improved greatly. I have become calmer and have begun seeing things in new light. My acceptance level has increased and I am more cheerful now. I am able to face challenges more confidently. This change has brought happiness in my life and family. This is a permanent change and I will also work to make sure it remains so.

At this point I would also like to share the experiences of my other family members who have taken healing sessions with Aashwasan. My daughter-in-law and my grandson also have been able to resolve some of their problems and are happier now.

I would like to say that there is definitely hope at Aashwasan for everyone who reaches out to it. Everyone coming here will definitely find their light from the torch of happiness held aloft by Aashwasan. I am extremely thankful to Aashwasan for helping me find my light. I wish the entire team of Aashwasan all the luck required to carry on their noble service.



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