

Understanding **Anxiety** - *The Aashwasan way!*

Human beings are wired to shrink away from things that might hurt us. Fear is a natural reaction built into the mind-body system triggered by danger. It is fine as long as we're accurate in our assessment of what's dangerous and how serious the harm will be. But all too often, as we go through life's difficult experiences, we lose the ability to gauge the real danger and overestimate the likelihood of a 'bad thing' happening. This is especially the case of people suffering from anxiety disorders. The disorder usually shows up after a major trauma and happens because the person is looping in a traumatic old memory at an unconscious level and thinks there is a possible threat. Anxious people are afraid even though there is nothing "out there" to be afraid of.

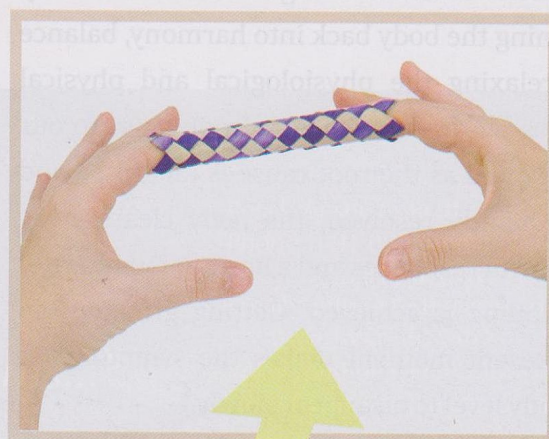
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When we go through trauma, a certain amount of time is required to restore the whole mind-body system to its natural balance. But culturally, we are eager to feel well as soon as possible. Of course nobody wants to suffer long term. But sometimes when difficult life experiences happen, it is normal to feel sadness, worry, doubt, and fear for a longer time and resolve it at our own pace. Society, however, has taught us that these feelings are “bad” and in order to make everyone else feel okay, we'd better find a way to get rid of these “bad” feelings quickly or to hide it. In fact, the most common response is to suppress the natural outpouring of emotions by distracting ourselves with work or engage in other forms of avoidance including numbing ourselves till it suddenly rears its head in anxiety and panic attacks. Once it has spiraled in to anxiety, we “try harder” pour energy, time and strength into making it go away! Essentially, we are conditioned to think that as soon as anxiety and fear show up, the best answer is to seek a way to GET RID OF IT. But like the Chinese finger trap toy we played as kids all the time. As you try to pull it hard, the “trap” tightens around our finger making it harder to escape.

So how does one move through the symptoms of anxiety and panic attacks in a more holistic and healthy way?

When it comes to anxiety and panic attacks, people often pursue a bodily solution (like medication and exercise), but neglect the mental and spiritual aspects. Others may combine body and mind (like exercise and counseling), but neglect the spiritual. Aashwasan Science™ describes anxiety as a physical experience, a mental struggle and a spiritual battle. In our understanding, as it is rooted in all three areas, it is important to holistically address all these areas to be free from anxiety. Here is an understanding of how the Aashwasan methodology works at a body-mind as well as the 'Soul' level and takes us to true freedom.



Understanding The

The Body

Anxiety and panic attacks are a very physical experience. Triggers in our environment can escalate the fight or flight mode. A whole lot of processes set off in our body to counter what is perceived as a threat, real or imagined. Our body responds with increased adrenaline, rapid heartbeat, changes in breathing and increased blood pressure. It is getting ready to run or fight. Blood is pumped to our arms for fighting and legs for running. Tingling or burning sensations are commonly noticed. Acid is released in our stomach to quickly digest food for energy. People who suffer from anxiety get trapped in their panicky thoughts. The body doesn't remember to calm down as it constantly perceives a dangerous threat looming. The treatment sessions bring a sense of reality returning the body back into harmony, balance and relaxing the physiological and physical processes. There is a deeper root cause to our anxiety and as the root cause is identified and subsequently resolved, the body clears away the fearful responses and a harmonious state of functioning is achieved. Getting grounded in the present moment makes the symptoms at the body level to disappear slowly.

The Mind

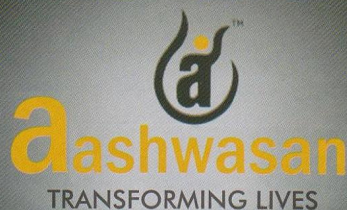
The mind is that part of us that makes choices. It is where our memories live and our emotions are experienced. It's an incredibly complex system of thoughts, ideas, choices and perspectives. It's also where anxiety and panic attacks are triggered. Just like the body can trigger those terrifying feelings, so can your mind. Maybe it's a traumatic memory or a painful wound from past. The voice of fear paints scenarios of disaster that seem believable. Panicky thoughts quickly become obsessive, running through one fearful outcome after another. Anxiety makes it all but impossible to make rational decisions and wise choices. Aashwasan's treatment gives you a view from inside creating awareness about your thoughts, feelings and actions. We become conscious of difference between the false alarms that fuel anxiety and objective reality which dissipates it. People who had difficulty controlling excessive worry learn to face the fear and are able to catch themselves before they spiral into debilitating anxiety. They realize that their perception of a 'bad thing' happening is often worse than the actual 'bad thing'. Their feelings start changing from there, so do their choices and decisions.

Becoming closer to and more present with one's feelings, they look at them like a guide to help hear things they might have been neglecting for some time. Instead of running away from anxiety, they are present to it and listen. People start feeling hope from within; start feeling loved which diminishes the primitive flight, fight, freeze responses of the brain. They tend to calmly acknowledge and accept one's feelings, thoughts, and bodily sensations.

The Spirit

Understanding the spiritual side of panic attacks changes everything for us. It is the edge which allows us to find true, complete freedom. The treatment sessions firstly address the real issue which is often a lack of connection to our Spirit or our True Self. Many people who suffer from anxiety also describe feeling disconnected, alone, confused, out of sorts, and sad. As we become deeply aware, we realize that these **symptoms are actually our Spirit trying to get our attention, trying to offer us a clearer way to a better life when all along we have been looking at it as pain.** The truth is that anxiety is showing up as a red flag to tell us that we have lost the one thing that matters most... our connection to our True Self. As people get connected to the Source of true life, a person does not focus on his problems but focuses on reality. The reality is that our Spirit is trying to speak to us and can offer the solution in a very

simple way. Once we see, hear, understand, and realize the truth beneath the symptoms, not only do the symptoms subside, but the frequency and duration also decreases to the point where being anxious and panicking are no longer necessary. The result is a natural arising of happiness and joy as we finally allow our Spirit to be heard and we make choices, take actions out of that. We realize what freedom in living is and living with freedom is. We live in our truth and it sets us free. Aashwasan has been the beacon of hope for many grappling with anxiety issues. Completing 13 years of its existence, Aashwasan is a simple way to get in touch with your truth and become more aligned with your spirit.



"Love is where it begins..."

Rashmi

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