

# Can **sickness** be healing? Can **illness** be the **cure**?

As we move through the vicissitudes of life, all of us experience illness in some form or the other. We often contracted colds and viruses; we sustained minor injuries when we fell off our bicycles as children or may have experienced serious physical injuries. Some people experience incurable diseases or a heart condition which tends to last for a painfully long time, usually for the rest of the life. Modern medical science has uncovered only their physical and psychological causes. But are there subtle deeper reasons for illnesses and are there deeper remedies? Do you suppose that illness has certain lessons to teach? Why does an illness come at a particular time in someone's life?

In the beginning, the answers are not known but as we get ready to accept the challenge of finding the answers with complete candor, there is a realization that illnesses are a golden opportunity to pause, reflect and renew ourselves. For a few days, weeks or months, we get a chance to step out of the mad race of the world and watch ourselves. We find the time to look at the instrument we call our body, acknowledge and go deeper with the delicate aspects of our feelings and emotions before we are ready once again to play our part in the orchestra of life.

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It is an exceptionally useful opportunity in life to realize that in deep sickness starts a very healthy seeing which pulls us in to the present, demanding that every aspect of life be urgently examined and reconsidered. A severe illness is an extremely intense experience which can turn one's life upside down; however, it unfailingly pushes our attention towards ourselves. It draws our awareness to those areas of our lives which are in a state of imbalance. It gives us time to go over every choice and every experience in our life that has led to our current state of health. Many times it is freeing to realize that an illness actually serves a purpose for an individual by taking them out of a situation that they are not happy with.

The body-mind-soul mechanism uses a broad-range of physical symptoms to alert us that something is wrong somewhere and that you need to pay attention and respond to that imbalance. For instance, food allergies might just be a reaction to the breakdown of a relationship. The real cause behind your chronic gastritis could be that you are putting up with a job that you do not like or perhaps the heart disease is a comeback on the overextended, stressed and hurried lives you have led for years now. It is not uncommon for diabetes to surface when a person loses sweetness in life and feels burdened with the struggle of life.

For anyone dealing with a life-changing disease, Aashwasan's treatment methodology is a holistic health care solution which finds the underlying root cause of an illness and addresses the whole person, not just the problem. According to Aashwasan Science™, no aspect of the human system can be overlooked, be it emotional, physical or environmental. Many of our diseases are being used by nature to bring to surface what lies in our hearts. The disease is thus only a manifestation of our long standing inner states. Just as a fever is an indication that something is amiss in our bodies, these are also warning signs which interestingly guide us to clarity, vitality and health.

The tools and techniques of Aashwasan Science™ provide deep insights to the areas of your system that need attention. What might seem like an obvious problem to you is not necessarily where the problem actually lies and may not even be the one your body wants to address first. A severe stomach ache can have physical, psychological and spiritual factors as its root cause. Thus, considering the whole story of the body is extremely important to the Aashwasan treatment. Root causes of diseases are not mutually exclusive. That is why solely treating the symptoms does not help in the long run. Treatment efforts directed to the body alone cannot do any more than superficially deal with it. Unless, the whole person is addressed there is no cure, since the cause is still there hidden at deeper levels and may at any moment surface again in another form. **Illnesses thus become a tremendous aid to discovering what lies at the heart of it all, the definite root cause which has to be dealt with if healing has to happen.**

An amazing story of self discovery is that of Anamika (name changed) who came to Aashwasan about two years back with a chronic irreversible lung condition. In her late fifties, she was suddenly faced with the greatest challenge of her life, Pulmonary Fibrosis. It seemed to appear overnight after she shifted to a colder city. Every few weeks, she would be hospitalized due to breathing difficulties. Despite intensive medical care, she could not overcome her condition. Her health began to deteriorate; she became frail and could not carry on with her daily tasks without the support of extra oxygen. After 8 long years of suffering with the disease, she reached Aashwasan as a last resort and began her treatment. As sessions went by, she became more and more aware of her life. She could identify the cause behind her disease. She recollected that on most days she would get up coughing in the nights. She would have recurrent chest infections. She realized that patterns of shallow breathing had begun in her childhood itself as she lived in an industrial area for a very long time. She felt that she had recovered from many of her childhood health issues, but a sudden transfer to a colder area again triggered the same unhealthy response like that of her childhood. The whole story of her condition became clear to her, which allowed her to accept her condition in its 'as-is reality state'. As the treatment began, her body opened up to realize its possibilities. With the newfound awareness, for the first time she really understood the mystery called the human body. She even realized the importance of resolving her emotions which added up to her physical condition. She allowed her fears and insecurities to surface so as to resolve them. Her body slowly began to repair and rebalance itself, and moved towards an optimal level of health. Once this happened she tried to go back to the life that she once lived and do all the things she once did. But, it was really hard for her. She had to find a new normal which was more agreeable to her and to her system. The recovery process made her more real. Now she lives in a new, more conscious and intuitive way. She is more relaxed now and does not stretch herself. Small things don't disturb her like before. She feels that the illness was the greatest learning experience which brought in an attitudinal shift in her and has strengthened her for a different season of life. She is more alive and luminous.

Going through grave illnesses can be both life-shaking and life-renewing when one takes a journey of self with Aashwasan. Illness then becomes an experience that shapes us with a new definition of the self and often relinquishes old useless ones. We develop clarity, objectivity and strength that are needed to confront a diagnosis, the patience and humility to put up with the challenges of invasive treatments and the courage to deal with the uncertainties about the future. We start looking at the larger picture. Healing happens when we recognize that we are on the great path of life and that everything that happens to us, even sickness, is of significance. The one who has experienced the cycle of illness and recovery will never be same again. With the Aashwasan journey, recovery becomes a voyage of self-discovery and personal growth. Thus, experiences of illness provide opportunities for change, reflection and discovery of self, as life takes on a new dimension, a return to love, harmony and wholeness, in short, a return to healing and health.

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