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Our life is about choices. At every point in time, we choose how to be and how not to be. Choices can turn the course of our entire life. Some bring a shift that puts our life on a purposeful track, and some turn out to be nightmares which haunt our lives. Something in us pushes us to make those choices without knowing its repercussions. We feel trapped and get caught in a pattern which spirals into complicated situations over time. One such pattern is called addiction, where one loses control and unable to create the kind of life one wishes to.

Addiction can be of substance or of a lifestyle habit. An individual can get addicted for many reasons. In every addict's history, one can find loneliness, low self esteem, lack of emotional support, tragic events or many such related factors. Combined with a physiological and neurological predisposition, an individual inculcates dependence on the substance or the habit. An individual who is diagnosed as an "addict" actually shows predisposition to addiction much early in life, which means that addiction is not just about the use of substance or indulging in a habit, but it is about finding a way to avoid a void, a feeling or an experience one goes through within. Addiction becomes a crutch to cope with life.

Regaining Control over one's Life

De-addiction without withdrawal symptoms
— a path-breaking approach
from Aashwasan Science™

The experience of people with addiction can be devastating. Many people go through painful anguish when they see a side of theirs which they never witnessed before. Breaking into violence, waking up on the roadside, and humiliation in the family and relative circle leaves them with a sense of helplessness and self-loathing. Family harmony is disrupted; relationships break down, which in extreme cases even lead to suicides. Career graph goes through a steep decline making it difficult for people to grow in their potential. Addiction to the substance brings alterations in brain's structure and chemistry, bringing a lot of physiological, psychological, psychiatric and behavioral issues. Body loses its rejuvenating ability and gets used to faulty pattern of functioning. People suffer from various secondary conditions such as liver cirrhosis, stomach issues, cancers, neuropathy, organ failures etc. The person feels more and more dependent on the substance, without which he/she can't function. Substances such as alcohol, heroine, weed, Marijuana, Nicotine, tobacco etc. bring such alterations in the body that giving up becomes difficult, even if they want to.



Many conventional methods are undertaken to de-addict people, however what becomes a trauma to deal with are the withdrawal symptoms. Despite willingness of the individual and preparation through counseling and discussions, the actual de-addiction process brings severe withdrawal symptoms. This happens because the body and mind are not prepared for the change due to prolonged usage of the substance for years, which in turn brings about such deep and subtle physiological and psychological alterations that every cell reacts to the change. Many individuals tend to go back to their habit as they are not able to withstand the agony of the withdrawal symptoms. Psychological aspect of the withdrawal symptoms is also a significant fact. The intense craving and the void within is exposed and the individuals find themselves defenseless.

Aashwasan Science™ offers a unique scientific methodology that De-addicts people without withdrawal symptoms. By bringing people in touch with their infinite self, they are helped to resolve deeper issues and experience holistic well being.

Aashwasan starts from the root cause level. It first addresses the void and the craving. It also creates a sense of harmony in the body and removes the dependence on the chemicals released by the addictive substance. As this happens gradually, the individual is able to walk away from the habit gracefully. This approach also ensures that the individual does not go back to the addictive habit.

Aashwasan Science™ is the science of life's mechanism – its creation, experience and manifestation. This science was brought forth by Rashmi Aiyappa, Spiritual Scientist, Inventor, and Entrepreneur, who was born with a unique view of life and its unfolding (experiences) in the living world. By birth, she experiences a life form as networks of energy systems communicating much below the subatomic level of existence. She bears witness as life forms take shape from matter, and as the infinite energy (soul) powers its functions, the life forms start experiencing life, as body-mind experiences. She experiences past, present and future as a single dimension of time, which shows her root cause of all happenings in an individual's life. An individual's life is a holistic experience to her – what an individual experiences in his/her life, and how those experiences take them away from the way they are created, and how that altered shift brings about conditioned patterns of emotions, thoughts and responses, which over a period of time, sometimes even decades, spiral into conditions on the body and mind. She is a witness to how triggers in the environment flare up diseases and how choices of individuals allow these conditions become a part of their existential reality.

According to Rashmi Aiyappa, what one experiences is a consequence of choices once made. Many choices are made consciously, but many are driven from one's conditioning, driven by the subconscious, which compel one to indulge in activities that one “knows” is against one's survival. Every addiction comes with deep emotional and sometimes spiritual issues. Giving up addiction would mean facing one's inner reality. Unless the deeper issues are resolved, one doesn't feel inner courage to move away from the substance. To break the unhealthy patterns of choices, and enable one to have courage to face life, Aashwasan, the Spiritual Science™ organization founded by Rashmi Aiyappa, offers life changing solutions under De-addiction and Rehabilitation initiative.



When our body and mind are stuck with an addictive pattern, only our spirit can rescue us from our self-sabotaging choices. Aashwasan empowers one's spirit to take over and revive life, giving chance to an individual to reconnect to one's true identity and experience inner well being.

Aashwasan employs the tools and techniques of Aashwasan Science™ to address the root cause of addiction, enabling an individual to break complicated patterns of choices, triggers and responses by restoring one's natural format. Aashwasan Science™ is spiritual in origin, scientific in approach and experiential in nature, thus the services offered are non-intrusive and natural, and do not induce any side effects during the treatment. The services tap into an individual's innate resources and bring out one's own self-healing abilities to enable the body get back to its original mechanism. Therefore, as the de-addiction happens, the individual doesn't experience any withdrawal symptoms during the treatment.

Holistic well being manifests at all levels of existence. The body experiences self-healing abilities, which help it throw the toxins and residues of the substance. The body starts de-recognizing the substance which stops the craving in the individual. The brain environment is restored to its natural way of being, due to which brain-body signaling is restored. This leads to seamless functioning of the natural processes in the body. PH balance is restored. The blood throws out toxins, clearing the body's chemical environment. The body starts recognizing its original functions which gradually helps the organs repair themselves. Body addresses its metabolism, acidity, gastric and digestive issues. Energy levels increase. Many irreparable conditions such as neuropathy, psychiatric conditions such as personality disorders have seen reversal. This brings back happiness and zest for life with a renewed vigor.

Rehabilitation phase is a critical phase in the treatment of Addiction. Rehabilitation literally means re-installing people in their own living spaces. As individuals connect to their true self, they find courage to create a life that they wish to and not be a victim to their compulsions. They become master of their choices. They are taken through a journey of self-discovery, where they get in touch with their true inspiration, and many seek to experience their purpose. They seek to create meaning in everything they do and live every moment. **Thus, addiction for many becomes a way to reach their truth and shed unknown baggage they carry for life.**

Another significant aspect of the rehabilitation phase is reaching out to the family of the individual, to help them overcome the trauma and suffering they had to bear with for years. Bearing with violence, emotional inconsistencies, unhealthy lifestyle and behaviors take a huge toll on the family harmony and the well being of it's members. They are empowered to reconnect to themselves and to each other in a manner that reinforces acceptance, forgiveness, hope and assurance to re-establish faith in life.

A young boy of 19 years was addicted to pornography and could not concentrate on his studies, thus felt very insecure about his future. As he took healings from Aashwasan, he realized that he always suffered from low self-esteem right from early age in his life. He always had an inferiority complex about his looks. Till he was in his village, the feeling of it was less, but when he came to the city for studies, he felt very conscious and just to be part of a group, started smoking and watching pornographic movies as his peers would do in their free time. Slowly he got addicted to it though he didn't really want to. When he resolved his self-esteem issues is when he could actually overcome his addiction to pornography. His concentration increased and focus bettered. He scored extremely well in his studies, which gave him much needed boost to his self-worth.

A 60 year old man came to Aashwasan to seek support in overcoming addiction to alcohol which he had got into due to his wife's death. He started to drink day in and day out. He lost his sleep. His sons would constantly humiliate him saying that he is worthless. His work suffered. He had nothing to look forward to. As the De-addiction program started, he found himself slowly come out of the grief of his wife's demise. His mental agitation and restlessness reduced. His body started resisting drinks and his craving for the substance stopped. His sleep improved. His sons reconnected to him. As he went deeper with himself he remembered his dream to open an old age home, which he had completely forgotten in the routine of life. His zest for life came back. And he could overcome the need for substance when he started looking forward to his life.

Addiction is not an issue of an individual or a family alone. It is a societal issue. As people are getting more and more mechanical with their lives, they are going away from their natural selves and their inner harmony. With performance and competition driving people's lives, people are adopting unhealthy choices such as addictions to cope with the pressure of expectations. People also are increasingly getting into compulsive lifestyle habits such as shopping, pornography, obsessive thinking, gadgets, people and many more. Aashwasan brings forth De-addiction and Rehabilitation Initiative to help people get deeper with themselves, identify the root cause of their situation and bring them in contact with their life's truth.

Living is a habit. Everything that happens is part of that habit. For people who are addicted, this equation becomes upside down. Addiction becomes reality of life, and other things become part of that reality. Being in touch with one's true identity is the only way a person can change this equation. And this is the only way one breaks the spiral of patterns of life and be liberated.

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