



Ms. Rashmi Aiyappa

Founder - Aashwasan
Spiritual Scientist, Inventor & Social Innovator

Is it really in the **mind?**

Overcoming Psychiatric Conditions : A re-assuring journey

He had an accident, when he was 11 years old. He fell down and felt scared and started shivering and was in the state of shock for a few minutes. He was taken to the hospital and was given medicines for seizures. Medication was given to stop seizure, which brought dizziness and anxiety. Another medication was introduced to counter that. He started getting extremely anxious with repeated thoughts and repeated actions. He was diagnosed with Obsessive Compulsive Disorder. Some more medicines were introduced. This led to a situation where he started hearing sounds. He started talking to himself. He was diagnosed with Paranoid Schizophrenia and was put on medications for it. And for 20 long years, he had been on medicines. He stopped feeling any joy or excitement. There was no expression on his face. He got married as the family thought that he will get better after marriage. Marriage collapsed as he was not **“fit for family life”**.

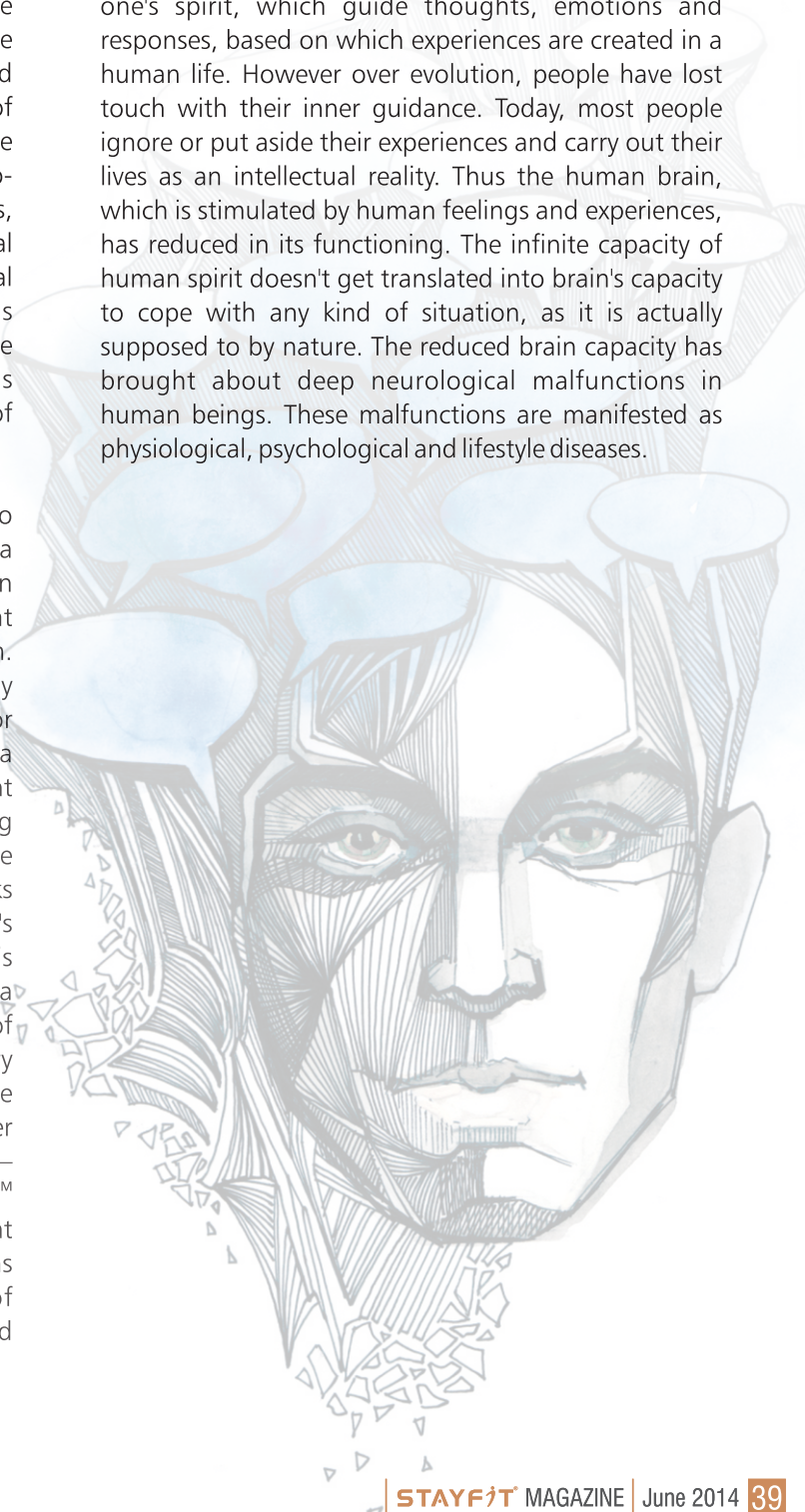
Such cases are innumerable. Such experiences are plenty. What starts with an experience, grows into a condition which becomes almost impossible to get out of. Thoughts, feelings, behavior and the entire equation with life becomes a convoluted reality, which the individuals live with and others struggle to relate to. Such experiences are common to people suffering from mental illnesses or psychiatric diseases. They are not a personal weakness or a character defect, thus recovery from a mental illness is not simply a matter of will and self-discipline.

Mental illnesses or psychiatric disorders have been a life's reality for centuries now. They have been prevalent in every society irrespective of age, occupation, gender, caste, creed and race. There seem to be over 400 conditions that fall under mental illnesses. Personality disorders, manic depressive disorders, mood disorders, severe psychological conditions etc are eating into family health and wellbeing in a very big way. It looms large over the society as a danger to human happiness and also for the growth of the civilization.

Although the exact cause of mental illnesses may not be known, the factors contributing to mental illnesses could be genetic, biological, psychological, environmental, lifestyle choices etc. Diagnosis and treatment carried out through the conventional system relies mainly on the symptomatic approach. Addressing mental illness is not an exact science and therefore diagnosis of a condition and its treatment is often subjective. Thus the symptomatic treatment does not address the condition but helps the individual cope and manage to live a functional life. Support of drugs is common to help individuals keep the symptoms at bay and be functional in day-to-day life. Due to the lack of root cause analysis, cure, recovery and rehabilitation from a mental illness might be possible, but is only on a trial and error process. Chances of individuals relapsing into their condition, when the appropriate triggers present, is likely and thus cannot be considered a cure but a manner of coping and being functional in their daily living.

To not only identify the exact root cause, but also offer solutions to bring an individual to a rejuvenated sense of well being, Aashwasan offers Aashwasan Science™, a science that contains the knowledge of life's mechanism. Aashwasan Science™ is brought forward by Rashmi Aiyappa, a spiritual scientist, inventor and social innovator who experiences life as a multidimensional existence, where past, present and future unfold in a singular moment, laying bare the cause and effect of manifestations. She experiences every lifeform as energy networks made of millions of rays of light that shows life's mechanism at play in every lifeform and is witness to the mind-body-soul mechanics of a human being. She witnesses how mechanics of one's life is experienced uniquely by every individual. On a mission to heal the world, she sought answers using her inborn abilities. Her life experiences evolved a science in her – Aashwasan Science™. Aashwasan Science™ brings in the knowledge of the original format of a human life, and throws light on alterations that have led to increasing incidence of psychological, emotional, mental and physiological malfunctions.

According to Rashmi Aiyappa, the ability to experience one's life in its totality is natural to human beings; however they live their life as fragmented experiences. Every experience is lived as if it is a stand-alone experience. Thus when life loses its integrity, people lose their ability to experience life as a whole. Human beings are a feeling species. Right from the birth to the last minute of their life, these feelings guide them. Human spirit guides the body and mind. Feelings emerge from one's spirit, which guide thoughts, emotions and responses, based on which experiences are created in a human life. However over evolution, people have lost touch with their inner guidance. Today, most people ignore or put aside their experiences and carry out their lives as an intellectual reality. Thus the human brain, which is stimulated by human feelings and experiences, has reduced in its functioning. The infinite capacity of human spirit doesn't get translated into brain's capacity to cope with any kind of situation, as it is actually supposed to by nature. The reduced brain capacity has brought about deep neurological malfunctions in human beings. These malfunctions are manifested as physiological, psychological and lifestyle diseases.



Psychiatric Conditions can be caused by broken relationships, quashed dreams, dysfunctional families, abuse of any kind – sexual, physical, mental or emotional, trauma of wars etc. Events also act as triggers to a predisposition that could be genetic. Whether it is an event or a trauma, it breaks the inbuilt resilience of an individual to bounce back. What starts as a traumatic experience for that individual, leads to emotions, emotions leads to a spiral of thoughts, and thoughts into manipulated experiences, which lead to chemical imbalance in the brain. The chemical imbalances cause various responses on the body and mind, such as incoherent associations, obsessive and compulsive habits, personality alterations, convoluted & illusionary thinking, auditory and visual hallucinations, unrelated and sometimes violent behaviors etc. Individuals live numbed lives, fail on basic life skills and struggle to survive.

Tools and techniques invented by Rashmi Aiyappa offered as services through Aashwasan brings clarity on the happenings in a person's life, throwing light on the exact root cause and offers lasting solutions. The services of Aashwasan Science™ enable an individual to revisit his/her experiences, identify the deep seated reasons for the origin of his/her condition and overcome it. Aashwasan Science™ offers solutions at diagnostic, treatment and rehabilitation levels. Aashwasan diagnostic services bring visibility to the root cause of the condition - how the condition originated, how it altered the brain function and how it manifested as a psychological, emotional and physiological concerns. People are supported step by step to face it, accept their life as an **as-is experience**, and deal with the pain or challenge with courage and hope.

As the root cause is addressed and the body discovers it's self-healing abilities, it starts repairing. The chemical imbalance in the brain is restored. The brain signaling is optimized and empowered to respond appropriately to one's experiences. Neurological system starts responding naturally and starts to communicate with the body appropriately, to help it function to its natural capacity. The body-mind coordination is restored. As one's own system takes charge, and people experience their natural responses, they feel more confident to gradually taper down medications. The side-effects of the medications which many a time lead to conditions such as irritable bowel syndrome, digestive issues, palpitations, organ dysfunctions and other physiological issues are addressed. The thinking patterns become more seamless, behaviours change to the way which is appropriate to the context, and people re-establish their faith, trust and confidence in themselves.



Finding one's ability to experience, the person feels rejuvenated, hopeful and confident. They start experiencing their real emotions. This gradually brings different experiences into their life. Perspectives change. People find resilience within and respond to situations with more openness and exploration. The rehabilitation phase calls for a strong family support. This is a tough phase because this phase marks the transition for the individual, who would have spent many years of life in altered experiences. The awareness of the current situation and familiarity of the past brings confusion and at times deep frustration and sadness. They go through conflict of awareness and also inability to control past familiar behaviors. The family is supported with clarity so that they understand what is happening in their loved ones' lives and are helped to deal with it. Families experience hope back in their life as they see their loved ones smile, cry, communicate, socialize, respond and live their natural Self.



There are events or lifestyle habits which could also lead to psychiatric conditions. For instance, the impact of an accident can be so severe in some people that they are unable to get over the traumatic experience. They live it as a reality for many years. Conditions such as PTSD have been reversed by helping people resolve the trauma. Another challenge people face is the mental illness induced by substances such as alcohol, drugs etc., ingested because of addiction or as treatment. Using tools of Aashwasan Science™, the altered body chemistry is restored to normalcy, where brain signaling and brain-body communication pattern is repaired to reinstate natural patterns. Medicinal side effects are eliminated bringing reversals in the manifested issues such as neuropathy, IBS etc.

As Aashwasan Science™ tools and techniques are able to go deeper to the root cause and understand the entire mechanism of the condition in every individual, it is able to bring deep hope to every individual's life in their own unique experience. Restoring original format of the human mechanism has brought about unprecedented breakthroughs in the diagnosis and treatment of psychiatric diseases, which has transformed lives of many. The journey of overcoming psychiatric disorder becomes an experience of one's unique reality.

Life is a real time experience. But human beings live like a mystery unto themselves. Stories are woven, imaginations are strewn, and intellectual discourses are undertaken to know one's reality. Connecting to one's deep most feelings and accepting them can liberate one from the stories and machinations of the mind, relieving one of illusions of life and connect back to one's life.

Reach Aashwasan at:
 Phone: +91 80 25450895 /+ 91 9731301016/17
 Email: info@aashwasan.com
 Web: www.aashwasan.com
 Watch us on: www.youtube.com/Aashwasan
 Connect with us on: www.facebook.com/Aashwasan

