

Being in the flow...
feeling alive!

The nature of life is that of a flow - one moment at a time, where every moment is an experience of its own! All creatures of nature - plants, animals and birds harmoniously exist in this flow. As children, human beings too live life as an as-is experience, expressing their feelings freely and exploring their freedom without restrictions. For them the experience of life is a seamless flow of joy, enthusiasm, excitement and unbound creativity.

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However, as grown ups how many of us experience life the way we did as children? What really changes by the time we reach adulthood?

Perhaps, it is the rite of passage from childhood to adulthood, we tend to take life for granted and think that it is nothing grand or spectacular. By the time many of us reach adulthood, the world too will leave no stone unturned to make us realize that our life is not special! That we are not special! We lose the spontaneity and deep aliveness of childhood; the sense of awe and wonder fades away. Life becomes a comfort zone - repetitive and stuck!

In addition to this, modern life too has all the trappings of an uninteresting existence. We're expected to maintain a job to support ourselves financially, acquire a home and acquire things. Most of us have a calendar with repetitive activities and generally also travel to the same places every day. Soon we may lean towards the most comfortable living mode, the autopilot, start living our life by default, making unconscious, automatic decisions that many a time do not align with how we may want to work and live.

Here is a thought provoking experience of a client of Aashwasan, Sunitha P.

A few years back, my life was a predictable routine. I got up every morning, cleaned and cooked, got my daughter ready for school, went to a job I did not like and worked 8-10 hours, came back home, dropped my weary soul in front of the TV for a few hours, tried hard to spend some quality time with my daughter and went to bed. And the same repeated the next day! I was living my life automated, doing repetitive things, not allowing myself to feel much of anything.

I could just sleepwalk through the chores at home. Many times, the drive back home from work was a blur. I only knew that I reached home safe. My daughter then 3 years old was so full of life and joy. She was ecstatic that she could write alphabets on her own or understand the mechanics of a new toy and wanted to share her excitement with me. She would notice cats and dogs and birds and flowers on the way to the park. She wanted me to be in her world but I couldn't focus on her. I was dazed and lacked energy most of the time. I had grown numb to life. I struggled to be there for my family and friends. In fact, it was a struggle to be there for myself.

Yes, I was eking out a living but I knew I was losing something very special and precious — the joy of living. I merely existed, disengaged from life. Many times I felt that my life was deprived of significance and was pointless. I felt I needed help to get back to life. I found out about Aashwasan and started my sessions mainly for stress management and work-life balance. What followed was plenty of self-introspection and awareness and I soon found myself feeling 'Alive'. It happened swiftly. I started feeling the urge to eat things that I loved to eat, to listen to the songs I loved before and to watch the rain and the moon. I had long forgotten such small enjoyments of life! I got back my impeccable sense of smell and my love for music grew. I connected with my daughter once again and gave her my heart, my time and my full attention. Many times, while playing with her, I felt like a child again! The sessions had an awakening effect on me and I don't sleepwalk anymore through my life. I am more mindful of my days and moments. I am exploring other sides of my life - my talents, my hobbies and my dreams. Sometimes I still get sucked into the routine of life and neglect my inner needs, but i am able to catch myself. I am more aware of myself and my choices now. I feel good !

WELLNESS

Many go through what this client went through. The self-awareness facilitated by Aashwasan services helps one disrupt the default autopilot mode of functioning and connects one to the dynamic life force within. It helps one become more objective with one's life, resolve one's stresses and struggles and empowers one to overcome insecurities and fears, which many a time become the factors that fuel one's choice to live life as a predictable experience rather than an instinctive venture. Everything in life becomes significant enough to experience; every aspect of life finds relevance in one's sensibility. Every moment feels important enough to participate in. Tuned into the present moment, one is able to continuously refocus on what really matters and make an authentic attempt to live each moment in a purposeful, proactive and fearless manner. A subtle yet palpable, nimble yet deep shift moves people back to their creative essence, where many of Aashwasan clients experience 'born again' moments and have shared that they felt like a child again.

To be fully present to the moment, to design and lead a happy life and spread joy in the world is one of the truest gifts one can give themselves and others!



“Love is where it begins...”

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