



DISCOVERING
TRUE RELATIONSHIPS:
A JOYFUL
EXPERIENCE

Ms. Rashmi Aiyappa
Founder - Aashwasan
Spiritual Scientist,
Inventor & Social Innovator



Human beings are social beings. We need people around us all the time. We form relationships to share our thoughts, feelings, knowledge and life's journey with them. Be it our mother, father, child, spouse, friend or a relative, we have a deep need to feel connected. Be it at work or at home, relationships are something that takes the most prominent space in our life.

For many of us, the entire life's joy hangs on our relationships. The experience of our relationships can decide our emotional, mental and even physical well being. When relationships are so important for us in life, then why do we experience such upheavals in them? Many of us are not able to feel happy and free in our relationships. Most often one goes through frustration, anger, hurt and resentments. A lot of abuse is also seen in the name of expectations, judgments, opinions, beliefs and individual insecurities. Complete lack of acceptance of each other's individuality ruins the peace and sanctity of that bond. What one is left with is a huge burden of memories and unpleasant experiences which take away the joy, excitement, freedom and support from our relationships. Some cope by distracting themselves. Some deal with it by suppressing themselves. Some deal with it by shutting off their inner sensibility and change according to the situation. The latter can actually alter experiences and bring about deep crevices in their personality. One either tries to fit in or change the other, and in that game loses one's own identity. Driven by experiences of life and definitions handed over by culture of that society, individuals forget to be themselves and do not allow others to be themselves. They just follow the social formats passed on to them and do the same to the next generation and the saga continues.

Most of the relationships fail as most of us bring our individual fears, insecurities and doubts into our relationships. The parents' own insecurities and fears may push them to thrust their expectations on their child. This may completely shut their eyes off their child's own unique essence and wisdom. A spouse's rigid expectations can stop him/her from experiencing the other person in his/her uniqueness, thus totally lose out on spontaneity in the relationship. This defeats the purpose of togetherness and companionship. Sometimes children stop looking at their parents as individuals, thus are not able to acknowledge and appreciate their sacrifice, contribution and support they would have given to make children's lives comfortable. This many a time makes them take their parents for granted. At times, friends also put pressure on friendship and disallow the friend from being open with feedback. By doing so, they lose out on valuable contribution they can get towards their character and growth.



Lack of understanding, stress of unfulfilled experiences and trauma of abusive relationships bring serious health conditions such as hypertension, diabetes, neurological conditions such as migraine, infertility, psychological issues such as depression, anxiety, and lack of motivation in life. Unhealthy lifestyle choices and addictions creep into our lives.

Relationship issues and their effects not only impact our personal lives, but also dog our work places. Power struggles, jealousies, comparisons, insecurities etc rule many professional spaces. Organizations go through tough time dealing with politics of relationships. Efficiency, performance and culture take a huge beating and organizations end up spending a lot of time and resources to tackle these interpersonal conflicts. Many organizations do not grow due to conflicts between the stakeholders. Many family businesses collapse due to these issues.

Most relationships fail because a person hasn't formed healthy relationship with oneself. One has to connect to oneself to be able to connect to others. Relationship is a space of experience where two people exist with same objective – to experience connection.

To help people discover healthy relationships and enjoy the true essence of it, Aashwasan offers a unique approach through Aashwasan Science™, a scientific methodology brought forth by Rashmi Aiyappa, the world renowned spiritual scientist, inventor and social innovator. She brings in her inborn ability to connect to an individual's true essence, the way they are created. Using her life's experiences and innate knowing, she discovered a way to bring people gracefully in touch with their true being. She enables one to experience their true Self so that one could shed the conditioning brought by their life's experiences. Her inborn knowing and experiences brought forth Aashwasan Science™. Her inventions are offered as services by Aashwasan, the spiritual science organization, founded by her in the year 2005. Thus, Aashwasan takes people through a journey of self-discovery, helps people break away from the conditioning of belief systems and confusing traditions, and enables them to be true to who they truly are. It helps people resolve their past experiences, and look at their life with a fresh perspective. This makes their relationships more authentic. As people find freedom to be, express their individuality and are able to accept themselves unconditionally, they are able to offer the same to the other person with grace and respect. **Journey to a relationship starts with one's Self.**



Reach Aashwasan:

Phone: +91 80 25450895 / + 91 9731301017/18

Email: info@aashwasan.com; Web: www.aashwasan.com

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