

'The End'...

A New Beginning!

Life changes fast. It changes in an instant. If in an ordinary instant, life as you have known ends, that ordinary instant is no longer ordinary in your memory; in fact there would be no forgetting it.

On one such ordinary and unremarkable instant, something unthinkable happened to a life where the spectacle of death gave rise to the deepest of thoughts and profoundest of questions. At approximately 8 o'clock on one Sunday morning, a client's husband appeared to experience a sudden discomfort in his chest region as he sat down for breakfast. His distress kept increasing, so she rushed him immediately to the nearest hospital. The doctors in the emergency said he had a sudden massive heart attack which eventually caused his death in a span of 35 minutes. Her only child, aged 16, was at home, sleeping an extra hour in the morning as it was a weekend oblivious to all that was happening. Utterly unprepared, she was shaking her head in disbelief at the hospital as the doctors told her that nothing further could be done to save her husband. Her husband who was alive just an hour ago, who went to work yesterday, who joked and laughed with his daughter at dinner time, who woke up seemingly normal in the morning and then "he was gone"...

“In the midst of life she was in death”

It was in fact the ordinary nature of everything preceding the event that prevented her from truly believing it had happened, absorbing it and later on getting past it. That her husband's life could end so abruptly had shaken and devastated her but she numbed herself out and soon took charge of sorting out the insurance and completing a slew of other tasks in a mechanical manner – Resigned to the fact that now she was alone to fend for herself and her daughter.

The bereavement impacted her daughter even more because this was the first experience of death in her little life. Death was an event beyond her comprehension, an experience she had only imagined. She missed her dad's presence sorely and did not have a mechanism to cope with the loss. The safe, secure bubble that she was in had burst. She went through endless guilt about not having been there for her dad at such a crucial time. A whole world died for them with the demise; it stole the future that they dreamt of as well as their present life together. Attempts to make sense of the period followed for weeks and then months. It cut loose any fixed ideas, beliefs and notions they have ever had about life.

Stripped down to her most vulnerable and authentic self, questions poured out from the young girl - about death, about illness, about the fragility of life, about the fact that life ends.

If things were done differently, could they have saved her dad's life?

Why hadn't they noticed any symptoms before? Was it really destined?

Why are there these painful partings in life which kills the joy of living?

What is life worth, if people who were happy, accomplished and successful now lie flat and cold, senseless and lifeless?

I am going to die one day too. Then... is whatever I am doing worth the effort?

Questions such as these are either repressed or glib answers are given if asked. But it is just these inquiring thoughts if pursued, will ultimately unfold the more **real** aspects of life.

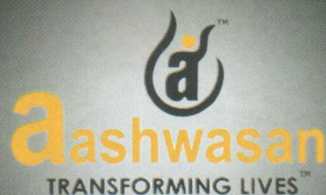
Every day thousands of us are hit by the shock of the news of a loved one's death. We will forever remember where we were when we heard that our parent, sibling, child or friend was dying or had died. It impacts every aspect of our world for the rest of our lives and can alter the relationship with life itself. Yet it is remarkable how we never really see it, rarely reflect or contemplate it. We get so caught up in 'life' trying to survive, striving to succeed, and wading through the bombardment of materialism that it is only the shock of a bereavement under their own roof, the sudden and untimely death of a parent, wife or child that will shake us up from the madness around and rudely awaken us to the hard facts of life. Death hurts like nothing else. It brings loneliness, sadness, guilt and disorientation.

The thought of death also makes people acutely aware of the impermanence of all things. We don't want things to change and when that is not the case, we get stressed out, frustrated, grieving and fearful. That no human being has control over life's processes, the process of growing old, of falling sick, of decay or of the fact that we will pass away and one day no longer exist makes us anxious and disempowered. We dread the subtle knowing that we will grow, blossom and, inevitably, diminish and die. The predominant feeling which terrorizes many who have suffered tragic losses is fear of their own death and dying. In fact, the root of much of human fear is the fear of death.

When people reach Aashwasan after the devastating experience of death, either with the existential questions about life or in a state of fear and denial, they feel cared for at a deep level. They feel like they are coming in to unconditional love and that this love would help them to continue with their difficult life journey. Getting in touch with the infinite aspect of their life assures them that they will continue to exist, to learn and grow long after the physical body is gone – not in a left brain kind of way but in an intuitive and feeling way. Aashwasan services expand their awareness as their inner guidance system answers the deeper questions and takes away the fear of death.

They are reminded of the precious nature of life and get the right perspective to living. A healthy sense of balance and proportion comes in to them and they will not be casually going about their lives, now wandering in one direction, now in another, without an aim, without a purpose. Accepting the limited time and future that they may have on earth, they take each day as an opportunity to live fully. They cherish those they love, become creative in life and pursue hopes and dreams to bring out their best potential. Families feel deep connection and appreciate the moments with each other. They look at this ever-changing nature of life as part of its wonder. Acceptance of death becomes easier and with such an acceptance comes value for Life.

Death and its aftermath becomes a transition point that holds the seeds for the deepest of transformations where we realize that life is not permanent and that nothing will last forever. There is a choice to make: Are we going to live our lives dedicated to the temporary values of this perishing world? Or would we want to establish ourselves in the unchanging constant value within us, the imperishable timeless existence – our inner reality. Aashwasan Science™ paves a path for people to know life beyond the perishing world, a world beyond time and space...



“Love is where it begins...”

Rashmi

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