

The Realm of Zero Frequency

A moment with Yourself - a Journey into our Infinity

25th Nov, 2017 Royal Orchid, Bangalore

A participant in the event shared that Spirit-U-All™ was an **"Unforgettable session."**

Another participant said, **"I lost track of time. Something happened. I felt I was coming out of a keyhole into this body."**

"So lovely, such energy, such thrill, I have never experienced such a session before," commented yet another participant.

The moment had arrived...

Around 150 people from various parts of the world, reached the sprawling premises of Royal Orchid hotel at Domlur to meet this significant moment on Nov 25 and walk the journey with themselves.

After the initial introduction to the event, the spiritual scientist and founder of Aashwasan, Rashmi Aiyappa entered. An introduction to the phenomenon of Zero Frequency by Ravi Ramamurthy, the quantum physicist and director of Aashwasan group of companies, brought awe and curiosity in people. There was a restless silence in the hall as people waited to experience the session that promised a journey into their deeper selves. Rashmi Aiyappa started the interactive session. She asked questions, prodded their minds and gently nudged them to open themselves to know their inner thoughts. Initially reticent and quiet, participants opened their hearts and shared their thoughts on some of the deepest feelings they lived with.

Participants were guided through the journey of inquiry into their experiences. Conversation on fears and the unknown brought out some of the most profound views from the young and the old alike. Every voice had a say. Children were encouraged to speak their thoughts and express their feelings. A 10 year old stole hearts as he expressed himself with uninhibited freedom and deep inner wisdom. The hall reverberated with questions and doubts. By the end of the interactive session, everybody reflected a state of deep clarity. The interactive session brought insights into their lives which settled them and prepared them for the zero frequency session

In the realm of Zero Frequency, thoughts are suspended. Wavering of the mind, beliefs, opinions, pent up feelings created by the mind, shut down and

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one comes in touch with their original self. The deep silence engulfed the session allowing them to hear their inner voice/noise. Something shifted. Some felt the shift at once. And for some, they will experience the shift gradually. Different people responded differently. People who were troubled felt calm. Some broke down and cried, letting go off the burden of pent up feelings. Some felt light and energetic as they came in touch with who they were. Some deeply relaxed. Some who came with unresolved grief of the death of their loved ones, came to terms with their pain. Even long after the session, people stayed with the silence as if they didn't want to let go off the time with themselves. People experienced life shift at many levels - perspectives, cognition and health.

A participant who was a doctor by profession shared **"I couldn't get over the grief of my sister's demise. Today, I feel resolved."**

"I realized that I still feel my dad's love for me is there even when he is no more," shared a participant, who was not resolved of her father's passing away, after the event.

"Everything is clear to me and I know what to do," another participant shared who experienced confusion, misery and lack of confidence.

"Rashmi Aiyappa is doing such great work. I am impressed with the work you people do." and **"For such an experience this kind of time is required. It takes time to sink into this kind of an experience"** were comments and experiences shared by various participants at the conclusion of the event.

A moment that lasted for seven hours was timeless indeed. Even long after the session, people didn't want to leave and be in conversation with Rashmi Aiyappa as if they finally found a space to be themselves.

