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Right decisions...

Always inline with Nature

*L*ife is made up of an infinite number of choices and decisions...

Decision making is Universal to human beings. Nothing is more difficult as well as delightful to us than to be able to decide. It makes us who we are. We start deciding at a very early age. The 3-year-old little girl makes her choice concerning which doll she will take to bed at night. 7 and 8-years old kids choose their friends and their hobbies. A 12-year-old decides how long he will study, what sports he will play and what will he do in his spare time. By the time we are 25 most of us are decided on the level of education we attain, our careers, may be even whom we marry and ultimately what we achieve with our lives.

Life doesn't just happen! It is defined by the decisions we make and we have no other choice but to live with the result of those decisions. Most decisions such as what you'll wear to work today aren't particularly high on risk but the big decisions like getting married or hiring the right person for a job - those are tough ones to make.

The process is never easy in case of big decisions. No matter how many tricks you have up your sleeve, you're bound to lose a little energy and a little sleep. Grey area problems are the hardest to decide. Those critical times when it is hardest for us to find the best course of action can mean serious stress in our life. People can feel overwhelmed; they can make an impulsive decision which may not necessarily be right for their life or can over-analyze things and avoid taking a decision. Many factors can influence our decision-making without us being conscious of it. People around us can manipulate or restrain our decision-making process. We also tire as we make each decision, with harder decisions tiring us more. As we become tired, we can experience “Decision fatigue”. Our will power and other cognitive functioning fades, making us less able to accurately weigh up all the factors involved.

Should I leave the job and start my own business? Should I stay in the marriage or leave? Will this investment be the right one for my retirement money? Should I go abroad or stay in the country? Is this the right course for me? Should I adopt a child?

Life presents us with many such decision moments. A lot of times facing them is really difficult because we know that once we choose our action, consequences from that choice follow with a will of their own..

So, what do we do while facing such a decisive crossroads in our life?

How do we put ourselves in the best position when faced with hard decisions?

One such decision moment was experienced by Stella, a client of Aashwasan who struggled to make the toughest decision of her life.

Stella's story:

I am one of those lucky people who found my calling very early in my life. I loved the work I was doing at my foundation. Every day spent at work made me feel like I was on a fulfilling path. Happy with my career and growth I moved on to the next life goal of mine, Marriage. I married my husband just on the condition that he allows me to work. Then came the happiest and most awaited moment of my life, I was expecting a baby. I had so many dreams and really looked forward to my baby's arrival. When my baby came, I was told by the doctors that she was born with multiple congenital issues including a spinal anomaly. The prognosis that she may have delayed milestones and may not walk came as a tremendous blow to me. My dreams were shattered! Denial merged with anger, pain and the fear of the future! It was a confusing period but I realized my daughter needs my time more than anything. I set aside everything and devoted myself to her treatment. I started her off on therapies. She was often hospitalized due to infections. At that time, it was difficult for me to prioritize anything else but her. After some years of taking care of her and seeing improvements in her, the thought about getting back to work crossed my mind. My intuition was telling that it is the right thing to do for myself but was it right for my daughter? What if I will be judged everyday for neglecting my little one? Guilt may become my constant companion. In my circumstances, how do you decide?



So many fears, uncertainties and questions withheld me from doing what my heartfelt desire was.

It was a difficult decision to make. My family was against it totally, they tried to scare me even more.

“What if you don't find someone good to take care of her? What if an accident happens when no one is watching? You may not have the energy to do the multitasking” were their arguments....

I spoke to my husband thinking that might help. He said as long as you are able to manage work and home along with the treatment and therapies for our daughter, I am okay. Not exactly the kind of support I needed, but at least he was open.

It was an experienced doctor who played an important role in the decision making process. He assured me that even if there are delays, my daughter will overcome all her challenges in due course. The kind doctor gave me what was the "best piece" of advice I ever got; He said; I know you like being around her but she would really benefit from 'being independent'. Put her in a school and see how things work out. He also asked me to go back to the dreams I had before marriage and live them. What he said resonated deeply with what I felt inside. The uneasiness and apprehension I felt inside me was gone. I felt as if God and Nature were steering me on a path which would benefit both me and my daughter. Life was pointing me in the right direction and with renewed faith in myself and my inner instincts. I put aside convention, unwanted advice and judgments from others and did what I really wanted; I chose to go back to work.

Today Stella sees her darling reach independence in all her activities of daily living, she is walking independently too. Brilliant at school, her interactive ways wins everyone's heart. The life-changing decision Stella took to do justice to the strongest calling of her life created such a turnaround in her life that today she is the happiest - fulfilled at her work and joyful to see her daughter grow leaps and bounds. A testimony to the fact that our inner sense and not our circumstances should guide our decision-making!

In every situation there is only one right thing to do - knowing it is important! And Life changes the moment we make a decision in line with our inner knowing.

Aashwasan Science™ is a path which takes us to our inner knowing, the “Intelligence of our Unconscious”. We are able to go beyond the surface level of life experiences and connect to the unlimited intelligence of the spirit. When the spirit directs our mind to arrive at the right decision it is always with compassion and understanding towards our self and others. Such decisions serve the whole rather than a few. Right decisions take us to various destiny points we must live through in this lifetime. They help us in developing all aspects of the life given to us and live fully.

When we are in line with our true Self, decisions are made by Nature itself. Decision-making thus is not a mental process. It is an intuitive process that our deeper Self is guided to go through to fulfill the larger intent of Nature.



“Love is where it begins...”

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