

WELLNESS

# AN OPEN LETTER **TO CHILDREN –** The Change Makers of Humanity!

Aashwasan wishes all the children **a very happy Children's Day!**  
Parents, you may read it too...



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## Children, precious angels!

Aren't we amazed and inspired by you? You find joy and wonder in simple everyday occurrences that the rest of us have taken for granted. You restore our faith in humanity by simply being you. Your sweet gentle hearts and loving gestures are every reason and hope for us to think that the world should go on. Your thoughts and ideas so wonderfully clear and simple give us life's logic. Your enormous energy, absolute clarity and purity of love will always surprise and enthuse generations of grown-ups. Miracles and magic unfolding in your little heads - the world is wide and mysterious to you. You never stop asking 'Why'? You are the real 'Why's' guys. You help us appreciate life in all its glory. There is no one quite like you and will never be. You have everything inside of you that will get you to wherever you want to go and be whatever you want to be, and you know it too. You have great awareness of what fits together with your life and what doesn't. But along the way, this awareness can get contaminated. The world is a crazy place to grow up in right now. With parents and teachers, gadgets and apps screaming loudly for your attention, it is a battle. There is confusion and chaos all around all the time. It matters that you preserve yourself.

Childhood is a fun space to be in, a special time for new experiences, learning new things and simply having fun. As you are having fun, you also realize that you are growing up. Your time is spent at school and in the after school activities which your parents enroll you into. Life becomes too serious and passes by too quickly.

The competition and rat race around you teaches you how to judge yourself against others and can make you feel that you aren't as clever as they are. Fear of making a mistake, of not doing well and fear of failure takes over. If you feel lost in this whole pandemonium, if the words and actions of others don't make sense to you, go back to what matters most in this whole game before the world tries to tell you otherwise... **TO YOURSELF.**

### What matters...

... **is** that you question why things are the way they are. Don't merely accept. Ask yourself how you can change them. It matters that you grasp the importance of thinking through your problems. If you ask others, they will tell you and you might lose the chance to find it out by yourself. So, **give yourself a chance to think in a new way, in your own way!**

What matters is that you speak your truth even if the world is not always ready to hear it. This can sometimes get you into trouble but the world needs speakers, dreamers, creators, inventors, explorers and you have all these within you. **Express yourself without fear.**

What matters is that **'YOU'** figure out the best version of yourself because your strongest interests, your hidden capabilities and talents are best known to you. You know what will help you grow into your own unique person. Everybody who wants you to be the best will also tell you what works best for you but their words may come from their struggles or even fears and insecurities for you. It may or may not help. So, **listen to yourself.**



What matters is that you keep your mind 'as-is' - free to think widely, not in narrow grooves as has been told to you. We, the grown-ups, have been astounded many a time by your brilliant minds which came up with absolutely original, creative 'out of the box' thinking and those 'hard to believe it is said by a child' ideas. **Free your thinking. Don't get fixed!**

What matters is that you know that the best treasure you have is not your school trophy or school rank but 'YOU' who made that possible. Your body and your brain which helped in your highest achievement need your utmost love and care. Remember, you are a beautiful creation! **Value your mind-body and spirit.**

What matters is that you cultivate all your senses that allow you to observe the whole Universe. Your whole brain, not just the one that allows you to memorize and pass your examinations, get a job and a career, but also the other abilities such as '**perception**' which makes you wonder at the dragonfly or the flower and the '**sensitivity**' within you that makes you aware of the problems of the world and allows you to put yourself in other people's shoes.

What matters is that you never lose your imagination. Your imagination is the door to possibility. The car which runs on wind and the train which runs on magnet were invented by highly imaginative people. It matters that all of you take your attention off the television, iPads and iPhones and let your mind wander into new horizons. Draw in the sand, build castles with twigs or simply look at the sky and imagine how aliens far away look like. **Let your imagination run wild!**

What matters is that you enjoy your childhood and play. Nothing in this world makes you more alive, more yourself or more focused than playing. It unfolds your intelligence. It shows you what teamwork is, what creative thinking is. It trains you to accept the unexpected, to take victory and failure well and allows you to learn more about yourself and others' inner nature. Don't just stick to the games on YouTube but go for the games on the playground with other children. **Let the parks and the playground boom with your noisy play!**

What matters is that you are not defined by what others perceive you to be and that you don't attach sticky labels and define others. It matters that you know your uniqueness and embrace it as well as the uniqueness of others. **Remember, normal is an illusion.**



What matters is that you participate in the world from a place of love - **think and feel the world!** Little people like you can really make a difference if you connect to the world. A little boy just like you who broke his glasses in school never understood what was going on in his class that day and realized that he hadn't learnt anything at all. So he started collecting glasses for needy children and till date he has given away 9000 pairs of glasses. He did so because he connected to the difficulty of others. You too can add that extra bit of love and make others' lives better because **Love is where it all begins.**

And lastly, Dearest children,

***Never stop being you!  
The world needs  
you as you!***

Love and Prayers,  
**Rashmi Aiyappa**

Aashwasan has worked closely with children of all ages and concerns ranging from special needs to adaptation problems in the mainstream education, creating unprecedented breakthroughs in the treatment of Autism, Cerebral palsy, Down's syndrome, Mental Retardation, learning difficulties, behavioral issues and rare diseases in children. Aashwasan's path breaking methodologies have been the ray of hope to many children in their life's biggest tests and trials. **Aashwasan Reaches Children** is a global movement to empower all children and teens to identify, explore and express themselves. **Aashwasan Humane Science** - a movement to foster cooperation in place of competition develops open minded and newer ways of thinking and doing. The essence of Aashwasan's effort in children's lives is to see that every child gets a chance to retain the individuality he or she is born with, to be original and to realize their unique potential in order to live a happy and fulfilling life.



*“Love is where it begins...”*

*Rashmi*

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