

We all have different things that we go through in our everyday life. Varied experiences touch our inner space every day. There are days when we feel confident and happy, there are days when we aren't so lucky and things go amiss. When "something" causes us to 'feel less than' and 'uncertain' about ourselves, is when we question our confidence, our skills, our happiness and everything we thought we knew about ourselves.

A Healthy Sense of Self

A peek into the inner struggle of "successful" people

What happens inside of us during those days? What kind of inner narratives go on, unseen by others?

Do we find ourselves questioning our abilities?

Do we fear being judged, being 'seen' by others?

Do we lie awake at night worrying about how we can become the person you want others to see you as?

Do we feel guilty or undeserving of our success?

Do we frequently ask ourselves this question: What's wrong with me?

Many insecurities rise when we question like this. Guilt taints our sense of self and our inner most fears come up. The fear of not measuring up lifts its ugly head, the fear of judgment crushes us down creating stress in everyday life and a tremendous amount of anxiety, not allowing us to move forward, not allowing us to function, and many a times not allowing us to even sleep.

A lot of people go through such a syndrome where they suddenly are unsure of their true capacity. Even the brilliant can suffer from a nagging sense of self-doubt and moments of intense anxiety when they reach success. They feel 'they do not deserve this' or that it just happened by chance!

Generally speaking, this kind of anxiety is felt by individuals who are unable to internalize their success and feel that others overestimated their abilities. Negative self-talk runs rampant among such people, compliments from others may, rather than boosting their morale, leave them feeling overwhelmed with a disquieting sense of turmoil.

They don't seem to be enjoying their successes or abilities and cannot receive positive feedbacks about their accomplishments. Many even offer an explanation for why their work is in fact, not so good.

"The timing was right; I got lucky." Or, "It's not a big deal. Anyone could have done it if they were given a chance." When such individuals meet failure, it feels more like a self-fulfilling prophecy of their inner talk to themselves, that they aren't as singularly exceptional as the world perceived them. They feel exposed - others can now see what they have always suspected their real worth was. Failures can deliver crushing blows to their lives - they dread it and go to great lengths to avoid it. Most of the time, they end up working doubly hard to ensure that they maintain their success story.

Generally, such people are unaware of their own negative strategies or unconscious agendas. It may be helpful to take a step back and examine this syndrome from a distance and see it for what it really is.

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'Sense of self' confused with 'self-esteem'

We all have a Sense of Self. It is confused many a time with Self-Esteem but it is different. Our self-esteem is derived from our accomplishments or lack of it and is based out of an evaluation or comparison with others. Whereas the sense of self is the real human perception we are born with, an intuitive intelligence or knowingness which cannot be defined by the intellect. Most children know themselves and instinctively move freely and fearlessly doing their own thing regardless of outside validation. They display a great deal of clarity regarding their talents, their abilities and tend to gravitate towards them. It is also tied to the "sixth sense" that tells them whether something or someone is safe or healthy for them.

This initial sense of self is our nature and tendencies by birth, which are then shaped by early feedback and mirroring from our childhood environment to create a sense of whom we hold ourselves to be. A habitual sense of self grows around this true sense of self through repeated conditioning, layered on our earliest childhood experiences, re-created as patterns as we continue to grow in healthy and unhealthy ways.

Children get their first and most lasting impressions about who they are from the person who raises them. The way this person feels about you, experiences you, are all cues that you interpret and turn into a habitual sense of who you are and how you are being viewed.

If we have a good bonding, received respect and the right kind of attention from our earliest care givers, a healthy and an accurate perception of self develops, giving us clarity about who we are, what we want, and why we deserve it? We depend on this sense to make fulfilling life choices. If we grew up in an environment where it was not okay to be our own self, we begin to rely upon someone else to set our goals and guide the decisions we make in each stage of our life. And that "someone else" colors our perceptions about our potential and our sense of worthiness. Later in life, this becomes the habitual self and forms the basis from where we act.

Which is why without even being aware of it, *we develop a desperate need for approval and validation.*

Which is why without even being aware of it, many do not have an accurate sense of who they are or what their dreams are or what they want to achieve.

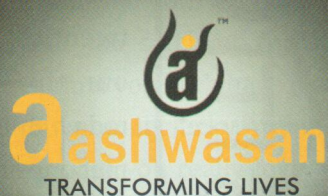
Which is why, for some people, nothing they seem to experience, do or say is a true reflection of who they really are. Nothing touches them deeply.

For instance, you are seen as a hardworking star performer by the whole world but the motivation behind your success is to impress a perfectionist father rather than to experience your highest potential. Reaching a certain level of perfection is the only way you will be 'seen, heard and acknowledged' by him.

Many seem to have a contradictory life, one that appears to people and the other that is in the dark. The result is a dissonance within us at a deep level. The conflict and contradiction can make a person feel as though there is something fundamentally wrong with them.

“One of the greatest tragedies in life is to lose our own sense of self and accept the version of us that is expected by everyone else”. Aashwasan services help you seamlessly break free from this syndrome by getting you in touch with your real self. Slowly your heart is less entangled with contradictions and conflicts. It is free to effortlessly let go of the unconsciously created borrowed sense of self. We willingly let go of the compulsive seeking of approval in every interaction with family, with friends or with colleagues and can clearly see the manipulation of others. **We have a clear sense of motivation that is ordinary, simple, and based in the present.** With an internal atmosphere that allows us to know ourselves as we truly are, a healthy sense of self manifests in us naturally. This creates a pure and authentic relationship with ourselves and the external world.

We were born to live as our Self, not as an extension of others. Our life's purpose is not to complete or repeat their history. Aashwasan facilitates this internal journey to know and live the truth - **you are valuable because you are YOU, you are unique and there is no one else in the world like you.**



“Love is where it begins...”

Rashmi

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