

# Children Know your Super Powers!

Everything is a possibility and everything is waiting to be discovered in childhood including ourselves. Once upon a time in childhood, a stick could be a sword, a stone could be a castle and we could be super heroes whizzing around the house with a Batman or Superman cape, battling imaginary super villains and saving the world. Children have no limitations to what they believe. They come into the world trusting they can do, realize, achieve, and conquer greatness. Isn't that why we loved super heroes as kids? We loved the plethora of powers they had. They could fly at super speed; have X-ray vision and extra sensory powers.

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Children, what else do we like about super heroes?

They are trustworthy, responsible and fair.

They are strong, sure and definitely smart. But mostly resilient and determined to do what is right.

They show astonishing levels of humanity and don't mind even risking their lives for the greater good.

They are unwilling to just be the bystander but would take action and fight for the underdogs, always winning over the bad guys.

The world is a better and safer place when they are around. But before becoming the caped crusaders, several of them had difficult backgrounds and had their share of traumatic experiences. They were regular human beings with a flawed past and even a broken dream however that did not stop them from making a difference to the world. Spider-Man was an orphan and a weakling who was often bullied. As a child, Batman 'witnessed his parents' murder and developed a deep seated fear of darkness. Captain America suffered from childhood polio. But despite their weakness and hardship, these guys became Superheroes because they battled their fears, overcome terrible experiences, accepted their life's

challenges, fought huge obstacles while doing good to the world. And that is what we like best about them!

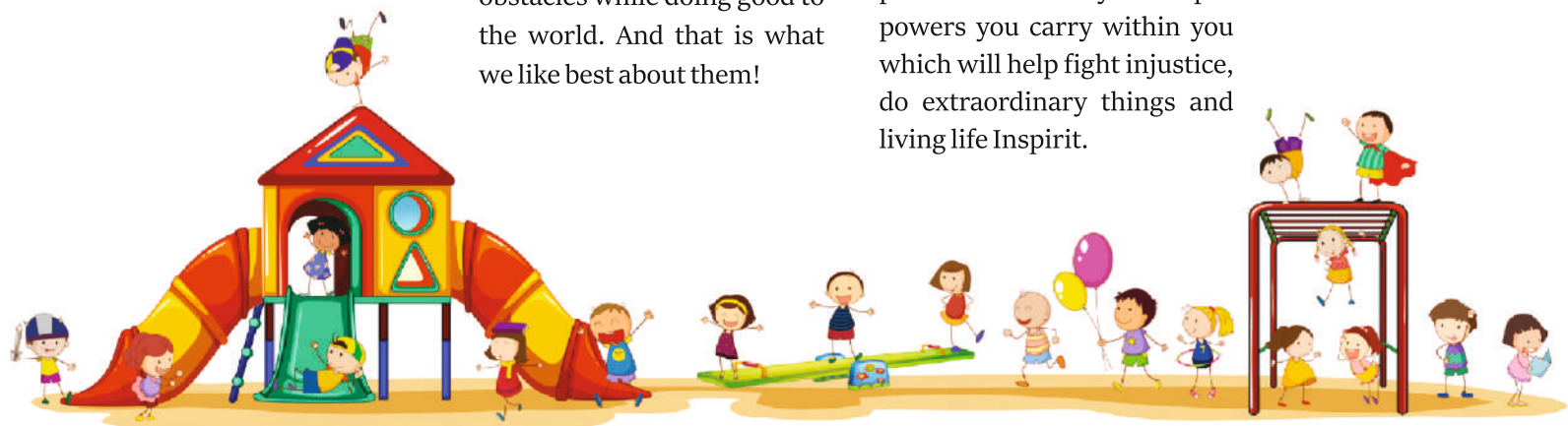
Children, have you seen any real life Superheroes? Someone who took fearless inspired action in a challenging situation and made a difference...

In the neighborhood or may be in your school or in the park, in your everyday life? But not by radioactive spider bites, special costumes, or alien experiments – the real life superheroes do not have a cape or a mask but they sure are connected to the ultimate source of heroism – THE SPIRIT!

Our Spirit is a storehouse of potentials which make us unique. Every person has something incredible within them they are born with. Sometimes hidden and sometimes expressed; these are the abilities within each one of us that take us from being frail, ordinary to being remarkable, exceptional and completely ourselves. These qualities are the essence of our nature. As we bring forth these qualities

from within and welcome them into expression in all areas of our lives, we find ourselves living our true nature.

Have you ever discovered these potentials present in you? Uncovering these can reveal powerful insights about you. Indeed these potentials are truly the super powers you carry within you which will help fight injustice, do extraordinary things and living life Inspirit.

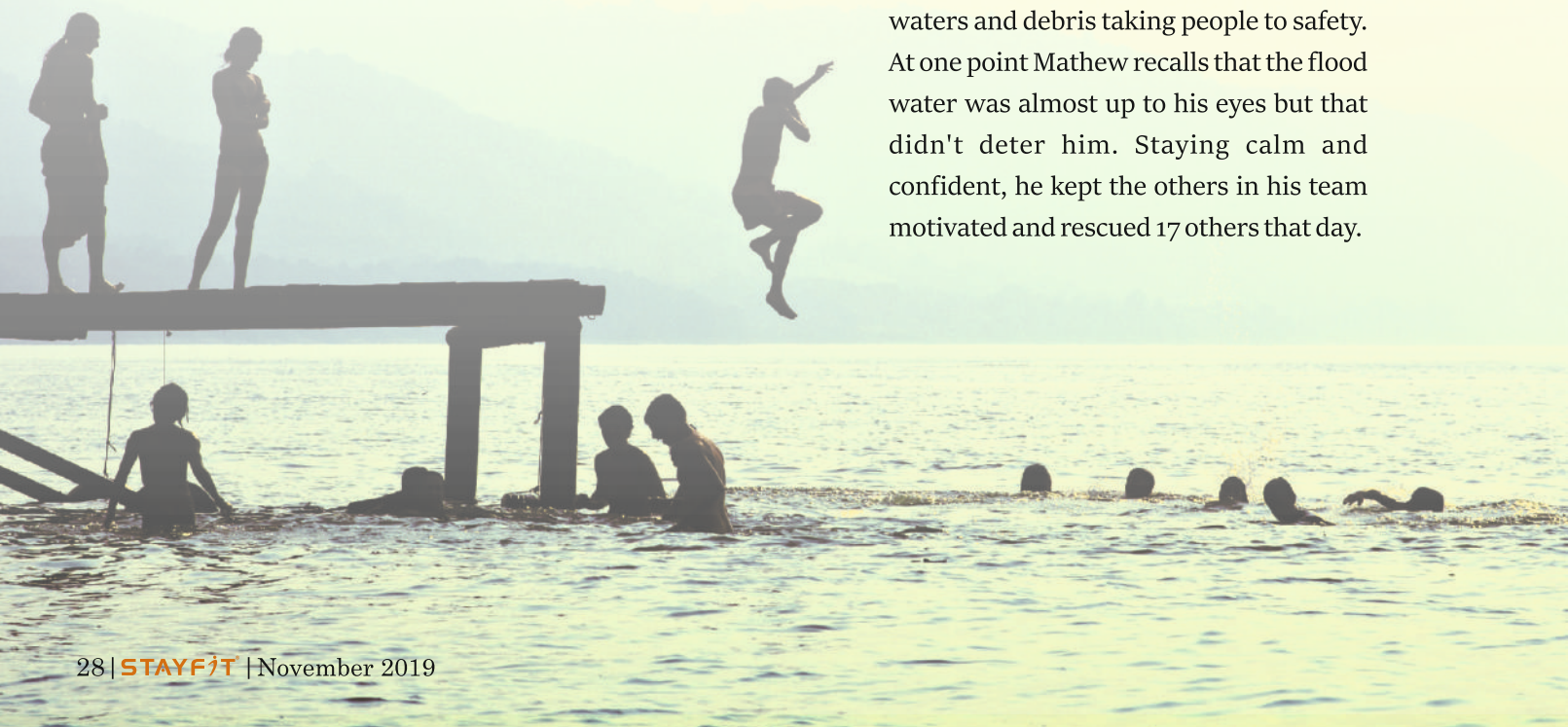


## WELLNESS

Here is a story of a little boy who was 12 years and was hailed by his community as a superhero because he brought forth all the above qualities of his Spirit and displayed selfless determination and unusual awareness in the most challenging situation in his life.

It was 2 am in the morning! Mathew was woken by his mother saying that water had flooded their home and was reaching knee levels. So they left their ground floor apartment and moved to the first floor stairway. But the rains did not stop and water levels kept rising. Mathew's first instinct was to look for his friends, not seeing any of them in places where it was safe and sensing that they may be in danger, he made a call to his friend in the next building. As he had sensed, his friend's building was inundated too but his family was stuck there as none of them knew how to swim. Knowing Mathew to be a good swimmer; his friend asked if he could rescue him and his family.

Mathew first convinced his worried mother that he will be able to save his friend and family. Displaying quick thinking and presence of mind, he swam back to his apartment, pulled out a Styrofoam mattress that his family used for guests and went on to work. He also requested two other neighbors who had reached the first floor stairway to come along. Together with the other two, he put his friend and sister and one more baby from the next door and pushed them across the flood water back to where his mom was on the first floor stairway. He did the same thing with his friend's mom and dad. He then found an elderly lady in a wheelchair stranded with her daughter in one apartment. He rescued them too with the help of the mattress. Sensing that there was no help coming from outside soon to help the others who were stuck in a similar manner in the apartment complex, he took action himself, set up a team of willing boys and formed a rescue party. They kept going to each building searching for people who are stranded, plied back and forth in deep waters and debris taking people to safety. At one point Mathew recalls that the flood water was almost up to his eyes but that didn't deter him. Staying calm and confident, he kept the others in his team motivated and rescued 17 others that day.



Demonstrating courage, intuition, creativity, leadership and connectedness, the 12 year old brave heart made a huge difference with his quiet and spontaneous act. No one told him to do it, nor did anyone guide him through it. He combated every challenge in his mission with his complete mind, body and spirit, his own inner compass.

When asked “How did he manage to do such a heroic act? Mathew said, I didn't think about it much. “ I was just being me” I just had to save my friends.

Children, we often make the mistake of thinking that traits like courage, intuition, leadership and connectedness as BIG – perhaps even lacking in our own makeup. That's because it looks different from the outside than it feels from the inside. Interesting, isn't it? From the outside, the work that superheroes do look extraordinary, from the inside it feels like the way Mathew put it, “just being me.”

And it is quieter and in the little things. Courage can be speaking out when a friend is being bullied or picking up garbage not because you dropped it but because it is the right thing to do. Intuition too is the quiet voice in which makes you aware of danger in an unknown situation or tune into feelings of friends, siblings and pets with striking accuracy. Keeping these lovely qualities alive in you will help you to reach more quickly to a solution in a difficult situation.

Dear Parents,

If we see children as being empty vessels that we must fill, then there is little room for their unique voice and lovely colours to emerge out. However, if we see children as naturally unique, creative, resourceful and whole, then a world of possibilities opens up for our children. Remember they have a voice, wisdom and a purpose for being here. By seeing them as who they really are, you hold them much bigger and support them to blossom all the giftedness present in their Spirits.

Help to bring out the super powers in them every day in little and big ways!

Love and Prayers,

Rashmi Aiyappa



*“Love is where it all begins”*

*Rashmi*

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