



Life-transforming Afternoons

Purposeful interactions and empowering conversations were the highlight of the month of July, 2019. Many lives were connected with and experiences exchanged. **Personal experiences shared by each individual reiterated** the fact that all human beings are born enlightened and every individual carries infinite wisdom within. The interactions opened up many a heart and turned heads towards different perspectives of themselves and of life.

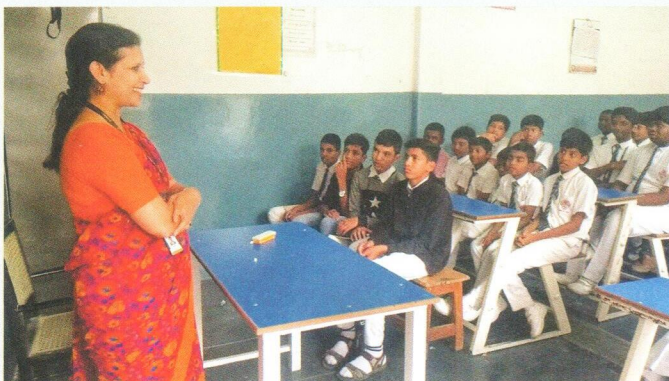
We share with you some of the events that made a difference in lives.

Recalibrating Belief systems

One afternoon people from different backgrounds gathered to experience **Spirit-U-All® Conversations that Enlighten Lives.**

The context was Beliefs – exploring what beliefs are. Are they “good” or “bad”? How does one know? The significant impact of beliefs in our lives and the choices we make. And is there a way to break free from beliefs that prevent us from experiencing the joy of being the unique You?

Spirit-U-All began with everyone sharing their personal experiences - what they believed was true about themselves and the world and how their life experiences had taught them otherwise. As participants shared their journeys, they went deeper with themselves and their experiences and started to feel resolved. Deep emotions of pain, hurt, despair, anger, resilience, strength and hope were brought out. **“I couldn’t accept what had happened to me. But I had to accept if I wanted to live. Everything changed for me”**, said one participant suffering from a degenerative condition.



As the conversation unfolded, one’s experiences became answers for another’s inner query . **When a parent of a child with autism asked “why me?” another participant who lost her child shared that life has taught her “we do not control everything. Things happen to us, we have to accept and do the best we can. It is just life.”**

A participant reflected, “Even if there is no direction, there is meaning in being able to live every moment fully.” Another participant added that, “Purpose of life is that moment itself.” Deep questions, answers, and observations, seamlessly flowed revealing a deep connect between the participants – they trusted each other, felt safe to express their feelings and experiences, and had compassion in their hearts for each other.

A trainer who participated in the forum shared later, **“It was an interesting evening. I like the way it was moderated, opening up the space and allowing participants to express freely.”**

Many felt that Aashwasan created a unique space that allowed everyone to express themselves, be heard and just be.

Awareness Workshops for schools - Rekindling hope in dreams

Challenges, emotions and aspirations

On a quiet July afternoon, the students of 8th, 9th and 10th grades of Benhur High School waited with a sense of curiosity, for their interaction with Aashwasan Foundation. They were enthusiastic to meet the team. Aashwasan practitioners led them on a journey of inquiry into the world of dreams. A student shared with a twinkle in her eyes, “I want to be a fashion designer. Another said “I want to be an architect”. Some wanted to become software engineers and some footballers. They began opening up as they felt comfortable to share their feelings, some being moved so deeply that they could not hold back their tears. Many had challenges at

home and were going through trauma in their lives. The students were empowered to believe in themselves and trust their lives. As the program came to an end, the students had smiles of hope and joy on their faces and acknowledged that they have everything within them to build their dreams and their lives. Many said that the program was wonderful and they look forward to more.

Little hearts, lofty dreams...

Aashwasan Foundation conducted an Awareness Workshop for the students of G.H. School in Kammanahalli, Bangalore. The management had expressed their deep concern for the students who didn't pay attention in class, indulged in fights and were always restless. Aashwasan joined hands with the school to conduct the Workshop for students of 1st to 7th grade. On 24th July, Aashwasan team was welcomed by the students who were waiting, surprisingly, in calm and silent anticipation.

They had many questions... "what is this class about?" "What should we be doing?" "Who is Aashwasan?" Aashwasan practitioners assured them, "There is no exam or test after the program. We are here to spend time with you and discover together with you!" After breaking the ice with an exchange of names and brief introductions, the practitioners took the children through a journey inquiring into their dreams. A few answered instantly, "I want to be a teacher!". "I want to be a Nurse!" After a pause, a child said "I want to grow up and take care of my parents. That is my dream!"



The practitioners shed light on the origin of dreams and how important they are to lead meaningful lives. "Just as a plant needs soil, water, air and sunshine, your dreams need support and care. Your willingness to learn, your parents, friends, teachers, etc. are all your support to grow your dream. You are the gardener. Nourish your dreams, grow them, support them and walk towards achieving them."

At the end of the session, the bright smiles on students' faces said it all. The teacher present there remarked, "I have never seen them sit so still and focussed. It is a wonder, how no one excused themselves to even use the washroom!"

Announcing a new edition of Excellence Fast Forward

Imagine if we can do a particular task at 100-fold levels of efficiency and speed! Human beings are born to excel in all aspects of their life. However, with the passage of time as one wades into adulthood, conditioning, limitations and self-questioning start chipping into this innate compass of achieving excellence. As adults, we feel our limitations and constraints more not because we have lost the inborn quality of excellence, but because a yawning gap has set in and insufficient experience has degraded the connection to this innate quality. Habits, conditionings, set beliefs, deep rooted fears make us prisoners to life - we feel cowed down. It feels like we have to run a marathon with heavy weights tied to our legs. We might imagine that this impacts our path of excellence and growth only marginally but we cannot be more wrong...

Spirit-U-All - Conversations that Enlighten Lives. An experiential forum to share, introspect and express - August 31, Bangalore

From Corrections to Connections - A workshop for parents to demystify the ups and downs of parenting - September 7, Bangalore

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