



## *On May 23, 2021, Aashwasan completes 16 years!*

Journeying through thousands of lives and witnessing those innumerable precious lives transform, Aashwasan completes its 16 years of existence on May 23. Aashwasan continues to be a place to go to where one finds answers for whatever one seeks - be it a physical condition, emotional well being, career concern, knowing one's purpose or knowing oneself.

In the last 16 years we witnessed transformation of many lives and experienced unprecedented breakthroughs in innumerable health conditions and life situations. With one mission of preserving nature in lives, Aashwasan reached individuals, families, institutions and organizations in various countries and continents, reinstalling hope when they needed the most.

Rashmi Aiyappa, the spiritual scientist and inventor, founded Aashwasan in 2005 to offer her discoveries and inventions to improve life experiences in individuals and offer nature's solutions to address every question or problem in life one wishes to solve. Her invention, Aashwasan Science, has brought path-breaking solutions for thousands of lives. Her unconditional Love and strong faith in nature is the foundation of all values that Aashwasan stands by.





Aashwasan celebrates 16 years of love, hope and humaneness!







Our faces gleam in happiness as we meet many beautiful souls!



## AASHWASAN FOUNDATION: INFUSING HOPE WHERE THERE IS NONE

JOYEETA CHAKRAVORTY | DC BENGALURU, JAN. 29

The Aashwasan Foundation, the "spiritual science organisation", aims to bring hope where there is none.

"In May 2017, Aashwasan will complete 11 years of its existence. It was this month 11 years ago that I saw the manifestation of a dream called Aashwasan, a place where people who have lost hope come to," said founder Rashmi Aiyappa, who is a spiritual scientist and inventor.

She started Aashwasan to make people experience their true self and realise that their dreams, Rashmi says.

The foundation offers Aashwasan Science, which helps people realise more than their normal potential. "It has helped us cross boundaries and reach out to the people all over the world, bringing breakthroughs in over 29 areas of physiological and psychological health, including degenerative diseases, developmental disorders, genetic disorders, lifestyle issues, undiagnosed and untreatable conditions and life threatening. For many individuals, doctors, hospitals, medical centres and research institutes Aashwasan is the last line of support. Aashwasan Science contains the knowledge of human mechanism, creation and experience. It is a methodology through which root cause of issues, illnesses and conditions are identified and solutions are offered, including assessment/ diagnosis, treatment and counselling. They address the mind-body-soul mechanism of the people holistically," Rashmi added. "Our health and wellbeing services are offered to cure many disorders, including addictions, genetic issues, psychiatric conditions, developmental disorders, degenerative conditions, neurological conditions and others," she said.

The foundation also has another initiative, Aashwasan Reaches Children (ARC), which supports children with various conditions, including anxiety disorders, depression, bipolar disorders, conduct disorders, schizophrenia, epilepsy, PDD (autism), learning disability, mental retardation, cerebral palsy, Down's syndrome, ADHD and others. "The children are put in touch with their potential. It opens up a world of hope and possibilities for



Rashmi Aiyappa (right) started Aashwasan to make people experience their true self and realise their dreams

**ANGEL INVESTOR**  
MAKING A DIFFERENCE

them," she said. Last year, the foundation helped 95 people, who were suffering from cancer, Alzheimer's, development disorders, genetic disorders, allergies, sleep disorders, addictions, diabetes Type 2, hypertension, depression, heart conditions, epilepsy, infectious conditions, hypothyroidism and more.

"Till now, more than a thousand people have benefited from our holistic approach," she said. Funds are raised from individuals who want Aashwasan's services are offered to the down-trodden. The Global Giving, headquartered in the United States, also helps the foundation get funds from abroad.

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— Rashmi Aiyappa, founder of Aashwasan Foundation

**Special**  
DECCAN CHRONICLE MONDAY | 30 JANUARY 2017 | BENGALURU

IN A TWIT



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— Rashmi Aiyappa, founder of Aashwasan Foundation





Aashwasan means 'reassurance' in Sanskrit. Reassurance that there is always hope!



**Cerebral Palsy**  
Knowing your child



Vijaya Kumar  
Father of a child with Angel Mann's Syndrome



Mother of a child with Autism Spectrum Disorder



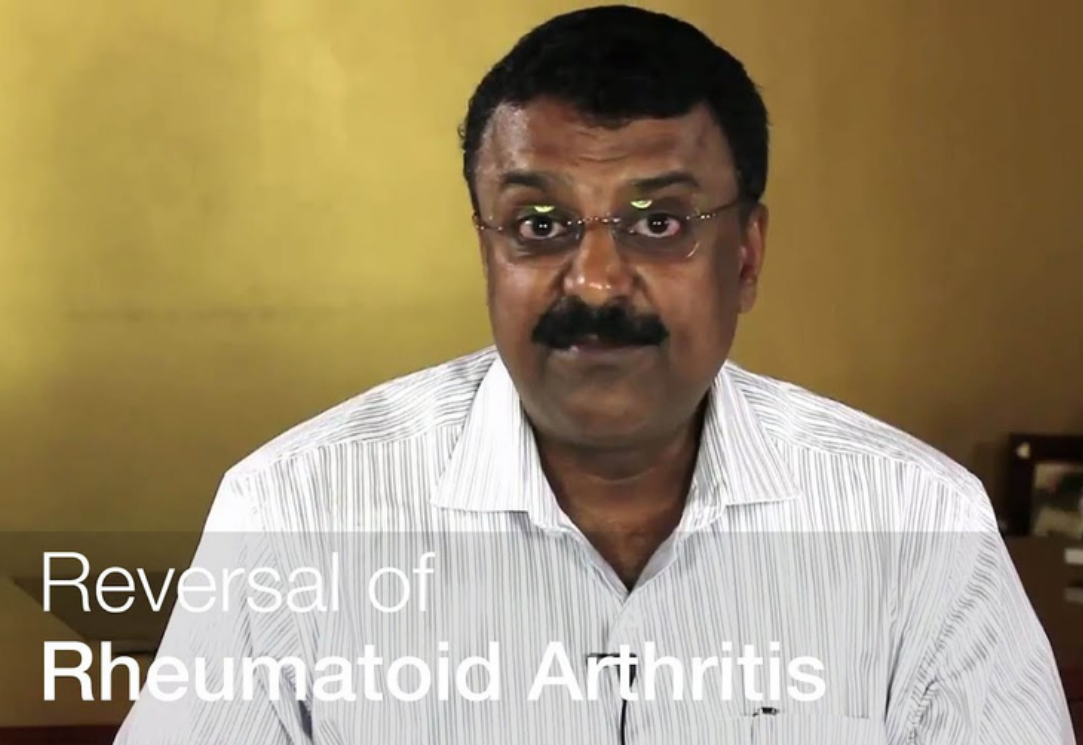
Relief from **Depression**



Finding relief from **Multiple Sclerosis**



Hadiyah finds relief from **Schizophrenia**



Reversal of **Rheumatoid Arthritis**



Family's journey with **Autism Spectrum Disorder**



Corporate growth



# In the spirit of healing

You can attend this interactive forum today and get a chance to pour your heart out

IKYATHA YERASALA

DECCAN CHRONICLE



Rashmi Aiyappa

There are a plethora of things on your mind, but you refrain from sharing your thoughts with your family members and friends. Don't you worry cos here's a platform where you can express yourself without being judged. Spirit-U-All is an interactive forum created by Aashwasan to facilitate a journey of self — discovery. It a forum where people of all ages have a chance to listen as well as talk to each other without any reservations.

"We are offering an unbiased and non-judgmental space for people to come together, open their heart, look

and well being, to relationships, career and family or friends, they can discuss just about anything under the sun," says Ravi Ramamurthy, an Aashwasan practitioner.

At this forum, people can open up their emotions and unresolved thoughts to find clarity. Student Sindhu KS has always been plagued by several issues that 20-somethings usually face — from boyfriend problems to career woes. "I'd love to attend a forum where I can express myself without being judged or looked as being strange or weird. Not always can you talk to your parents about what you're going through," She says.

Spirit-U-All is not a session that teaches or preaches but creates a space for individuals to listen and express. Lavina Ponappa is someone who's participating in the forum tomorrow. "I've attended such an event before and I always look forward to it. There's going to be a lot of discussion and sharing and I'm sure it will be a powerful experience," she says.

Go ahead and discover your uninhibited self at 1000 yoga in Indiranagar

# from Breakdowns to Breakthroughs



Ms. Rashmi Aiyappa  
Founder - Aashwasan  
Spiritual Scientist,  
Inventor & Social Innovator

## Unprecedented breakthroughs brought unprecedented hope!

# Transforming lives for a better tomorrow

THE world, the environment, the community and the space we live in, is turning out to be a dump yard of our insecurities, fears, stigmas, dogmas and inhibitions. But whenever we are faced with the consequences of our choices, we put the whole responsibility on the society. Unfortunately, the youth of today, who are the building blocks of tomorrow, are also reflecting what we collectively as a community have created. Aashwasan, a Spiritual Science™ organization based here in Banaswadi is helping the communities to swim against this current.

Amidst hopelessness among people, Aashwasan is on a mission to heal the world. Aash-

ence™ addresses deep-rooted conditioning in an individual's life that results in various physiological, psychological and spiritual concerns.

As on today these cannot be identified or addressed through conventional methods. It traces the root cause to bring clarity to the manifested issues and conditions such as addictions, lifestyle issues, behavioral and emotional concerns, psychiatric conditions, genetic conditions, degenerative diseases etc.

Rashmi Aiyappa has invented various tools and techniques that are offered at Aashwasan as services through her practitioners. These services are non-intrusive, non-invasive, natural and



we witness a person's life transform. It is also learning for us," one of the Aashwasan practitioners Robert Vijay Kumar says. Currently Aashwasan is dealing with people suffering from Addictions, Degenerative Conditions, Cancer, Developmental Disorders, Neurological Conditions, Psychiatric and Psychological Concerns, Autoimmune Diseases, Non Communicable Issues, Coma, Infectious Diseases, Chronic Conditions to name a few.

Rashmi Aiyappa's contribution to humanity and continuing efforts to make this world a better place has been recognized on a global platform. She was honored with the NGO Excel-

# Reaching out



By Meera Vankipuram

TWENTY-nine year old Meera, an artiste from Basavanagudi, conducts painting, dance and creativity workshops at home. Hectic schedules often cause her to skip meals and experience lower back and knee pain.

Two months ago, a chance meeting with Rashmi Aiyappa, founder of Aashwasan led to an 'aura healing' session. Post the session, Meera says she is a lot more aware of her body and its workings. "I'm able to connect with my body in ways I was never able to, before. In fact, now I receive early signs and heed them, unlike in the past when I wouldn't even feel hunger pangs for hours!"

At the workshop organised by Aashwasan at Oxford Bookstore, Leela Galleria recently, R. Ravi, President (Engg & Asia Region) of Epiance Software Pvt Ltd, had a similar story to tell.

Says Ravi, In May last year, "I was facing some issues at work and was at crossroads, both professionally as well as on the personal front. A healing session with Rashmi made him realise his innate strengths and

Using tools such as 'aura' Aashwasan Enhance Service people get with the se

weaknesses aspects of his able to make s

Rashmi, the Aashwasan, s blessed with exten (ESP). Le p other than the f very young age and feel othe

# CELEBRATING THE "MAGICAL HER"

A mesmerizing evening unfolded on March 8 - International Women's Day at Hotel Hilton where Aashwasan celebrated the specialness of Women as a part of Aashwasan's women empowerment initiative. The presence of Rashmi Aiyappa, spiritual scientist, inventor, social innovator and founder of Aashwasan - a global revolution of love, made it a true celebration of life.

According to Rashmi Aiyappa, Women's Day is not just about celebrating women, it's about celebrating the specialness of each individual. It was true celebration and togetherness that came from complete acceptance and specialness of each person. The gripping part







wellness

# INDIVIDUAL AND CORPORATE WELLNESS



wellness

## Degenerative Conditions

# Pushing the limits of Human Potential

Phoenix is a mythical bird which rises from its own ashes. It is a legend in itself as it symbolizes the regenerative powers that exist in Nature.

Ms. Rashmi Aiyappa  
Founder - Aashwasan



## Building a cancer-free World

Cancer is caused by genetic mutation which causes cells to behave as a single cell organism and not adhere to the systemic requirements of the body. If the number of cancer cells reaches above a critical mass, the physical system comes under threat. Many factors are known to trigger cancer. Some of them are radiation, lifestyle, substance use etc. As a solution we are frantically trying to address our lifestyles as a preventive measure and divert more and more resources towards healthcare. While these are necessary steps, it is not the answer in the long run. It is not the event that triggers cancer that is concerning, but the inability in our genetic

Ms. Rashmi Aiyappa  
Spiritual Scientist,  
Inventor & Entrepreneur

# DH Education

Thursday, September 6, 2007

DECCAN HERALD III



## Coopetition in schools

The answers we look for lie within. The journey of self awareness is the key to transformation!

# CRITICAL CARE

Aashwasan Science™ offers support in the decisive moments of life

There are times, where one is faced with life threatening situations. Fear and uncertainty bring panic. One feels out of control. every option becomes critical and calls for in-depth understanding, accurate assessment and swiftness in decision-making.

Critical Conditions such as accidents, coma, multiple organ failures, sudden breakdown of body responses and other life-threatening situations can bring a lot of complications and uncertainty. In the face of such situations, the family goes through profound despair, fear,



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## The Science of Internal Expression

Sometimes the answer to a niggling question lies next door and yet we go searching halfway. Placebo effect: A belief by an individual



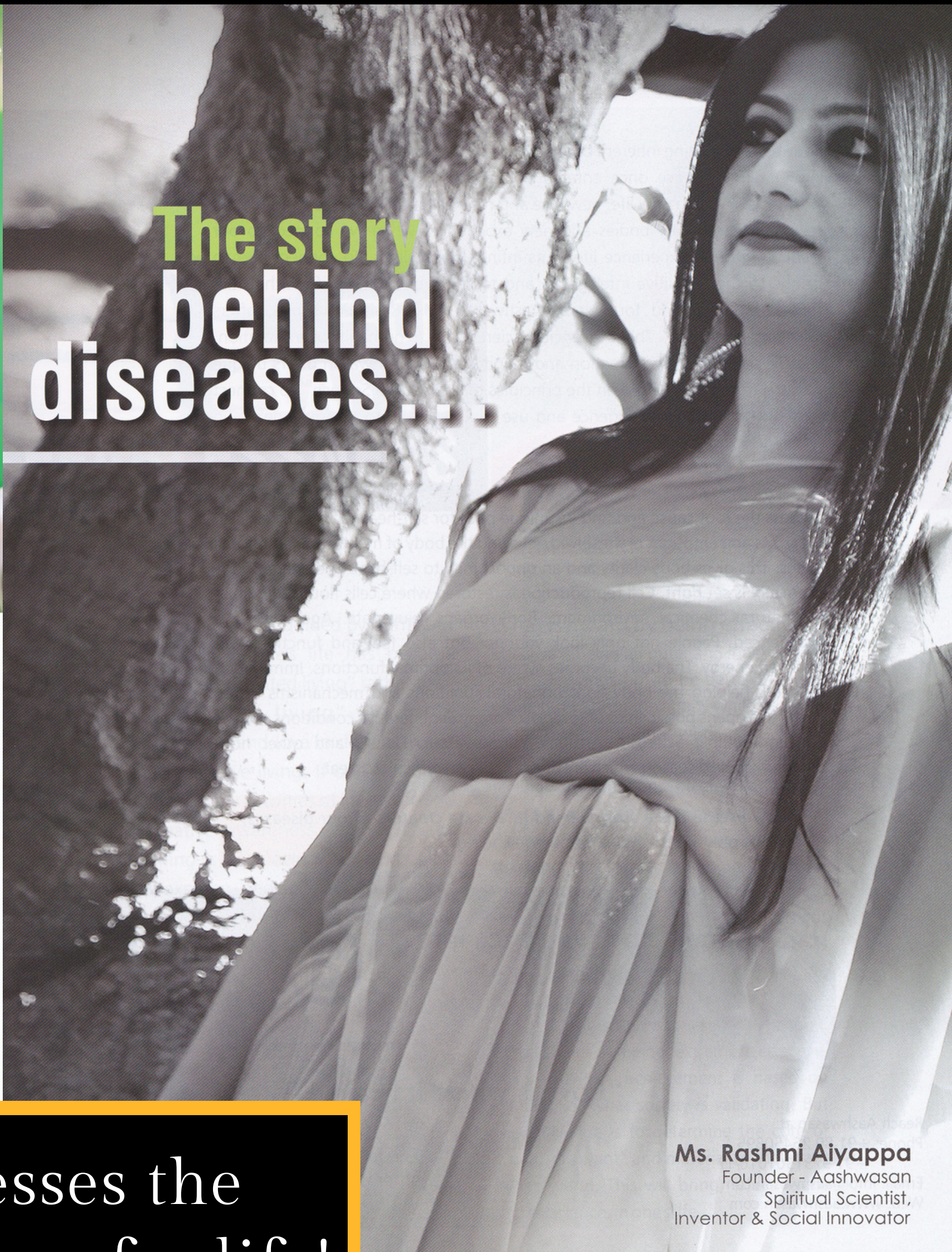
# Aashwasan Science™ Erases Depression through Generations

**Ms. Rashmi Aiyappa**  
Founder - Aashwasan  
Spiritual Scientist,  
Inventor & Social Innovator



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## The story behind diseases...



**Ms. Rashmi Aiyappa**  
Founder - Aashwasan  
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Depression is extremely common. Virtually no one can ride the crest of life without experiencing periods of darkness, gloomy thoughts, low moods and the feeling that life does not spark joy anymore. A buildup of unresolved pain, tension, challenging experiences, past emotions, old wounds, present struggles, and future worries can cause depression. Many of us go through situational depression and anxiety attacks when we experience the death of a loved one, a major disagreement with your spouse, the loss of a job or a childhood trauma situation, a natural disaster or life's tragedies and struggles. Depression manifests in varying degree levels of severity ranging from mild to moderate feelings of gloom to the most debilitating and life threatening mood disorders. Depression can run in families.

The mainstream treatment for depression mostly consists of anti-depressant and anti-anxiety drugs. While it helps chase away the dark clouds, the source of the symptoms seldom disappears. It is just made less noticeable. Although an understanding of brain chemistry and of neuro-transmitters is among more popular views concerning the origin of depression, the

The reason being that in medicine today, we tend to separate organs and body systems from our emotions and our spirit in the way we think about things. The truth is that there is an inherent interconnectedness between the physical, mental and spiritual dimensions of our being; the body, mind and soul are all connected. If one thinks an anxious thought in the mind, the body reacts by producing stress hormones. If one is constantly thinking anxious, worried and fearful thoughts because one lacks clarity about an aspect in life, he/she bathes the entire body in these chemicals that affect their brain and immune system, causing sleeplessness, palpitations, high blood pressure and a host of health problems. In some cases, depression can be a result of physiological issues such as cancer, vitamin deficiency, hormonal imbalance etc. Above all, one's Being can create low feelings which cannot be shaken off. As a way to lift their spirits or to numb painful thoughts, many depressed individuals

Aashwasan Science addresses the root cause to bring solutions for life!



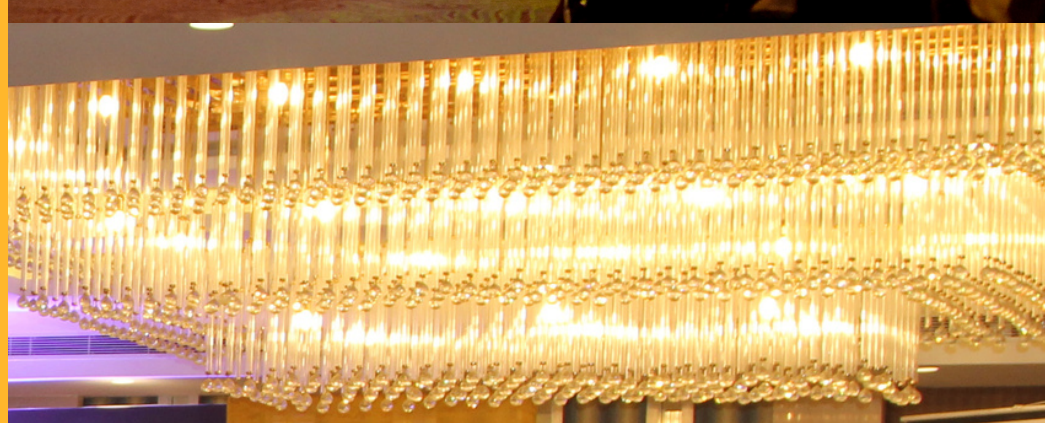
Aashwasan

# Creating a better World for All





Aashwasan events are mediums of collective transformation!







Aashwasan is a revolution of  
Love and hope!







*"Aashwasan is nature's own.  
This journey will continue for  
lifetimes, long after we have left  
and gone. Always be with your love,  
as Love is where it all begins..."*

RASHMI AIYAPPA  
SPIRITUAL SCIENTIST AND FOUNDER OF AASHWASAN