



Ms. Rashmi Aiyappa
Spiritual Scientist & Inventor - Aashwasan Science™
Founder, Chairperson & CEO of Aashwasan Group of Companies

... With Love & Prayers

Dear fellow companions,
Happy New Year!

We are meeting after two years due to the pandemic and its restrictions on our lives. We are happy to be back now to connect with you once again.

When I look back, I see the journey we took with you over the last eight years. We met first in January 2014. Aashwasan started its journey with Stayfit to add value to you and your family. We shared Aashwasan Science™ knowledge of human mechanism and its infinite possibilities. Month on month, year on year, we shared stories of hope with you. We feel deeply grateful for the opportunity that we got to connect with you.

Over the last two years, people worldwide have been fighting to be safe and sane. Each year ended with a glimpse of hope, but the story of Covid continued, leaving deep scars and life-altering experiences. Yet, in all the chaos unleashed by the pandemic, Aashwasan could stand by those who needed help. We saw life-transforming results in people suffering from the adverse impact of Covid 19. We held forums to help people find mental and emotional solace and assurance that they are not alone. We are glad that we were placed in people's lives at the right time when they needed it the most.

Friends,

Times have changed. The locus of control has shifted. Fundamentals of our life have been exposed; we have been asked to adjust our lives according to the collective. The virus has made it loud and clear how deeply we impact one another. It also showed us that we needed to take care of ourselves first and foremost. It has reiterated that our actions and non-actions were equally responsible for all the good and the bad in the world. We have been forced to take note of the impact of being isolated, which has led to a new awakening and has brought deeper meaning in being connected.

Life beckons us to have a new perspective – a perspective that makes us more responsible and self-caring. A view that is goading us to make the right choices for ourselves and others. We are in an era that needs us to be focused entirely on ourselves yet be mindful of the collective well-being because the collective well-being is the one that decides our preservation. So doing right by ourselves is mandatory now if we want to survive on this planet. And doing right is possible when we know what we are doing. When you are self-aware, you address things before they become intractable issues. When you prevent, you preserve yourself. So being self-aware is no longer optional. It is the only option.

Starting this year, whenever you plan your life, make some space for yourself. You are important. Your pain and evolution are essential. Value your existence and your dreams. Follow your heart. Let your conscience show you the way. Do not judge your life or yourselves because it hasn't been too easy on you. Accept yourself the way you are, as that is the only way you can bring about any change you want. Please do not run away from pain because it will chase you until you face it and resolve it.

As the year begins and you move forward in the direction of your dreams and aspirations, we at Aashwasan wish you a healthy, happy and meaningful life. We pray that life opens its doors for you to express and experience your true potential. May you find every moment of your living life a gift from the above specially created for you. We wish you the strength and clarity to make choices that would create paths of destiny in your life.

At any point in time, if you feel that you need us to be by your side as you continue to discover yourself and your divinity within, do connect with us.

Live your life with love in your heart, as love is where it all begins!