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Experiencing Your Uniqueness A Gift for Life

How many times would you have heard and scoffed at the phrase that everyone is unique? You might not have, or if you have, be assured that you weren't the only one. Sometimes what we call clichés are the simplest and most basic truths of our existence, and yet so many of us treat them as just age-old clichés. Have you ever asked yourself - “Do I feel unique? Do I experience others around me as unique? Do I feel that my own body is unique?” What would it mean to live life in a way where everyone is genuinely regarded as unique? Would it not break so many of our notions and beliefs, and create a world that is filled with understanding and compassion?

We are born unique - inside and out. Our cells, our genetic makeup and the physical manifestation - the body, are all distinctly different from others'. For example, physiologically one might expect the blood pressure to go up when one feels angry, but it is not true for all. The physiological responses are different for each individual and cannot be easily categorised. Similarly, each individual might experience similar emotions, but the cause for those emotions, the intensity, and the way they experience them would be different. One might react towards a challenging situation with fear, while others might feel excited, curious, angry, defeated or hopeful, and in return the body would experience an increased heart rate, a headache, increased or decreased appetite, and so on.

Have you ever met anyone with the same body as yours? Just as our bodies are unique on the outside, they are so on the inside too. You have probably noticed this. For some, a mere act of sleeping seems the hardest thing to do, and for others, they can just sleep anywhere, be it in a crowded bus or in a loud aeroplane. The way our bodies respond internally to illnesses and diseases is unique as well. While generic mechanisms are similar for all human beings, there are a lot of variations from one individual to another. For instance - for one individual, the rise in sugar levels could lead to pain in the knees and shooting up of Gamma hormones, however, for another person, increased sugar levels could make him hyperactive and lose balance both physically and mentally. During the Pandemic, it was seen that people experienced entirely different symptoms of the Covid-19 - a seemingly strong body collapsed whereas a meagre frame had no symptoms at all.



One needs to treat oneself according to one's experience, instead of measuring oneself against some defined criteria. Your experiences, to every little minute thing, are all unique and only belong to you and nobody else. One's soul is also unique to each individual, serving as their inner compass to guide them and their life according to who they are. The soul contains the knowledge of one's purpose, talents, memories, and experiences of one's own life - all of which are different for every individual. **Just this is enough to say - there is no one like you in this world and will never be.** Isn't that wonderful? Would that not make one grateful for just being alive?

How does one become aware of their uniqueness?

We need to accept one reality - One size doesn't fit all. It is important for each of us to be aware of how unique our own system is and how uniquely it functions. This in turn can help us break the dysfunctional patterns in health, relationships or life situations. In order to become aware, one has to know their real self. Knowing oneself is about being aware of one's body, emotions, purpose, and one's connection with life itself. It isn't something one needs to learn; it is something one needs to experience.

Aashwasan Science™ that follows nature's way, offers holistic services to address a person's entire life pattern. It takes people through an experiential journey to connect them to their unique selves and help them break free of their conditioning and find a path for a journey of self-awareness. This in turn brings dramatic changes on physiological, psychological and spiritual levels, transforming the experience of life itself.

Our uniqueness is a gift from Nature where each living mechanism has its own role in the larger system. As each one of us continues to live towards fulfilling our unique purpose, we will experience limitless possibilities in our life. So next time, when you find yourself comparing your life to someone else's, follow a diet or an exercise routine that worked for someone else but somehow isn't working for you, create expectations for your spouse or child based on other's achievements, just remind yourself that each one of us is unique and one can never learn more about themselves through others' experiences. You will never be like others and others will never experience what you feel. Your divinity is your own experience and your spirituality is your own unique path.

Aashwasan is here to help people break-free of their conditioning and find a path for a journey of homecoming. It is a space that has an answer beyond religion, belief, faith, logic and philosophy - it is an experience. It is here to make this world a place of love and hope.

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