



Aashwasan
TRANSFORMING LIVES

As we bid farewell to the year 2022, let's not forget to

Give extra care to our well-being - **HOLISTICALLY!**



Taking care of oneself is more than one might know it to be but is far less complicated than one imagines it to be. We could be healthy yet may not be happy. We could have everything, yet we might feel something is missing. We might be highly talented, yet we may not achieve anything commensurate with our potential. We might adopt a lifestyle that is best for our health, yet we may get afflicted with severe health conditions. We may wonder - What decides good health? What brings happiness? What is the right way to be? What brings predictability to life?

Well-being is a wholesome experience.

Every decision, choice, action and non-action has a consequence on our well-being. All that we think, feel and do has a consequence that adds to our holistic

well-being. There is an outcome for every decision we take and every move we make. There is a reason behind why we do what we do. There is a precise mechanism behind all that happens in our life. Nothing is random. Nothing manifests without our part in it. We are creating our paths, destinies and experiences knowingly or unknowingly through our choices and actions. As we go deeper with ourselves and tune into our connection with the universal frequency, we will be more aware of our inner selves. Our behaviour with ourselves and the world will be apparent to us. This self-awareness will show us the power of choice we have within, which will enable us to find direction and solutions for every confusion and problem we may face.

Rashmi Aiyappa, the spiritual scientist and founder of Aashwasan, brought forth Aashwasan Science™, a subtle energy-based scientific methodology to

bring deeper awareness in individuals so that they know themselves and their place in this world. Her insights into human mechanisms and inventions have been a hope to thousands of lives across the globe. Her purpose of bringing nature back to humanity is the mission of Aashwasan. Her ability to experience the body-mind-soul mechanism, identify the root cause of a condition or a situation and create unique pathways to bring specific outcomes has brought unprecedented breakthroughs over the last 17 years. It has been a deep assurance in innumerable individuals and corporations as they reached Aashwasan as the last line of defence, the last ray of hope.

Awareness programs and community workshops are conducted at all times to disseminate knowledge of human mechanisms, share case studies and bring experiential transformation in lives.

In the last quarter of 2022, Aashwasan focussed on reflection, introspection and personal growth through various programs, courses and events that have left a profound and positive impact on individuals who wished to address their well-being and life inside out.

Sharing a few programs that began the journey of self-awareness in many...

“The moment the session started, answers to all my questions emerged one by one.” - shared a healthcare professional

“I get to become aware and resolve my confusions during these sessions” - shared a young professional



The graphic features a dark, atmospheric background with a sunset or sunrise over mountains. At the top center is the Aashwasan logo, a stylized 'A' with a flame-like element. Below the logo, the text reads: **...EXPERIENCE ONENESS WITH THE UNIVERSE...** in large, white, bold letters. Underneath, in smaller white text, it says: **AASHWASAN ZERO FREQUENCY SESSIONS**. Below that, a paragraph describes the sessions: "An energy based scientific medium through which one's innate self-healing ability is brought out to optimize the physical, mental and emotional resilience." At the bottom, a white box contains the text: **KNOW MORE OR REGISTER!** followed by the email events@aashwasan.com and phone numbers +91 9731301016/17 and +91 8530039666.

AASHWASAN ZERO FREQUENCY SESSION

The space of Zero frequency is the space of nature. At this frequency, your soul experiences the connection with the Universe. Your mind may not be able to understand the depth of it and your body may not have the awareness to sense it, however, this soulful experience can bring a deep physiological and psychological shift and create a healing path for your life.

Aashwasan Zero Frequency Session creates time and space for people to reconnect and re-experience oneness with the universal energy system.

Aashwasan conducted Aashwasan Zero Frequency Sessions to offer profound and soulful experiences for those who wish to experience a deeper connection with their deeper selves and the universe. These sessions are open to all!

Below are some of the experiences shared by individuals across the globe!

“I felt that I gave away something heavy from within to the universe. I feel so very light. My headache and restlessness is gone.” - shared a business development executive

DEALING WITH OBSESSIVE THOUGHTS - AASHWASAN ONLINE EVENT!

Thoughts are our constant companions. But many people suffer from obsessive thoughts which can be so debilitating that they can stop one from being present in the moment and experience oneself completely. Constant fears, self-doubts and insecurities engulf them so deeply that many get into depression, hopelessness and even contemplate suicide, unable to bear their racing mind.

Aashwasan conducted an event for individuals wanting to understand the mechanism behind obsessive thoughts.

This event offered insights for everyone to know why one falls prey to thoughts and allowed them to gain a deeper perspective to overcome obsessive thoughts.

“This workshop was very useful for me. I could understand how my thoughts stop me from expressing myself.” - shared a holistic health professional

“There was so much clarity in the understanding of how thoughts emerge and occupy our lives. It was an amazing session. There were no thoughts at all during the group healing.” - shared by a software professional

EXCELLENCE FAST FORWARD - AN EXPERIENTIAL COURSE HELPS TAKE A DEEP DIVE INTO THE PURSUIT OF EXCELLENCE!

UNDERSTAND WHY AND WHAT
IS STOPPING YOU FROM ACHIEVING
YOUR BEST AND EXPERIENCE THE
TOOLS TO OVERCOME IT FOR LIFE



DON'T BE
AFRAID
TO TAKE
THE RISK.
REGISTER
NOW

EXPERIENTIAL ONLINE WORKSHOP

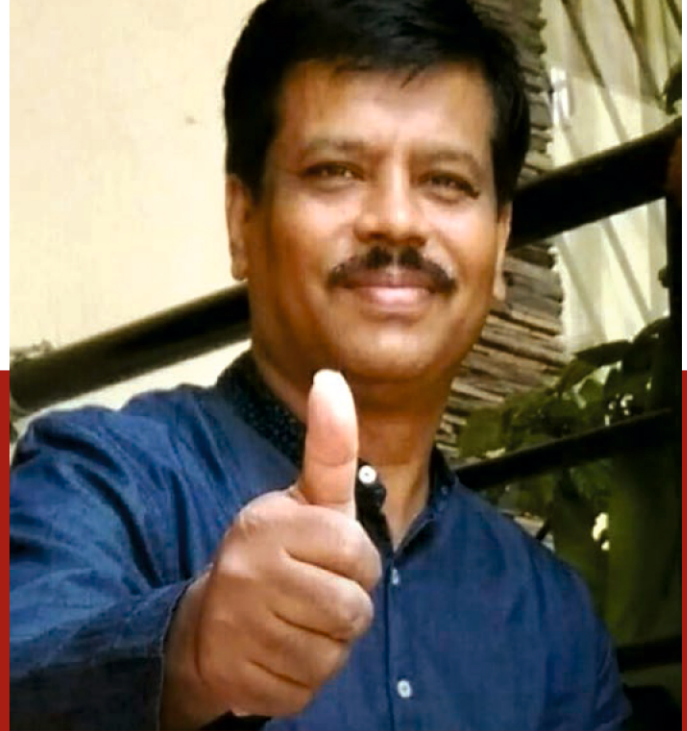
EXCELLENCE FAST FORWARD

**Aashwasan continues celebrating the completion
of new batches of Excellence Fast Forward.**

Excellence Fast Forward is an experiential course that takes people through an intense introspective journey into their deep-rooted conditioning to help them become aware of the unknown aspects of their inner self and understand their habituated ways of living and making decisions. It helps them understand the reasons behind the choices they make in all areas of life and support them in overcoming all those notions, opinions and core beliefs that stop them from expressing their potential, talents, skills and abilities.

This course is for people who aren't afraid to go deeper and shed their conditioning to unleash their inner potential. Participants vary from seasoned entrepreneurs and corporates to artists, housewives and young adults, who are trying to figure out their purpose in this world!

We have the great pleasure to inform you that one of the participants, Prof. GK Narasi Reddy, Stayfit Magazine Editor-in-chief shared his experience in the Stayfit Magazine October 2022 issue! In his own words:



“Now, letting go of self-doubts, fears, anxieties and uncertainties is a possibility. Experiencing and living Excellence as a Way of Life is a possibility too!”

Below are a few more testimonials shared by participants:

- “I think I know myself but actually, I don't. This program helps us to unfold OUR SELF.”
- a software professional
- “This course has boosted my confidence and has improved my awareness. It is a tool not only to overcome physical or mental issues but also helps to connect with the universe.”
- Resident Nurse
- “It was an amazing, life-transforming journey. I have become more assertive and calmer at the same time.” - an accounting professional

We continue the journey of reaching out to people and installing hope and inspiration in their lives. If you wish to know more, participate in life-transforming programs and initiatives or contribute towards initiatives that are close to your heart, feel free to connect with us @ +91 8530039666

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www.facebook.com/Aashwasan / www.facebook.com/RashmiAiyappaSpiritualScientist; www.youtube.com/Aashwasan/ <https://www.linkedin.com/company/aashwasan-group-of-companies/>