



How does one experience limitlessness in their existence?

People use terms like "going beyond what one knows", "beyond what one is familiar with or has experienced", etc. But what does it mean? How can we grasp this conceptual phrase within our existence? We often talk of limitations and how our minds, perhaps bodies, can go beyond what we experience daily. But, what is this 'beyond', and how does one go there?

To know how to experience limitlessness, we must first identify and explore the limitations in our lives. Of course, they will vary for different people and situations, but here are some examples to help one identify their limitations.

Our bodies - are not infinite machines that can outlast the stars. We all have a time and date we are born, and in the same way, we have a time and date we die. Our life is a limitation in itself. It ages and brings forward different capabilities across its lifespan, setting other constraints at other times in your life.

For individuals born with disabilities, the limitations are much more apparent than others because some individuals will look, behave or move differently than the rest of the crowd. However, do ask yourself this: is it truly a limitation if it makes you different from the group?

External factors could vary - the city/family you've grown up in, your job, financial constraints, relationships, etc.

It is essential to identify the practical limitations in our lives because they can have the power, and often, we give them the power to bring us down and add to our feelings of fear and insecurity.

Internal factors that are intangible. They include your thoughts, beliefs, notions, habits, and fears - everything that constricts your worldview, essentially dictating how one leads one's life.

Most of our feelings of incompleteness and limitation come from our minds. Anything that holds us in one place will eventually lead us to stagnation or being stuck, essentially, another barrier or restriction! After all, life is about being in the flow; anything that holds one back will only create more friction and resistance, almost like a nagging reminder or a push to move ahead and make a change. Make note that whenever you experience increased friction or resistance in your life, it is your spirit communicating to you that something must be looked at or changed.



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To make matters even more confusing, anything we think of ourselves and our life, which might even be a comforting constant, can also become a barrier holding us back. It's not to say that we have to be constantly uncomfortable, trying to break out of our comfort zones endlessly. Instead, it's about embracing the truth that change is a constant in our lives, and one's comfort should be an infinitely flexible - limitless ability to adapt seamlessly to conditions of life that arise.

Thus, it's essential to figure out if the constants in our life are comfort zones in disguise. Ask yourself this, do the things and people you hold constant in your life push you to grow and change for the better? Or do they allow you to be just as you are? Does it feel like life is not changing, while on the inside, you sincerely wish for it?



How we think about our lives and ourselves is the most significant barrier or limitation we will encounter, as it limits one's perspective of all that could be. Our thoughts are the main factor dictating who we can and cannot be. Our thoughts can skew reality and everything else around us, creating a picture in our minds that do not reflect reality, our talents or our capabilities. Thus, the idea of limitation and limitlessness lies in our thoughts. To be free of limitations, we must free ourselves of thoughts that say otherwise. We must be free of the notions and beliefs (the conditioning) acquired over the years. Once an individual can experience freedom from their life's conditioning, they will also experience limitlessness and what it means to go beyond what one knows and can imagine.

"Life can start anytime. There is no end to Hope.' At no point in your life is it too late to go beyond your limitations. For 17 years, Aashwasan Science™ has empowered individuals to shed the conditioning of their lives to uncover their most authentic selves, unleashing their potential, talents, and purpose – the true meaning of going beyond what one knows.

Aashwasan Science™ can address the root cause of any issue or problem, bringing a permanent resolution to the individual and leaving a positive and profound impact at the body, mind and soul level. So often, people live years in fear, doubt, anxiety, and hopelessness. Aashwasan offers a space where the individual can safely uncover layers of experiences that have led them to where they are now, whether physically, mentally, or spiritually. The process is a journey into one's infinity, and it gracefully empowers individuals to explore, experience, and express their maximum potential and live purposeful lives.

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