



# Free-will

## Living Life On Your Own Terms

**W**e are all born independent human beings, wherein it's a fact of nature that we have free will - equipping us to make our own choices, think our own thoughts and act independently.

However, if we look at our world at large, it seems like the free will of individuals has taken us as a collective to a world that can no longer sustain itself. Our natural energy resources are depleting, global warming is causing extreme weather abnormalities and irregularities, and there is a rise in health conditions creating serious burdens on societies and the global economy.



What happens in our world, global events and disasters are not random events? They are outcomes of choices made by individuals across generations that continue to affect the collective state of things. Global warming is an outcome of choices that didn't consider future generations, preservation of nature and natural resources. **Do you see the impact of our individual choices on the world?**

So how does one come to terms with the direction our world is heading? And what does free will have to do with it?

Free will implies that you can do things on your terms - voluntarily, which includes the choice of how you wish to present yourself to this world through your thoughts, actions and feelings.

Being human and living is about expressing your free will - the combination of one's voluntary acts of being, thinking, doing and living; but many of us feel like we do not have the freedom to live a life 'on our own terms' and feel a disconnect between what goes on in our individual lives and the events occurring on a global scale.

It is important to acknowledge that many of our decisions and actions are based on external circumstances, varying from financial status, education, cultural or religious background and weather conditions; and any decision made based on an external circumstance will not be a decision made on one's own terms, further contributing to that feeling.



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Sometimes we choose to follow or get influenced by the thoughts and opinions of others, whether we find them in literature or movies, or hear them on the news, and suddenly, even a thought becomes something that wasn't conceived on one's own terms. Involuntarily we get conditioned to act, think and feel in ways which limit our experience and expression of our free will. These are the reasons why one may feel like their life is going on without them and a growing disconnect between who they want to be and where they end up in their life. However, free will alone is not the determining factor in creating a change in our own lives and the direction our world is heading.





A single individual's choice has a collective impact on the kind of world we find ourselves living in. That is the nature of us sharing the same earth. Thus, the determining factor in creating any change lies in the act of choice. Without choice, free will is just the possibility of two or more things, but the choice is what brings forth action and makes the possibility a reality. A reality that we may like or dislike, but one that we live in.

We all have free will, and we are constantly presented with choices daily. Many of us choose things based on our comfort zones, fears, habits, opinions and judgements of others. Sometimes, life itself becomes a routine because all the daily choices are leading to it. One's inability to break-free from their routine is trapped in their choices because of constantly choosing what's already familiar to them - even if it's bad for them. It is our choice that determines whether we live our life on our own terms and that same choice also has a collective impact on the status of our world.



The ability to make independent choices seems like a logical activity at a glance, however, it is not always easy and is also something that we often take for granted. The fact that we get conditioned and experience pressure from different external and internal sources in our lives makes it very difficult to make independent decisions freely. Sometimes, it might mean standing up for yourself or something larger you believe in, in a way that might not be agreeable to others or make you an outcast in your own family or society. The upside of making independent decisions is that you would be able to experience what free-will and living life on your own terms mean.

Acting out of your free-will and living on your own terms is not about making selfish choices, but choices that are in line with who you truly are. All the choices made in accordance with who you authentically are, make all your decisions automatically in line with nature, further providing you with unconditional support from the universe.

This can become an effortless daily experience, where living life on your own terms becomes an experience of your inner freedom to be exactly who you are inside and out.

Your life is a culmination of your choices and if you take responsibility to live authentically, the choices made will allow you to move forward in life, and flow around its obstacles versus finding yourself feeling stuck, controlled or out of control, and completely lost against the scale of global events.

Thus, it is entirely up to you what you choose for yourself and in a larger context, the kind of world you wish to see yourself and future generations in. It is also entirely up to you whether you choose to connect to and feel part of the global events surrounding you no matter how directly or indirectly you are impacting them. To be independent and exercise free will, individuals require self-awareness that allows them to identify the choices they are presented with daily and a reliable gut feeling or intuition of what would be the right choice at that particular time, every time. It's the act of making the right choice that gives you responsibility and accountability for your own life, determining whether you feel like you live life on your own terms or not.

**There is a science and know-how behind unlocking one's self-awareness which is a fundamental human right. When individuals experience self-awareness and act from it, they are able to make choices with clarity and conviction that are authentic to who they are. For the past 18 years, Aashwasan Science® has facilitated a journey of self-awareness to thousands of individuals and continues to provide a holistic non-judgmental space for individuals to resolve and let go of their conditioning that in turn frees them within to experience life as their own.**

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