



Bringing positive changes in your child - A 'Parents First' approach

We all agree that children are the future! We often wish for the freedom and playfulness that children are abundantly blessed with. As adults, we tend to shy away from the exalting qualities of innate curiosity and inquisitiveness that are so pervasive among children. We even find ourselves struggling for words to answer children's spiritual or philosophical questions that often appear too wise for their age. While these are inspiring qualities of children, there are aspects that many parents and guardians find challenging. When it comes to discipline, performance at school, adolescent behaviours that defy expected norms, and emotional outbursts that sometimes do not have clear explanations, caretakers find themselves at sea.

Many parents want their children to fit into the system, whether it is the school, society or home. However, every child is unique, thus one size does not fit all. As much as parents would like to control the trajectory of their child's growth, it is not in their control. The more one tries to control, the more the child resists.

How does one nudge their child in the right direction?

While many parents tend to create a life plan for their child, rarely does reality adhere to this plan. What if the child doesn't perform as expected, deviating from the norms designed by the parent? What if the child decides to follow one's heart and move away from the path set by their parents? The parents panic wondering how things will go without a predictable life design. The panic is contagious and in no time it afflicts the child, who in the attempt to make sense of their parents' reaction often goes through guilt, anger and self-doubt, thereby losing self-confidence.

How can one expect one's child to be confident when one is not? Or take leaps of faith about their abilities and talents when they do not? How can one request that the child share their innermost feelings when they struggle to express them? This is not to say we have to share our adult problems with children. Only if we know how to do it ourselves will we be able to nudge the child towards it.



Ms. Rashmi Aiyappa

Spiritual Scientist & Inventor- Aashwasan Science®
Founder, Chairperson & CEO of
Aashwasan Group of Companies

We have to acknowledge one reality - the tiniest and subtlest experiences that the parents go through, whether individually or together, are felt and replicated by the child over time. The child, of course, does not fully understand their parents' experience. They might turn it onto themselves by blaming themselves for whatever happens. The child internalises the world around them to make sense of it. This further reinforces the profound impact that parents have on their children and further necessitates the need for parents to be aware of themselves. Over time, we all acquire experiences, notions and beliefs that we call conditioning which gets passed through generations. A prime reason why parents must be aware of their selves and their conditioning! Parents should be aware of themselves and their inner workings if they wish to nudge their children in the right direction. Knowing oneself helps parents understand their children better. It brings visibility into the influence of their personalities and behaviours on their children.



How does one inspire their children to be their best selves?

To guide, mentor and love your child unconditionally, one must objectively see what is best for their child. It is important to separate your expectations of the child (what and how you want them to be) from the expectations of yourself as a parent. One needs to see the child for what they are. As a parent, it is important to leave aside the layer of conditioning whether it's your anxiety, fears, anger, resentment or disappointment. Every adult needs to work against passing down the conditioning that limits another individual's unique expression.

To believe in your child, you must first believe in yourself. To empower your child, you must be empowered first. To guide them on the right path, you must be on the right path yourself.

We are all born unique; however, the conditioning we go through layers our experiences, our hopes, and our dreams with shades of fear, insecurities, and doubts. For over 19 years, Aashwasan® has helped individuals find their empowerment within by enabling them to experience unconditional love, uncover their talents, and reach their limitless potential, thereby bringing about a positive and holistic change in their living existence. Aashwasan brings forth a subtle energy-based methodology called Aashwasan Science® to facilitate a journey of self-awareness.

Every parent who wishes to inspire their child needs to find inspiration in themselves and their lives. Connect with Aashwasan to uncover these deeper aspects of yourself and bring positive and inspiring change to everyone around you.

To know more, and to get in touch, reach Aashwasan at:
Phone: +91 85300 39666 /+ 91 9731301016
Email: info@aashwasan.com | Web: www.aashwasan.com
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