

A moment with Yourself - a Journey into your Infinity An Aashwasan Event

"Unforgettable session!"

"I lost track of time. Something happened.

I felt I was coming out of a keyhole into this body."

"I couldn't get over the grief of my sister's demise.

Today, I feel resolved."

"Rashmi Aiyappa is doing such great work."



Such were some of the experiences shared by various participants at the event, A Moment with Yourself - a Journey into your Infinity, held on Nov 25 at Royal Orchid hotel, where hundreds of people gathered from India and abroad to walk a journey with themselves.

After a brief introduction to the event, Rashmi Aiyappa, the spiritual scientist and founder of Aashwasan, started the interactive session. She asked questions and gently nudged participants to open themselves to know their inner thoughts and share their deepest feelings. The interactive session brought insight into their lives which settled them, preparing them for the zero frequency session, a unique experiential journey. The experience of nothingness of zero frequency allowed people to become aware of inner noise/voice, bringing a deep shift in them. Those who came troubled, felt calm. Some broke down and cried, letting go off the burden of pent up feelings. Some felt light and energetic. Some deeply relaxed. Many, who came with unresolved grief of the death of their loved ones, came to terms with their pain. People experienced life shift at many levels - perspectives, cognition and health. People stayed back long after the session as if they finally found a space to be themselves.

To know more, reach Aashwasan: Phone: +91 80 40988920. Web: www.aashwasan.com

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