

## Aashwasan: Giving people hope, helping them heal self

AKNISREE KARTHIK | DC

Love is where it all begins... is the signature tune of Ms Rashmi Aiyappa, the inventor of Aashwasan Sciences and founder of Aashwasan. Helping the needy for the last 13 years, the foundation is on a mission to transform the lives of people by bringing them in contact with their true nature. For many, it is the last line of defence and last ray of hope.

The Foundation offers Aashwasan Science as a diagnostic and treatment service to address physiological, psychological, psychosomatic and spiritual issues of an individual. Aashwasan Science can not only identify the root cause of issues and problems, but also bring about transformatory solutions, enabling individuals to achieve their maximum potential, Ms Aiyappa says.

"Aashwasan Science has helped thousands of people by offering them preventive, curative and palliative health and well being.

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MAKING A DIFFERENCE

Many have found hope in the face of absolute hopelessness, like in a state of coma, critical conditions or cancer. Many have found the solution to conditions like autism, cerebral palsy, epilepsy, multiple sclerosis, rheumatoid arthritis, addiction, depression, schizophrenia and other disorders," she says.

Aashwasan offers workshops nationally and internationally, and has been expanding its reach over the years. According to Ms Aiyappa, 'Aashwasan Science' is spiritual in origin, experiential in nature and scientific in its approach and outcome. It contains the knowledge of human mechanism, creation and experience. "It addresses root causes of illnesses, conditions and happenings in life and helps people identify the self-healing mechanism. It self-corrects the unhealthy patterns of their lives. As the root cause is addressed, the solutions are permanent," she says.

Headquartered in Bengaluru, Aashwasan reached Pune, Kuala Lumpur, San Francisco, New York and North Carolina last year.

At an event, 'Zero Frequency - Experience the Nothingness', held on Dec. 15, 2018 in Bengaluru, Ms Aiyappa told the crowd, "Science is the process of happenings and spirituality is the experience of happenings. One is the continuation of the process and the other is the experience. They are one and the same, but just have different paradigms."

This year too, Aashwasan has lined up a few programmes in



Participants at Aashwasan's 'Zero Frequency - Experience the Nothingness' event held in Bengaluru last December

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— RASHMI AIYAPPA, FOUNDER OF AASHWASAN

Bengaluru. "To support the parents of special needs children, Aashwasan Reaches Children Centre is conducting a session, 'Performance Forward', on March 16 and 23. It is being conducted to fast forward the performance of employees," she says.



Rashmi Aiyappa, the founder of Aashwasan Foundation