

# A Journey from Ignorance to Self Awareness



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Most people who suffer from addiction, more often than not, suffer without knowing why they are in this habit, which not only harms them but also hurts their loved ones. Many live with extreme guilt, confusion and helplessness as they live like victims of something they do not know the actual cause of. Despite efforts, they find it difficult to overcome the habit and out of sheer hopelessness, many give up.

*Let's not give up. There is hope!*

The journey of Daniel (name changed) instills hope. He was a married man, a father, settled in a job yet suffered from a strange predicament - every six months he would go through an episode of binge drinking. Sometimes, during such episodes, he would become violent and sometimes he wouldn't be able to find his way home. Unable to understand why he behaved the way he did, he would feel guilty, sad and perplexed at his own helplessness. In one of the episodes, he was arrested for indulging in violence and was sent to get psychological and psychiatric help. Nothing seemed to help him as the root cause of his condition remained undiagnosed.

With his mother's unrelenting support he came to Aashwasan. He went through an intense program which took him through an inward journey. He connected to his deeper self that brought awareness at physiological and psychological levels. He could visit every layer of his past experiences and get to the real cause behind his situation. He recognized that right from his childhood he suffered from low self-esteem and self-confidence. As a child, he used to be non-assertive, soft-spoken and shy so he grew up with a lot of unexpressed and unresolved experiences that remained within him as an unclear maze of thoughts and feelings. Due to his inner reticence his awareness of self got muted. His deeply repressed feelings of low self-esteem and confidence over time became triggers and the cause behind his drinking. The triggers were

so deeply ingrained in his personality that he wasn't even aware that they existed. The deep, introspective process of the sessions opened up his entire life to his awareness. The equation with himself changed. He started working on improving his confidence. The body too responded to the inner transformation, thus regained its natural inclination towards healthy choices. The craving for alcohol reduced. His behaviour changed. The episodes of binge drinking stopped. He felt more confident as he regained control over his life.

There are many people like Daniel among us who live a life that is enslaved by an addictive habit and remain in it for life - not knowing what makes them be in it thus not knowing how to be out of it. It takes a journey of deep awareness of one's true self and just one person with unshakeable faith to stand up for them in order to find their way back to life again.

An important point to note here is - Most addictions have secondary conditions at physiological and psychological levels. Conventional methods are not able to address the secondary conditions, nor are they able to diagnose and address the root cause of addictions. That is why in many cases, there is a relapse or recurrence of addiction. Aashwasan Science™ stands as hope because it not only reverses or cures the secondary conditions such as neuropathy, digestive issues, IBS etc, but also addresses the addiction as well as the root cause of it so that it never recurs in that individual. In this way, addiction is holistically addressed, transforming the individual's life forever.

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