

Dealing with Cancer - A life-changing experience

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The word Cancer evokes many an emotion, the predominant one being Fear. Fear of being bedridden, fear of being dependent, fear of pain, fear of losing quality of life and the biggest one - fear of death. One feels completely out of control with cancer cells multiplying without control in the body. Starting from the awareness of a tumor, the time between the mention of biopsy to the final diagnosis can bring shivers in the individual. The anticipation of the worst ceases the flow of life. Many who are diagnosed in the last stages, grapple with the question, “Why Me?” Often times, they live as if they are only waiting to die. And then, fear of death becomes the main emotion that drives their life.

One such person reached out to Aashwasan, having been diagnosed with last stage of colon cancer, Mr. James Liew (name changed to maintain confidentiality) was given 2 months to live. The colon cancer that he was diagnosed with was extremely complicated - the tumor in the colon was wrapped in blood vessels that made surgery impossible. Looking at his feeble health, chemotherapy also wasn't suggested. He would go through severe abdominal pain. He was also depressed for long as he could not sleep well for 15 years - this was due to profuse sweating caused by thyroid cancer that he suffered earlier. That is when he started his sessions at Aashwasan. The progress was gradual and the journey life-transforming. “My body doesn't feel the pain of cancer at all. The symptoms have completely vanished. I don't even feel the presence of cancer in my body. I get my 6-hour sleep without any disturbance. I discovered that all the pain that I went through in my life and remained unresolved within became the cause of my cancer. Ironically, cancer became an opportunity for me to

revisit my life and resolve some of the most painful experiences and resentments of my life. I feel lighter in my heart. I feel more peaceful and hopeful. My life feels more meaningful now. I don't fear death now,” Mr. Liew shared.

The person who was given 2 months to live, lived for 4 years before he passed away calmly in his sleep. Cancer hadn't taken his life. His time had come to move on. His wife was grateful; she shared that James was the happiest in the last 4 years of his life and through that she found courage in facing his dwindling life.

James' life stands as a testimony that we can restart our life when we get deeper with ourselves and address the disease as an outcome. More often than not, we get caught in a spiral of doctor's prognosis and the implication of the disease on our body. We spend most of our time in managing the symptoms as a lifelong task. We run in circles to fix the symptoms, which are unpredictable and ever changing. This approach throws people in more and more confusions and despair. We need to address the root cause and the mechanism that brought a disease into being. The Heal Cancer Initiative of Aashwasan reaches out to people suffering from cancer, helping them identify the root cause and access their innate self-healing mechanism to overcome their condition. It offers support to the caregivers as well to deal with the disease with more clarity and direction.

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