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# What is your equation with your body?



Many of us have a certain kind of relationship with our body – is it a healthy or unhealthy one? Does it matter?

Your equation with your body has a profound impact on not only your wellbeing and personality but also on the significant choices you make and sometimes even the entire course of your life. Let's take an example of Meera's (name changed due to confidentiality) personal journey. Meera found life seamless as a child, how she felt inside and how her body responded were in perfect harmony... If she felt like climbing trees, she would not think, she would climb the guava tree in her backyard with her friends and experience the magic of playing. However, as she was growing up, she was told by her loved ones that she was "fat" and suddenly she found all her interactions with them revolving around how she needs to lose weight lest she face dire consequences in future. Although, confused initially, she started to believe that she was "fat and ugly". She slowly started to dissociate herself from her body and carried it around with shame.

As she grew older... Fearing judgement, she started choosing clothes she didn't like but helped cover her "fat". Fearing criticism, she wouldn't eat in front of others. Fearing hurtful conversations about her looks, she avoided social gatherings. Fearing ridicule, she stopped walking on streets or playing sports. She started to believe that she was unworthy of love and developed a deep need for validation and appreciation.

She found a coping mechanism within her to belong and establish an identity – she started studying harder. She only interacted with a small group of classmates who sought her help with academics. With

envy, she formed strong beliefs that people who play sports, dress up, enjoy dancing and celebrate life are good for nothing.

She would break down and punish herself by eating if she didn't score a perfect 100 or didn't ace a competitive exam. It was her way of telling herself that she absolutely deserved to be "fat and ugly". Through her choices, a zestful child who wasn't overweight turned into an obese adult suffering with anxiety.

Unknowingly, Meera carried forward these strong beliefs into her relationships - rejecting love and doubting the intentions of anyone who was drawn to her. She believed that those who loved her had low standards and didn't think much of themselves. She was never able to accept true love.

Her equation with her body was the foundation of her belief system about herself. This influenced her decisions, making her fears into reality - thus reinforcing her belief system and forming a vicious self-fulfilling loop. What she was running away from, became her reality.

Our body and soul have a beautiful symbiotic relationship - body cannot exist without a soul and the soul requires a body to experience life. The connect between the driver (your soul) and the vehicle (your body), in many ways, will dictate how your life experiences unfold, including manifestation of diseases. Aashwasan facilitates this deep journey to uncover the truth - to help identify and eliminate the root cause. Aashwasan Science™ brings complete acceptance of your body and establishes a seamless connect and a healthy partnership between you and your body.