



**AASHWASAN FOUNDATION**

**Project Document**

**Health Services**

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## **AASHWASAN HEALTH SERVICES**

World is facing intractable issues on a daily basis to which answers are very limited. Health care system is facing challenges to track and offer solutions. Despite technological advancement, quality of life and health is deteriorating and people only experience a miniscule percentage of their optimal health. Statistics and studies show a whopping increase in death rates year on year due to conditions like non-communicable diseases, degenerative conditions, genetic diseases etc (56 million deaths each year is caused by non-communicable diseases, such as cardiovascular disease, cancer, diabetes and chronic lung diseases). Cardiovascular Diseases (CVDs) are the leading group of conditions causing death globally. Over 7.5 million children under the age of 5 die from malnutrition and mostly preventable diseases each year. Chronic diseases cause increasing number of deaths worldwide. One of the main concerns that we are facing currently is the lack of information about the origin of the problem.

Our body is a dynamic system and it contains millions of mechanisms which are optimally coordinated to produce one response in our body. Many of these are involuntary and not part of our conscious decision making processes. This explains the fact that many of the internal processes and mechanisms are not in our control, and are outside the purview of our conscious choices. Human body is an intelligent system with inbuilt super processor to govern the entire functionality on a day to day basis. Details of the human mechanism and what governs its life span is not yet understood as a tangible phenomenon till date. We understand the body through visible observations and its manifestations. Every condition or disease has an origin and can be addressed only when we tap into the root cause of the issue.

Aashwasan is a spiritual science organization pioneering a new science, Aashwasan Science™, which brings in the knowledge of life's mechanisms. Aashwasan Science™ is based on the two unique phenomena of Lifeforce Mechanism™ and Timeless Phenomenon™, discoveries of Rashmi Aiyappa, the spiritual scientist, inventor and innovator. Her inborn knowing about life and the world around her brought this science into existence. Lifeforce Mechanism™ understands a person at all three levels of its existence –physiological, psychological and spiritual, and experiences human beings as energy systems and its communication at the unconscious. Timeless Phenomenon™ enables one to see the arrow of time as a single moment of experience, which helps identify the exact root cause of issues from its origin. These two phenomena are the building blocks behind the formulation of Aashwasan Science™. Rashmi Aiyappa has invented various techniques to offer this knowledge to people to address diverse conditions human beings go through. These tools and techniques have the capacity to identify the original mechanism that human beings are born with, and initiate a process to restore the altered mechanisms to their original nature.

The unique methodology that Aashwasan Science™ is bringing forward understands the human mechanism at a structural, functional, symptomatic and manifestation levels. The discovery of this new approach is a milestone in human history, which brings forward a new dimension of diagnosis and treatment in various areas of health and wellness. Application of the techniques of Aashwasan Science™ on human life has resulted in

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unprecedented breakthroughs in more than 29 areas of health and wellness, including conditions such as genetic, degenerative, developmental, neurological conditions etc.

Aashwasan Health Services are offered as stand-alone services, and also are offered as collaborative interventions along with other medical and non-medical sciences. This has resulted in various benefits at preventive, curative, management and palliative levels. Application of this methodology can change the face of global health issues that we are facing currently.

### **Why Aashwasan Health Services?**

Aashwasan Health services comprise of a broad spectrum of diagnostic, assessment, counselling and empowerment services for an individual to identify, resolve and cope with the conditions that they go through. It is offered as holistic health solutions and addresses the concerns at physiological, psychological and spiritual levels. These services help a person to experience their life in totality, offer them solutions, by taking them through step by step process and leading them to their true experiences.

Aashwasan service(s) brings out information about the inner working of a human life, which is not perceivable consciously. The scientific methods that are followed bring out information about the unconscious experiences and realities in a person. Hence Aashwasan Science™ completes the cycle of information by giving the details and understanding of the entire human mechanism. This helps in reducing the trial and error approach of treatments by accurately identifying the origin of the condition that leads a person to experience a symptomatic level of manifestation. It supports an individual to undergo treatment effectively and minimise side effects of intrusive methods. It also helps a person to cope, receive any treatment seamlessly and boost the body's innate healing capacities. This enhances recovery bringing dramatic improvement in overall health at physiological, psychological and spiritual levels.

Aashwasan Science™ is a unique scientific methodology that has the capacity to revamp the human mechanics whether that is in the body, mind or the spirit. This methodology can be applied to all life forms, to not only change its functioning but also to bring about that change as an experiential reality. This methodology when applied at the global level can bring about collective transformation in the way people experience their health, harmony and peace.

### **UNPRECEDENTED BREAKTHROUGHS**

Aashwasan Science™ alters layers of conditioning to restore the human mechanism to its original state. All conditions have an origin, and the diagnostic and assessment tools of Aashwasan Science™ trace the origin in every individual. Through Lifeforce healing (a tool used to treat people), the individual's mind-body-soul mechanism is harmonized and the individual is empowered to identify, cope and overcome these conditions at its origin, thereby addressing all conditions at its root.

Many conditions such as genetic conditions, degenerative conditions, developmental disorders, cancer, etc. can be reversed when the human mechanism is brought to its

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natural/original state. Therefore Aashwasan Science™ plays a crucial and critical role in enabling reversal of conditions. The extent of reversal and manifestation is dependent on the individual's own mechanism; thus the outcome can be quantified as preventive, curative or complete reversal, coping or management (enabling individuals to be functional with the condition) and palliative.

Transformation begins in a minute and subtle way that causes a ripple effect of unfathomable magnitude. Since nature is connected in a holistic manner, a subtle impact causing a mechanism to revive/restore its original state can bring about a chain reaction that inevitably causes an overall change in all life forms. When we talk about change in nature, we are talking about the universal system. Aashwasan Science™ is therefore an inevitable journey to bring our planet to where it belongs.

Aashwasan Science™ tools and techniques were invented by Ms Rashmi Aiyappa to offer solutions to challenges faced by humanity. These tools and techniques are also rendered to empower people to live a life of optimal health, happiness and purpose. Salient features of this science are:

- It understands the depth of human experience which contains the complete knowing of root cause and effect of all happenings of a person's life. It addresses issues at the root cause level and brings about sustainable and permanent results
- It establishes a cause and effect theory, which brings to the forefront the entire process behind all human manifestations and insight behind all universal phenomenon
- It re-establishes mind-body-soul connection, which then restores the natural/original mechanism of an individual

## **29 Areas of Unprecedented Breakthroughs in Physical, Mental and Spiritual Health Concerns**

Services incorporating Aashwasan Science™ tools and techniques have transformed lives of 1000s of individuals with documented unprecedented breakthroughs in the following 29 areas of health.

The following section provides a summary of the 29 areas addressed and documented by Aashwasan.

### **Abuse**

When an individual's boundaries are crossed through abuse, it leaves an imprint on their basic boundaries of survival. Individuals get fundamentally confused about their existence, rights of dignity and survival which can be classified as an existential dilemma. Experiences of violence and abuse make individuals question their fundamental rights to survive by birth, leading to unconscious trauma. This trauma may manifest as addictions, relationship issues, psychological and psychiatric problems and many others.

Aashwasan helps a person reconnect to the basic fabric of their creation and help them slowly overcome imprints of trauma. Such individuals usually identify a deep learning to their experiences.

### **Addictions**

Aashwasan addresses all types of addictions including alcohol, nicotine, drugs, gambling, money, food, shopping, pornography, etc., by enabling a person to become aware of and resolve the root cause of dependence on a substance. Aashwasan helps a person de-addict without withdrawal symptoms by restoring the natural mechanism of the body, thereby eliminating the craving of the substance at the physiological level. On a deeper level, a person loses the dependence on the substance as they have dealt with the issue at the core.

Additionally, many conditions/issues (such as neuropathy, digestive problems, etc.) that result from prolonged substance abuse also get reversed, giving a whole new dimension to life. Individuals also report leading a happier, fulfilling and more meaningful life.

## **Allergies**

When certain aspects of a person's elemental system is not compatible with the environment, the body reacts. Most people have reactions on a subtle level. Some people have reactions to certain things at certain points in their life. However, there are times when the body reaches a threshold and refuses to cope and overcome exposures to certain materials. In such situations, the only way to control the reaction is non-exposure.

Aashwasan increases the body's ability and responsiveness to cope and adapt, thereby helping individuals overcome allergic responses to natural substances and addressing many allergic conditions.

## **Auto Immune Diseases**

Immune system is fundamental to life. It is the first thing that comes into being. Immunity is the only makeup in our system that has an imprint of our original system, i.e. our natural self. Most auto-Immune conditions are a result of an unconscious self-destructive pattern. This pattern drives the immune system to mutate its imprint, thereby causing it to attack what it is meant to protect.

Unlike other conditions, possibility of auto-Immune illnesses exists from birth. Therefore this condition can only be addressed by changing the unconscious pattern thereby giving the body an opportunity to rejuvenate. With Aashwasan, the manifestation can result in arresting the progression, coping, and in some cases recovery for that individual.

## **Cancer**

Aashwasan helps individuals with Cancer on preventive, curative and palliative levels. Treatment of Cancer in Aashwasan is done through healing which restores the body's natural mechanism to cope with fight and/or overcome cancer.

Complete recovery has been recorded till the second stage of cancer. When the condition has progressed further, Aashwasan collaborates with the medical community to help people with cancer. Aashwasan supports in building emotional and physical resilience (immunity) to help the body fight cancer and restore its optimal function to help the body flush out toxins and repair itself after surgery, radiation and chemotherapy. Aashwasan services neutralize the negative impact of these treatments, helping the body benefit from them 100%. In the last stages of cancer, healing helps people cope with the condition gracefully with negligible pain and discomfort. The results reported by Aashwasan clients have been unprecedented.

## **Chronic Conditions**

Chronic conditions such as Migraine, Respiratory Issues, Low Immunity, Digestive System Related Issues, Chronic pains, Sciatica, Muscular System and Nervous System related issues, etc. stay with an individual for a long time. They develop because of acquired physiological and psychological patterns, and impair a person's ability to experience their life completely. Aashwasan identifies and addresses the root cause and the original mind-body-soul mechanism is restored. This dissolves the acquired life patterns and eliminates the progression of the condition. As a manifestation, the system gradually overcomes the condition.

A high level of coping is brought about in situations where the condition is in an extremely advanced stage. At a coping level, clients experience immense relief from pain (related to specific conditions), many times eliminating the need for pain-relief medications. Secondary psychological manifestations such as depression, fatigue, lethargy, lack of motivation and stress are also addressed. Overall, an individual experiences a dramatic improvement in quality of life.

## **Congenital Issues and Concerns**

Many congenital issues are caused by the impact of events before, during and after birth. The impact is tremendous because it happens at a very sensitive period. Typically for such situations, the individual's need to overcome these aspects is remarkably high.

Aashwasan helps a person tap into their own physical, mental and emotional possibility to overcome or cope with such conditions. This allows individuals to lead a life of dignity and independence.

## **Coma**

A person enters a coma state when the soul is preparing to leave the body. Death is a decision of time and space, and it's not "time" for all who get into a coma to leave. If nature permits the survival of a person, Aashwasan can revive a person in a coma. In such cases, even 1% chance is enough to revive a person.

Aashwasan has been remarkable in addressing coma in many people. In addition to reviving a person from coma, Aashwasan provides remarkable support to help people respond effectively to treatment. For cases where the person cannot be revived, Aashwasan provides palliative support.

## **Degenerative Conditions**

Various conditions such as Auto Immune Illnesses (Multiple Sclerosis, Leucoderma etc.) Motor Neuron Disease, Muscular Dystrophy, Alzheimer's, Dementia, Rheumatoid Arthritis, etc. follow a degenerative pattern resulting in inevitable deterioration at the physiological level. Aashwasan restores the optimal mind-body-soul mechanism to dramatically reduce the functional and structural deterioration of the body. Individuals slowly acquire the ability to cope with day to day demands.

Firstly, Aashwasan services bring the degeneration to a neutral state so that the mechanism no longer exhibits the degenerative pattern. Only then the natural system of the individual gets the opportunity to re-instate a natural regenerative process. The extent of benefit varies from person to person, progress of the condition and the type of condition.

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## **Developmental Disorders**

Aashwasan re-aligns a child's developmental pattern, which result in remarkable changes in physiology, psychology and spirituality, hence restoring a child's development to its optimal capacity. The output depends on the child's mechanism and the severity of the child's condition.

Aashwasan has recorded unprecedented results at preventive levels, curative and/or coping or management levels. ARC's mission (Aashwasan Reaches Children, a revolutionary movement of Aashwasan), is to help every child become independent and capable of adapting to the world around them. This is done by putting an individual in touch with their infinite potential, thereby empowering them to bring out their talents, achieve their dreams, identify, explore and express their uniqueness and live a happy and fulfilling life.

## **Genetic Issues**

The incidence and prevalence of genetic issues is going up year by year. More and more children are born with known and unknown physiological, neurological and psychological issues such as Down's syndrome, Angelman syndrome to name a few.

For the first time in the world, with Aashwasan, possibility of living with the condition with grace, independence and dignity has been recorded. Aashwasan brings high levels of coping and preventive health possibilities for conditions that result from eliminated genes genetic and chromosomal defects. Every person responds differently, and the benefits experienced by clients is not only condition-based but also person-based.

## **Grief**

Grief is a natural result of loss. It could be a loss from a relationship, a person, a dream, even a leg or an arm. Grief is also a process where individuals have to let go and learn to live life without something that deeply mattered to them. It is about coming to terms with life and accepting finality of certain things. Loss brings something very innate to one's awareness - that we do not control what happens to us. Grief is also about coming to terms with the uncertainty in life, learning to accept and appreciate it. Many people get stuck with this process and find it difficult to go through the process gracefully which may result in secondary psychosomatic and psychological issues.

Aashwasan helps a person process grief naturally by empowering them to face and accept loss. Therefore, the impact of grief in the form of secondary conditions is also addressed.

## **Infertility**

A couple may be unable to conceive for various reasons. Primarily, lack of self-acceptance at a deep level leads individuals to suppress their potential to give. Due to this, infertility in women is lot more predominant than in men. In men, it leads to other complication which eventually leads to infertility.

This is an unconscious intent that curtails genetic aspects of oneself to be passed on. Couples that face physiological reasons for not being able to bear a child are manifesting this unconscious choice. It is a struggle for couples who wish to have a child but are not



able to give their love to a child. Love for one's child is an amplified experience of self-love.

Aashwasan helps individuals accept and convert this aspect at an unconscious level, translating it as an ability to bear children. Aashwasan has supported many couples in making this wish a reality.

### **Infectious Conditions**

Human beings are vulnerable to infections at some point or other in their lives. We are meant to have infections because it builds our ability to adapt to the environment. However, when we are physically vulnerable, the simplest of infections can become life threatening.

Aashwasan helps to build the body's innate ability to cope and respond to infections. The interventions vary from addressing emergencies to building long term resilience within the body. Aashwasan Science™ plays a very unique role in lives of people having hepatitis, HIV and other debilitating infections as it empowers the body to find its path to cope with such diseases and sometimes overcome them.

### **Lifestyle Stress Concerns**

Lifestyle stress is a situation where our mind and body believe that it has to be constantly in the state of alert, i.e. it recognizes stress as a normal situation. This results in alteration in attention, thought processes, body functions and structures (organs of our body), which eventually cause various physiological and psychological conditions such as Repeated Stress Injuries, Diabetes, Hypertension, Insomnia, Impotency, Depression, Cardiovascular Issues, respiratory conditions such as Asthma and Wheezing, Spondylitis, Muscular Skeletal aches, burnout, relationship issues among others.

Aashwasan addresses these issues at the root cause level, preventing the possibility of them manifesting as psychosomatic conditions. A person's body starts to recognize its natural state or original mechanism to eliminate acquired faulty patterns. The power house behind the lifestyle issues is completely eliminated, enabling individuals to live healthier and a happier life.

### **Neurological Conditions**

Several neurological issues can impact a person's day to day functioning. These can develop in the course of one's life because of known factors or originate for no apparent reason. Conditions such as epilepsy, neuropathy, brain damage, stroke, etc. lead to debilitating physiological and psychological dysfunction.

Aashwasan services have recorded a significant change as a result of restoring neurological issues that stem from a problem in the brain function. This helps individuals lead an independent, normal and fulfilling life. In mild to moderate issues that are related to structural damage to the brain, spine and/or nerves, 50% - 95% of its functionality is restored. In such situations, Aashwasan services supports individuals to lead a life of dignity and functional independence.

### **Non Communicable Conditions**

Non-communicable conditions can be genetic and can also be triggered by environmental factors e.g. Diabetes - Type 1. Chronic conditions sometimes develop into full blown diseases that can be life-threatening if not addressed in time. Solutions available in the

world today only allow one to manage the symptoms and give the human system a chance to bounce back.

Aashwasan services facilitate healing to happen naturally from within. At the first stage of healing high level of coping manifests, e.g. for Arthritis, Aashwasan services helps with pain management enabling the person to be functional in his or her life. Aashwasan services also prevent secondary psychological and emotional problems from developing, e.g. depression, enabling the person's system to focus its resources in overcoming the condition. Given the right combination, many have overcome their condition. Therefore, Aashwasan services help bring solutions at preventive, curative/reversal, management and coping and palliative levels.

### **Obesity**

People put on weight for various reasons. It could be related to metabolism, lifestyle, hormonal issue etc. It could also be related to a person's emotional state. Root cause analysis is crucial in addressing a long term solution for this condition.

Aashwasan services identify and address the root cause, bringing about a significant difference in the person's health and ultimately restoring optimal health for the person. Aashwasan's contribution is unique as weight loss in individuals is sustainable and lifelong.

### **Organ and Systemic Dysfunction Related Issues**

Every "body" has a weak zone. For some people it's the lungs, for some it's the stomach, for others it's the brain, etc. Whenever a person goes through a difficult time such as sadness or stress, the body tends to store this in the weak zone to cope with circumstances. This causes change in the functionality of the organ. For example, if a child is very angry and is unable to express it, the child's lung capacity may shrink. The child is unable to resolve this issue and the lung capacity remains shrunk. The child then develops wheezing and/or asthma. Over years, such changes can impair the functioning for that organ and cause physical damage to the organ.

Aashwasan services identify and address issues at the root cause resulting in resolution of the problem. Physical recovery from the condition depends on the physical damage caused and the physical system ability to repair itself at its optimal functioning.

### **Past Life Trauma**

Past life experiences are usually carried seamlessly into the present life, creating compatible and seamless experiences for an individual to learn and overcome aspects of his/her life. This is the natural transition.

However, it is possible that a deep impact from past life is carried over as inexplicable and disconnected aspects of one's experiences in the present life and manifest as traumas by birth or spontaneous development of issues. Such impacts and experiences are addressed through Aashwasan services so that the person may completely experience and respond to the present life context.

### **Psychiatric Conditions**

Aashwasan helps individuals who struggle with mental health problems or psychiatric conditions such as Borderline Personality Disorders, Schizophrenia, Depressive Disorders, Post Traumatic Stress Disorders, Abuse, Personality Disorders and Dissociative Disorders etc.

Aashwasan services put people in touch with their infinite self, resulting in optimal mind-body-soul mechanism. The chemical imbalance is restored to its natural function. An individual is enabled to address deep seated traumas at its root. Thus, the brain mechanism is able to respond naturally to its environment. This brings a high level of connection with self and the environment. As a result, many individuals have experienced recovery and have continued to lead an independent, responsible, happy, purposeful and a fulfilling life as contributing members of the society.

### **Psychological and Emotional Concerns**

Living, adapting, responding and emoting are complex processes. There are times when an individual is overwhelmed and unable to deal with life situations, depression, stress and anxiety may result. This starts to affect their relationships and day to day functioning.

Aashwasan services have had remarkable impact on people with psychological and emotional concerns who do not know who to turn to. Individuals get clarity and support in overcoming their psychological and emotional issues at the root cause level thereby completely resolving their concerns.

### **Psychosomatic Concerns**

Deep emotional and psychological patterns can manifest as physical issues. Such physical issues such as back pain, digestion problems, headaches, etc. get triggered when that specific emotional/psychological pattern is triggered. Over time, psychosomatic concerns can lead to physiological problems.

Aashwasan services enable an individual's system to connect back to his/her natural mechanism and identify the root cause. When the individual's system reaches a state of awareness with itself, it automatically directs its resources to address the same. E.g., a person becomes aware that stress of his/her job is the cause of his/her back ache. The person feels compelled to deal with the source of stress from within. When a person acts on this intuitiveness, mysteriously just as the back ache symptoms appeared, they disappear. This happens because the person addressed the root cause of the issue.

### **Sensory Dysfunctions**

Many children and adults are born with or develop sensory processing dysfunction during their lifetime. This can be isolated or this can be the result of another condition. Aashwasan helps with such issues by enabling the neural processes to integrate all the sensory information, prioritize and respond to the sensory information in a completely integrated and seamless manner. This restores the natural response system of a child/adult enabling them to cope, adapt and respond to situations that were intolerable for them.

### **Sexuality Dysfunction**

Psychological and physiological factors contribute to one's confusion with one's identity and the role they play as a man or a woman. This spills over in one's life and deeply affects one's intimate relationships.

Aashwasan helps individuals connect to themselves and define their own relationship with self, with their loved ones and society in general. Roles collapse into an expression of one's innate identity rather than an acceptable image.

### **Spiritual Crisis (Possessions etc)**

These include symptoms, issues and bizarre manifestations that cannot be explained through conscious or known phenomena. Instead, it relates to an unexplainable phenomenon such as possessions, mysterious bad happenings in the family, un-explicable events out of the human realm etc.

Aashwasan clearly differentiates between known causes and causes of unnatural unconscious happenings and addresses issues at that level, restoring a person's life to relate and respond to a natural human frequency experience. This completely erases connection and identification with such events.

### **Undiagnosed Issues**

One may experience conditions where there is no clear diagnosis of the condition or issue. Many unrelated aches and pains, dysfunction of the organs, metabolic issues, weight problems and water retention issues fall under this category. Such issues cannot be understood or classified in medical terms.

Aashwasan provides a clear and holistic diagnosis of the mind-body-soul mechanism. The root cause of the issue is identified. Treatment in Aashwasan is done through healings. Healings restore the optimal mind-body-soul mechanism by addressing the root cause. Individuals experience relief at preventive, curative, coping and palliative levels.

### **Untreatable Issues**

There are several issues that have a diagnosis but there is no known solution in the world today. Individuals are advised to give up hope or to manage the condition for life. Prognosis is generally not very hopeful. Emergencies such as coma, medical situations, accidents and recurring issues fall into this category.

Many such conditions have been addressed by Aashwasan services, bringing hope through dramatic improvement observed in the person's condition. Aashwasan assesses the condition by understanding the mind-body-soul mechanism, tracing the root cause and addressing the same. The individual's system is led to identify, cope and overcome many mysterious issues and conditions that have no solution in the world today. Therefore, for many, Aashwasan stands as a last line of hope.

### **Violence Related Trauma**

Individuals who have traumatic experiences from violence can get into a deep questioning about life and the world which prevents them from leading a normal life. Their trust and faith in humanity is often shaken if there is no basis for the violence. Aashwasan helps a person overcome the trauma of violence and heal it mentally and spiritually to re-establish faith and trust in life.

Aashwasan addresses psychosomatic issues, grief, physiological and emotional issues etc. a person suffers from as a result of trauma. Aashwasan also works with the medical community to help the physiological healing process in a person.

## INTRODUCING AASHWASAN FOUNDATION

Aashwasan Foundation is a PUBLIC CHARITABLE TRUST registered u/s 12A (a) No. DIT(E)BLR/80G(R)/355/AABTA8249C/ITO(E)-1/ Vol 2008 - 2009 and recognized u/s 80G (5) (vi) of the Income Tax Act, 1961. Aashwasan Foundation is also registered under FCRA (Foreign Contributions regulatory Act) and is eligible to receive overseas donations.

### Introducing Aashwasan Foundation

Aashwasan Foundation offers Aashwasan Science™ as path breaking diagnostic and treatment services to address physiological, psychological, psychosomatic and spiritual issues to bring about complete well-being in an individual. Aashwasan Science™ contains the knowledge of human mechanism, creation and experience. Aashwasan Science™ is not only able to identify root cause analysis of issues, illnesses, conditions and problems, but it is able to offer transformatory solutions. It enables individuals identify, explore, experience and express their maximum potential to live a beautiful life.

Aashwasan Foundation was founded in the year 2006 by Rashmi Aiyappa, who was born with the knowledge of Lifeorce Mechanism™ and Timeless Phenomenon™. She invented various tools and techniques using her inborn knowledge that brought Aashwasan Science™ as a path breaking movement. The tools and techniques invented by Rashmi Aiyappa has brought a revolutionary transformation in individuals by putting them in touch with their infinite self, thus bringing in holistic wellbeing at physiological, psychological and spiritual levels. Aashwasan Foundation extends its unique services to support the economically challenged sections of the society.

Aashwasan Science™ has achieved unprecedented breakthroughs in **Developmental Disorders** (Autism, PDD, Asperger's, Cerebral Palsy, Mental Retardation, ADD, ADHD etc.), **Degenerative Conditions** (Muscular Dystrophy, Rheumatoid Arthritis, Motor Neuron Disease etc. ), **Psychological and Emotional Concerns** (Depression, Anxiety, Anger, Restlessness etc.), **Psychiatric Conditions** (Personality Disorders, Mood Disorders, Schizophrenia, PTSD, OCD, Phobias etc.), **Lifestyle Stress Concerns** (RSI, Burnouts, Insomnia etc.), **Organ and Systemic Dysfunctionality Related Issues** (Kidney Failure, Heart Conditions, Migraines, Asthma etc.), **Genetic Issues** (Down's Syndrome, Muscular Dystrophy, Diabetes type 1, Angelman Syndrome etc.), **Neurological Conditions** (Epilepsy, Neuropathy, Brain Damage due to accident/stroke etc.), **Addictions** (Drugs, Alcohol, Shopping, Food, Nicotine etc.), **Undiagnosed Issues, Untreatable Issues, Cancer** (All types), **Coma, Auto Immune Diseases** (Multiple Sclerosis, Lupus, etc.), **Infertility, Infectious Conditions, Obesity, Allergies** (Food Allergies and Intolerance, Substances etc.), **Congenital Issues and Concerns, Sensory Dysfunctions, Non Communicable Conditions** (Cardio Vascular Conditions, Diabetes Type 2, COPD, etc.), **Grief, Sexuality Dysfunction, Psychosomatic Concerns** (Weakness, Undefined Pains/aches, Fatigue etc. ), **Spiritual Crisis, Past Life Trauma, Chronic Conditions** (Arthritis, Low Immunity etc.), **Abuse Related Conditions and Violence Related Trauma**. Aashwasan has transformed thousands of lives bringing hope, love and happiness to all the lives it has touched.

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Aashwasan delineates the path for transformation by contributing to the following areas including Health and Well-being, Education, Social Issues, Research, Environmental Health, Awareness Programs and Empowerment of underprivileged and differently abled. In the past nine years, Aashwasan Foundation has adopted a scientific approach and on documenting 1000s of case studies and found that Aashwasan Science™ has brought about unprecedented breakthroughs in 29 areas of health. Aashwasan Science™ has also been the basis for creating innovative programs like humane science, creative debate that has transformed the way we understand our reality.

Aashwasan has initiated various revolutionary movements to offer solutions to specific areas of concern on a larger scale and are based on unprecedented breakthroughs achieved by Aashwasan. Some of the focussed areas Aashwasan Foundation has worked on include:

1. Aashwasan Reaches Children for special needs
2. Heal Cancer Initiative
3. Heal Depression Initiative
4. Humane Education
5. De-addiction and Rehabilitation Initiative
6. Preventive Health Initiative

In the past 9 years following are the milestones and achievements of Aashwasan Foundation:

1. Transformed Lives of over 6000 Individuals
2. Reached out to over 1,00,000 individuals through public shows, awareness programs, workshops, institutional tie ups etc.
3. Achieved unprecedented breakthroughs in over 29 areas of for the first time in the world
4. Implemented over 6 revolutionary movements that are creating a momentum for social change in areas such as special needs, cancer, de-addiction, lifestyle etc. One of the key aspects is that the focused approach of revolutionary movements creates a rapid change in mindsets, belief systems etc. creating a space for acceptance and compassion. Especially in India, this is empowering individuals to deal with their issues openly, with courage to create a unique path of possibility for themselves.

Aashwasan's approach is to reach individuals one at a time. As individuals transform, they impact their families, organizations, environment which initiates a chain reaction in the world.

## HEALTH SERVICES

### PAST WORK DONE

To reach out to people from the underprivileged stratum of society, who due to lack of basic facilities contract various serious, incurable and undiagnosable diseases, Aashwasan Foundation has been offering awareness programs, diagnoses and treatment services to them. The services have been completely free of charge keeping in mind the pain and hopelessness that people face in their lives.

Aashwasan Science™ brings life transformatory solutions to many problems that humanity is facing. Building awareness about this science is one of the primary objectives to reinstate hope in people's lives. Through these programs people become aware of possibilities and solutions that they can access and look forward to. It brings immense amount of hope in an individual's life.

Briefly outlined below is some of the work done in various significant areas of health initiatives that Aashwasan has undertaken as Revolutionary movements. Following is a brief on activities that Aashwasan Foundation has implemented.

### PROGRAMS ON DE-ADDICTION AND REHABILITATION

Addiction is a very complex process and often has deep seated root causes. Many of the current trends in society have aggravated the impact and incidence of addiction. Individuals find it very difficult to give up the habit and in many cases temporary abstinence is followed by cycles of excessive indulgence. Unless the root cause is resolved an individual finds it difficult to move on in their life. The effect of addiction can be severe in many individuals and can lead to other physiological and psychological conditions such as depression, neuropathy (loss of sensation), liver damage, loss of memory, etc.

Aashwasan services has enabled individuals to recover from their addictions and rehabilitated into the mainstream. It has also reversed the impact of addiction such as neuropathy. **Aashwasan services address issues at the root cause and as a result, the individual does not suffer from any withdrawal symptoms during the process of de-addiction.**



### **Event I - De-addiction withdrawal symptoms – Aashwasan Approach**

### Deaddiction without withdrawal symptoms

*Aashwasan offers support to people who are determined to give up harmful addictions gracefully, without suffering withdrawal symptoms.*

**R**ough center to Audreya was an alcoholic and a smoker. He would consistently consume at least five glasses of alcohol everyday. His drinking would late late into the night and he would often bring his two family. He was smoking. After the healing, he drinks minimally and in moderation. He is back home early everyday to spend time with his family. His smoking also stopped.

Mr. Rao, a professor at Hyderabad, couldn't do without 10 cups of coffee every day, which would show its effect on his stomach. After the healing, he has not had the need to drink coffee. His wife complains of having lost a coffee companion.

An addiction starts as a habit and gradually becomes an integral part of our lives. It's anything - coffee, sex, alcohol, drugs, smoking or anything similar to these that's common among all is the mental and physical dependence on the substance. For instance, all of us know the ill effects of alcohol, drugs and smoking, yet many a time the withdrawal symptoms are so intense that they cause a person to habitually indulge in it, even when they are aware of the harm it can do to their health.

**Spiritual science tool - Aura healing** offers a person to regain control, exercise their choice and become self-empowered. This is done in a completely non-invasive way. Use of a substance alters the body chemically and also has beneficial effects on the meridians. During Aura Healing the body is first released

### *Stages of the Deadaddiction Program*



its original chemical state. For example, nicotine is broken out from the tobacco plant and then the plant matter that the system does not cause for the substance, thus preventing any withdrawal symptoms. Psychological triggers such as stress, emotional issues etc. are avoided at the root cause level. A person is empowered from within so that he/she can easily give up addiction.

During the treatment, clients have experienced increasing desire for the substance as they go along. One of the clinicians noted that although he was doing his best to not let his clients consume whisky, "not" For another client, smoking was linked very closely with love. The number of cigarettes he smoked daily decreased, as the love was resolved. As the awareness of the body grows, the person begins to act toward what is healthy. In fact, for those whose substance use is purely physiologically driven, the use of substance stops sooner or later, because the person has psychological association. Every individual experiences bonding in his/her own unique way as unique as they themselves are. Number of sessions depends on the individual.

Continuous use of substances also affects the physiological structures i.e. organs and tissues, making them inefficient. If the substance continues to be used, damage is caused to the organs and tissues of the body. With more sessions the organs can be repaired and rejuvenated. Much of the damage can be

**De-addiction withdrawal symptoms – Aashwasan Approach** is a series which was held for a period of one year starting from 2006 November. It saw many people coming to Aashwasan to avail services to overcome their issues of addiction. Over 50 people attended these programs. Many of them took the treatment.

## Event II - CMR College



**Awareness Program on De-addiction without Withdrawal Symptoms – a Life transforming experience** was held on the 9<sup>th</sup> of Oct 2010 at CMR College, OMBR Layout, Bangalore. The awareness program was attended by the public, faculty members of CMR college and students of CMR College.

### Event III – De-addiction Media Campaign 2006



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## **PUBLISHED WORK**

Regaining control over one's life. De-addiction without withdrawal symptoms - A path breaking approach by Aashwasan Science™, Stayfit, March 2014

Link: <http://www.aashwasan.org/news/deadict.pdf>

## **PROGRAMS ON PREVENTIVE HEALTH**

Aashwasan has been working steadfastly in bringing solutions to these challenges. It has been addressing these issues through awareness programs, workshops, and education oriented programs and above all providing breakthrough treatment, diagnostic and assessment services to the economically challenged communities. Aashwasan services have shown unprecedented breakthroughs for the first time in the world in cardiovascular conditions, diabetes, cancer, lung related issues to name a few.

### **Event – Coping with Stress – for the students of St. Joseph's high School**



Children as young as 5 year olds are known to run away from home unable to bear the stress. Children as young as 10 years contemplate suicide. Children are showing lot of aggression nowadays. There are numerous episodes seen of students killing other students or many times killing themselves out of overwhelming stress. Have you wondered where this stress comes

from and when will this cycle of stress stop?

Gone are the days where schedule, performance and sense of achievement were seen only in the corporate world. Today children have to work towards a good future as soon as they step into school and are as prone to stress as anyone else. Children manifest experience of stress differently from adults but the effects of stress in children are just as serious. Extensive experience of stress leads to development of unhealthy personality traits and create physical and psychological problems and cognitive problems (that lead to memory problems, inability to concentrate, trouble in thinking clearly etc.). This impacts their performance, health, mental and emotional wellbeing.

To help higher secondary students cope with stress of exams, Aashwasan Foundation conducted awareness program for St. Joseph's High School students bring awareness of

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the root cause of stress, children go through during exams. Many parents who attended the program went on to explore and experience the benefits of Aashwasan services.

## **Diabetes**

Diabetes is a major threat to global public health that is rapidly getting worse, and the biggest impact is on adults of working age in developing countries. At least 171 million people worldwide have diabetes. This figure is likely to more than double by 2030 to reach 366 million. Incidence of diabetes type-II has been consistently rising in India.

Diabetes II, like many non-communicable diseases, is an outcome of lifestyle stress. Diabetes when goes unattended leads to further complications in the form of renal failure, cardiac issues, decay in the body such as gangrene etc. Lifestyle stress could be caused by work stress, personal problems such as bad relationships, wrong lifestyle habits et al.

As many people in our society fall under the poverty line, many a time they cannot afford treatment for diabetes related complications. To address Diabetes and prevent it to get into complications mentioned above, Aashwasan Foundation has taken upon itself to treat people with Diabetes at preventive, curative and preventive level.

## **A few case studies**

### **1. Name: Dr. Ramani, 50 years**

#### **Background**

Dr. Ramani came with certain concerns on her professional front and certain health issues. One of the health issues was high level of Diabetes. She was under lot of stress due to long pending things that were not moving forward in her life and the stress she experienced due to this exacerbated the sugar level. When she came to Aashwasan, she actually was deliberating on taking insulin injections in addition to medicines.

After the treatment:

She was recommended a few healing sessions. After the very first session, she was surprised to see her sugar level drop to normalcy. The next two sessions brought back mental peace and provided much needed clarity on certain important issues in life. Even after six months of taking these sessions her sugar levels were under control.

Her mind and body feel much more rejuvenated. She not only got back her health, but to her delight her skin also changed drastically making her look much younger.

### **Name: Shantamma, 60 years**

#### **Before**

Shantamma was diagnosed with thyroid (hyper) issues and Diabetes Mellitus. Her diabetes and her thyroid were under control through medication. As a result of this, she would experience swelling in the body and often would feel sleepy. However, when she slept she did not feel rested. The swelling would go up and come down every few days. Even with medication, her sugar and her thyroid were above normal, though under

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control. Because of her diabetes she developed cataract. She also had high BP and would experience a lot of heat in her body.

### **After**

Her sleep patterns improved. She felt fresh after sleeping. Her body no longer swelled. She has put on healthy weight. Her reports of thyroid and sugar were normalized. The doctors suggested reduction of her medication. The growth of her cataract has been arrested. Her BP became normal and she responds normally to the weather.

## PROGRAMS ON CANCER

Aashwasan Foundation has treated people with cancer restoring the healthy mechanism in the body, rejuvenating and repairing the cancerous cells, restoring the natural ability of the body. The treatment is used to destroy the cancerous cells, rejuvenate the good cells, cleanse the body of toxic residues, and help the patient to cope with the psychological and physiological impact of cancer. The family and caregivers are also helped through counselling to cope with this dreaded disease.

The treatment includes immune system building which helps in tackling cancer at the basic level thus help in preventing cancer to recur in patients.

### **A few cases:**

#### **1. Bindoo Purniya**

Before:

She had come with 4<sup>th</sup> Stage of Colon cancer. She felt fear of death and was not able to eat or sleep well. She had lost hope and could not function optimally.

After:

After taking Aashwasan Therapy, she started enjoying her life again. Her appetite and sleep came back and her fear of death was no longer felt.

#### **2. Nanjunda (31 yrs)**

Before:

This 31-year old man came to Aashwasan with 2<sup>nd</sup> stage of cancer of Lymph nodes. He was very distressed and said that he didn't know why he was living. He had lost appetite, sleep, enthusiasm or hope to live. His body had severe heat and a nagging fever.

After:

After Aashwasan therapy, he started eating and sleeping better. His cells regenerated faster. The chemotherapy residue was cleansed completely due to which his nails and eyes got back their original color. He said he was back to live the second chance of life to the fullest.

#### **3. Kameshwari**

Before:

This lady was diagnosed of blood cancer at 4<sup>th</sup> stage. She didn't know what to do. She became delirious with fear and started talking in the air and would cry thinking incessantly of her 12 year old daughter. Chemotherapy started but this created lot of heat. Her mouth had got ulcers; the skin was dry and so on.

After:

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She took Aashwasan therapy which gave her lot of calm and peace in mind. Her delirious behaviour was no longer there. Her fear was gone.

#### **4. Rukmini Devi (70 yrs, woman)**

Before:

This 70 year old woman came with over usage of chemotherapy that had brought in neuropathy, loss of sensation in her hands. She had been given 2 extra sessions of chemotherapy that had made her hands and legs feel numb.

After:

The Aashwasan therapy offered to her treated neuropathy, but also brought back enthusiasm and alertness in the body. The heat created by chemotherapy which in turn created lot of restlessness and sleeplessness was also addressed effectively.

#### **PUBLISHED WORK**

A. Building a cancer free world, Stayfit, Feb 2014

Link: <http://www.aashwasan.org/news/cancer.pdf>

B. Degenerative Conditions, Pushing the limits of human potential, Stayfit July 2014

Link: <http://www.aashwasan.org/news/degen.pdf>

## **PROGRAMS ON DEPRESSION AND PSYCHIATRIC CONDITIONS**

Aashwasan's deals with people who are depressed, feel lost and do not feel focus or direction in life. There are physiological as well as psychological issues that can lead to depression. Depression itself can cause physiological conditions such as lifestyle issues such as addictions and various digestive and respiratory issues.

Aashwasan offers treatment to addresses the root cause (which can be insecurity, inferiority complex, low self-esteem) by restoring natural mechanisms of the human system. Many individuals approached Aashwasan wanting to get out of depression and during treatment it came out that they were suffering not only from depression but myriad of mental illnesses. Aashwasan does not approach depression in the same manner as medical science however, deals with each individual holistically advising medical support as and when required. The case studies have been classified based on the objective stated by the beneficiary under this initiative and not by clinical diagnosis of the condition. Conditions dealt with under this initiative cover range of emotional, mental, psychological and behavioural issues.

### **Case Studies:**

#### **Seema**

##### **Before**

Seema had kidney failure and then transplant done one and a half years before she approached Aashwasan. She had many health complications - creatinine levels, diabetes, hypertension, cholesterol, uric acid and urea in the body were high. She suffered from Urinary Tract Infections regularly and was getting abscess now and then. She was on medicines for all these conditions and was getting depressed and losing interest in herself. She put on weight due to various factors. All this frustration would come out as guilt, anger, irritability and sadness. She felt totally insecure and helpless.

##### **After:**

After a set of 7 sessions of Aashwasan treatment, she overcame depression, helplessness and frustration. Her eyesight improved she stated business of greeting cards. She felt very motivated. She is very happy and confident that now even if she feels tired, she can still go on with her passion of writing and creating cards. Her anger, irritability and sadness reduced so much that even her family felt it. She felt more energetic.

### **Video Testimonial**

Mrs. Vasundhara Pandey

Link: [http://www.youtube.com/watch?v=wFXqf\\_odQFw&list=PLS-q1U3zAz3xRz7j41QP4MQNheAxSwRye](http://www.youtube.com/watch?v=wFXqf_odQFw&list=PLS-q1U3zAz3xRz7j41QP4MQNheAxSwRye)

Please note \*Names have been changed and some details have not been mentioned to maintain confidentiality of the individual on their request

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## **PUBLISHED WORKS**

Is it really in the mind? Overcoming Psychiatric Conditions: A Reassuring Journey, Stayfit, June 2014

Link: <http://www.aashwasan.org/news/deg.pdf>

## **PROGRAMS ON DEGENERATIVE AND GENETIC DISORDERS**

A degenerative disease is a disease in which the function or structure of the affected tissues or organs will progressively deteriorate over time, whether due to normal bodily wear or lifestyle choices such as exercise or eating habits.

Aashwasan Foundation has reached to approximately 30 people suffering from degenerative diseases and some from genetic disorders. People suffering from degenerative concerns such as Multiple sclerosis, Arthritis and Rheumatoid Arthritis etc. have been helped through Aashwasan treatment to repair the organs and enhance the quality of life. Through Aashwasan treatment, the immunity system is made to recognize its body as its own. Immunity system is repaired and strengthened to help body build its defence system. The cells are repaired which then rejuvenate and regenerate. This helps in rebuilding myelin sheath on the nerves. The body throws out completely damaged cells, giving way to regeneration of new cells. The body is cleansed of the toxins that sometimes could be the result of the dysfunction of the immunity system. The body is cleansed of the side effects of medicines. This helps the body to put in efforts to self heal. The frequency of occurrence of infections is delayed, which in turn gives enough time to the body to recuperate faster. Central Nervous system is repaired and rejuvenated. Thus nerve conduction improves. All the functions that got affected are gradually restored to their optimal potential. Muscles are strengthened and clarity is brought to muscular responses. Body's capacity to recuperate is heightened by more than 75%. Psychological trauma that ensues the knowledge of MS is addressed by bringing in hope and clarity.

Children with genetic disorders such as Angelman Syndrome have been treated to help the body recognize a better way of functioning in the absence of certain important chromosomes. The body is equipped to accept the disorder and is also helped to prevent secondary issues related to the inborn defect.

## Programs:

Multiple sclerosis (MS) is an autoimmune disease that affects the central nervous system (the brain and spinal cord). The exact cause of MS is not known and what triggers an attack is unclear.



Ms. Rashmi Aiyappa, the Managing Trustee of Aashwasan Foundation addressed people suffering from Multiple Sclerosis, an autoimmune and degenerative disorder, at the Multiple Sclerosis Society of India. Subsequent to the awareness program, some of the critically ill patients came and took treatment.

## Testimonial:

"When we came to know that my son has a genetic disorder Angelman Syndrome, initially we didn't understand. When we read up a little about it and heard from the doctors, we were heart broken and felt completely hopeless. This is when I saw in the newspaper about an event Aashwasan Foundation was conducting to address some developmental disorders. It has been 5 months that we have bringing my son, Skanda for Aashwasan treatment. He is improved a lot. His walking has improved. He used to lose balance when he walked. But now his walk is steadier. He is able to recognize some emotions. He responds when we call him. He expresses better. He is trying to use his voice. In coming days, we have hope that he is going to show a lot more changes. "

- **Skanda's father**

## PROGRAMS ON EPILEPSY AND NEUROLOGICAL CONDITIONS

Aashwasan Foundation has undertaken Epilepsy project to address epilepsy and bring relief to people who suffer from fear and anxiety of epileptic seizures and also suffer from the side effects of the medicines which they take lifelong. Many children with epilepsy become almost non-functional in life due to terrible neurological damage.

Aashwasan therapy brings about 90 to 95% relief to people where they can live without medicines and fear. Their natural brain mechanism is restored, thus bringing permanent cure. Aashwasan has reached out to many people and has bettered their quality of life, and they are:

## A case study:

### Imant Brant

Before:

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Imant is a 3 year old boy, who had epilepsy right from the day of his birth. He used to have 10 to 15 seizures every day. He could not sit or stand or balance his head. He would most of the time sleep due to heavy usage of medicine, which was the only way, he could be handled. He had severe constipation too. His immunity was very bad, and he would always fall ill in the winter season.

After:

After the therapy started, his constipation disappeared. Within a month of two months, he could sit with balance. He started standing on his own. After sometime he started to walk with someone's support. He started going to kindergarten where he mingled with other children very well.

## **AASHWASAN AWARENESS PROGRAMS ON VARIOUS OTHER AREAS**

**Event No.1:** National Institute of Personnel Management

**Date:** 22<sup>nd</sup> December 2007

**Time:** 10am – 5pm

**Venue:** Regaalis Hotel

**Agenda: Workshop on "Employee Happiness Index – Key to Employee Effectiveness"**

**Highlights:** This workshop was hosted by NIPM and conducted by R. Ravi – Chief Adviser of Aashwasan. During the one day intense workshop members from varied industries introspected on what stopped them from being happy and productive. Participants also openly discussed the issues that they faced in the organizations and how they could handle them. The participants were facilitated to find their own answers.

**Some participants verbalized their experiences and they had this to say:**

Thanks a lot got to know my deepest patterns and hope to work on it

- (Technical officer – Tecso)

Thank you for inspiring Program

- (DPAO -JSW)

**Event No.2:** Bangalore Human Resource Consortium

**Date:** 8<sup>th</sup> December 2007

**Time:** 3:30pm – 4:30pm

**Agenda: Lifestyle Stress Awareness Program**

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**Highlights:** BHRC event which was hosted by Aashwasan and conducted by R. Ravi – Chief Advisor of Aashwasan talked about Lifestyle Stress. Around 18 people attended the Program.

**Some participants verbalized their experiences and they had this to say:**

Got aware of my patterns

- (HR Manager – SAIPL)

Feeling very easy and relaxed

- (Dean – Aakson Group of Institution)

**Event No.4:** National Institute of Personnel Management

**Date:** 31<sup>st</sup> July 2007

**Time:** 6:00pm to 8:00pm

**Agenda: Lifestyle Stress Awareness Program**

**Highlights:** Mr. R. Ravi- Chief Advisor of Aashwasan talked about **Lifestyle Stress** at **National Institute of Personnel Management**. Participants included members of NIPM, HR's, and Senior Managers. Around 20 of them attended the program. Fifteen percent of Bangalore population today is employed at BPOs or closely related to employees who work in these BPOs. Another 5% is in the IT industry. Twenty to twenty five percent of the working populations are servicing these sectors. People have a tendency to gain or lose weight. These symptoms are also coupled with low self-esteem and thoughts about death. Coincidentally, these symptoms are similar to that of any depressive disorder. While people in Bangalore are not depressed, their lifestyle and work demands are adding up to a pattern that defines depression. IT companies show high competitiveness and high demands. Again the patterns are not as disturbing as the ones that we see in the BPO sector, but stress seems to be the order of the day. People are working around the clock, and therefore fail to pay attention to their basic needs of life. You would also see other lifestyle issues - early burnouts, cardiovascular diseases, and repeated stress injuries, urinary, reproductive and digestive problems. The question is not if these are real issues, the question is, are we recognizing them for what they are. Individuals and individual organizations are reaching out for help, but shift can be made only if the society as a collective whole takes responsibility to get out of this self-created crisis.

**Some participants verbalized their experiences and they had this to say:**

Its very nice program one should attend this program

- (Upendra)

Feeling very nice, would like to attend more of such programs

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- (Dean – Aakson Group of Institution)

**Event No.5 :** Actavis Pharma Development Centre Pvt. Ltd

**Date:** 17<sup>th</sup> May 2007

**Time:** 4:00pm to 5:30pm

**Venue:** Actavis Company

**Agenda: Lifestyle Stress Awareness Program**

**Highlights:** **Actavis** event which was hosted by Aashwasan and conducted by R. Ravi – Chief Adviser of Aashwasan and Maithili M.B – General Manager of Aashwasan talked about **Life Style Stress**. Around 10 people attended the Program.

**Some participants verbalized their experiences and they had this to say:**

I have learned how to be positive.

- (Sreekanth - Scientist)

Everyone has their own will, one should find out their own will.

- (M. Anantaa Rajmohan - Scientist)

**Event No.6:** Oxford Book Stores

**Date:** 24<sup>th</sup> April 2007

**Time:** 5:30PM – 7:00PM

**Venue:** Leela Gallery

**Agenda: Lifestyle Stress Awareness Program**

**Highlights:** In **Oxford Gallery** event, which was hosted by Aashwasan and conducted by R. Ravi – Chief Adviser of Aashwasan and Maithili M.B – General Manager of Aashwasan talked about **Life Style Stress**. The emphasis on lifestyle trend and self – presentation is the growing trend in the city. Today, with development technology, jobs require fast paced performance without adequate time for exercise and rest. Apart from work cultural factors, environment etc, influence lifestyle of people. In Bangalore, people complain of stress. This is coupled with complains of back problems, digestive problems, sleep issues, depression, breathing problems and many more. Nearly 40% of (the number of) heart attacks, 85% of normal diseases, 80% of impotence, 20% of cancer, 85% of sleeplessness problems – all can be attributes to lifestyle problems.

On the macro economic level countries are beginning their economic performance on parameters such well being (Gross Wellbeing product) of its people rather than GDP.

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Participants included Director, Public Relations Manager, HR's and journalists.

**Some participants verbalized their experiences and they had this to say:**

Would like to attend more programs in Aashwasan

- (Patron - Talentcult)

All my doubts have gone. Now I feel free and I can relate to myself better.

- (Public Relations Manager - IAF)

## **PLAN OF ACTION FOR THE PROJECT**

Aashwasan has had remarkable breakthroughs bringing possibilities in all areas of its approach and function. Aashwasan has grown to offer services to the underprivileged and is now functioning at capacity. Based on the breakthroughs Aashwasan has brought society is presenting a very high need for Aashwasan services be it in health, education, social interventions or serving organizations that serve community. Therefore, in the coming year Aashwasan Foundation is going to redirect some of the organizational resources towards fundraising and offer larger range of services to the community. On a high level, following are the plans for the current financial year for the health services that's Aashwasan is offering to the world.

### **Aashwasan Awareness Programs**

Aashwasan is reaching out in small and large groups to create awareness on various topics that are global and local concerns that include health, societal issues, education, lifestyle etc. Aashwasan offers awareness programs to bring to limelight a human beings potential and hidden possibilities that can be explored to bring solutions to our sufferings. Aashwasan not only offers talks on these subjects but also offers a scientific methodology that can enable individuals to experience their true state.

#### **Goals**

- Conducting public awareness programs averaging to 3 awareness programs a month. These programs will include public programs, programs conducted in collaborations with institutions/organizations in the health sector.

### **Offering Aashwasan's Path Breaking Services to Individuals**

Aashwasan offers its services to all individuals to bring optimal physiological, psychological and spiritual health and wellbeing. Aashwasan will reach out to individuals from the underprivileged segments who are seeking to explore their potential, talents.

Aashwasan foundation is serving an average of 50 individuals a month on an ongoing basis with all types of conditions, illnesses diseases etc. Some individuals who are suffering from grave physiological and psychiatric concerns require long term treatment and avail of Aashwasan services for more than an year.

## ANNEXURE

### **ORIGIN OF AASHWASAN SCIENCE™**

#### **About Rashmi Aiyappa**

#### **Spiritual Scientist, Inventor, Social Innovator and Founder of Aashwasan**



Aashwasan Science™ is a global movement founded by Rashmi Aiyappa. She is born with extraordinary abilities of experiencing life in its truest nature across all life forms. She is bringing forth a unique 'Science of Human Mechanism'. She is born with two unique phenomena. One is, where she experiences people as a web of intricate networks of energies communicating with one another at the subatomic level of existence. This gives her utmost clarity about an individual's mind-body-soul mechanism (LifeforceMechanism™). She is also born with an extraordinary ability to experience the arrow of time from its origin. She experiences the whole continuum of time (past, present and future) as a single dimension which enables her to connect to the multi-dimensional realities that exist in nature and the universe (Timeless Phenomenon™). This inborn ability helps her

to understand the complete cause and effect cycle of a human life, giving her a holistic view of an individual's life.

This inborn knowing gives her absolute clarity of a human life, its creation, mechanism, experience and manifestations at their physiological, psychological and spiritual levels. She experiences their complete body-mind-soul mechanism. She sees the happenings in a person's life, identify and bring out the exact root cause of a problem.

Culmination of her inborn knowing of LifeforceMechanism™ and Timeless Phenomenon™ gave birth to the world of Aashwasan Science™. Aashwasan Science™ is a unique scientific methodology which has the capacity to revamp the human mechanics whether that is in the body, mind or the spirit. This methodology can be applied to all life forms, to not only change its functioning but also to bring about that change as an experiential reality. As the mechanics is revamped, the body connects to its innate potential to revisit, identify, and change its mechanism by itself. As the body, mind and soul experience the change, a human being is also able to enjoy the experience of that change, thereby facilitating a holistic living.

Rashmi Aiyappa has created unique tools and techniques out of her inborn abilities to reach out to the humanity. These innovative tools have the capacity to identify and bring out the true nature of the issues and have the ability to resolve it at the root cause level. Aashwasan Science™ is experiential in nature, spiritual in origin and scientific in approach. It initiates a reformatting process of the human mechanism, bringing it back to its original state.

Over a period of 9 years, application of these tools and techniques has transformed lives of thousands of individuals, achieving 29 areas of unprecedented breakthroughs in the

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area of health and wellness. Such breakthroughs are setting a record in terms of successfully identifying the root cause behind symptoms and manifestations of issues in an individual and offering solutions.

The unique application of Aashwasan Science™ has found hope in the areas of Education, Health, Research, Collaboration, Environmental Issues, Social Issues, Empowerment of Underprivileged and many more.

Aashwasan Foundation, offers its unique services in holistic ways to groups, individuals, organizations, societies irrespective of their economic status enabling individuals, associations, philanthropists, experts to come together to uplift and empower the challenged sections of our society.

#### **AWARDS:**

In the CMO Asia awards held in Singapore Aug 2013, Rashmi Aiyappa was honoured with the NGO Excellence Awards for Social Consciousness as "Social Innovator". CMO has over 17,000 members and has presence in over 17 countries in the Asia.



#### **In News:**

##### **Audio Visual**

A. Rashmi Aiyappa's Interview on Bernama Today

Link: [http://www.youtube.com/watch?v=h44jgH\\_XrjQ](http://www.youtube.com/watch?v=h44jgH_XrjQ)

B. Rashmi Aiyappa on Degenerative conditions

Link: <http://www.youtube.com/watch?v=NSPiJdulI6k>

C. Rashmi Aiyappa on Women Empowerment

Link: <http://www.youtube.com/watch?v=JZ49iByQVP4>

D. Rashmi Aiyappa on Stress

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Link:

Video 1: <http://www.youtube.com/watch?v=-fNEHTe5ghY/>

Video 2: <http://www.youtube.com/watch?v=aAtnbKNkDoU>

## Print

### 1.



Love is where it begins....

Profile on Rashmi Aiyappa, Stayfit Jan 2014

Link:

<http://www.aashwasan.org/news/stayfit.htm>

### 2.



Beyond time and space into the world undiscovered

Link:

<http://www.aashwasan.org/news/falcon.htm>

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3.

Aashwasan to Transform Lives, Indian Express, May 2007

**4** With The New Indian Express

**CityExpress**  
Bangalore, Friday, May 25, 2007

**CITY GUIDE.NEWS**

## Aashwasan to transform lives through Aura Science

**Express News Service**

May 24: Aashwasan, a spiritual science foundation, promises to transform lives with Aura Science and ESP (Extra Sensory Perception).

Speaking to the media here on Thursday, Founder and Chairman of Aashwasan Rashmi Aiyappa said, "Our foundation aims to bring about a balance and holistic well-being in individuals so that they live in psychological and physiological wellness.

The tools and techniques of Aashwasan are used to heal, treat and diagnose various physical and emotional illnesses." Elaborating on the concept of Aura Science Rashmi said, "Aura Science is the science of life-force energy. Every individual has an outer physical aura, that is the physical existence and the infinite core aura, that is the soul existence. Perception of aura reveals a person's physical, psychological, emotional and spiritual existence."

This transformation is brought about by connecting people to their infinite potentials.

Over the two years of its existence, Aashwasan claims to have made remarkable breakthroughs in treatment and diagnosis of autism, epilepsy, cancer, WPW syndrome, depression, obsessive compulsive disorder, bipolar manic depression, to name a few.

The Foundation - a public charitable trust, aims to render knowledge with clarity to bridge the gap between spirituality and science.

"We aim to heal and empower people to live their life full with health, happiness and hope," adds Rashmi.

For details, contact Aashwasan Foundation at 2363 3307.

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4.

Reaching out, Indian Express 2006

6 With The New Indian Express

CANVAS

CityExpress

Bangalore, Friday, January 6, 2006

# Reaching out



By Meera Vankipuram

**T**WENTY-nine-year-old Meera, an artiste from Basavanagudi, conducts painting, dance and creativity workshops at home. Hectic schedules often cause her to skip meals and experience lower back and knee pain.

Two months ago, a chance meeting with Rashmi Aiyappa, founder of Aashwasan led to an 'aura healing' session. Post the session, Meera says she is a lot more aware of her body and its workings. "I'm able to connect with my body in ways I was never able to, before. In fact, now I receive early signs and heed them, unlike in the past when I wouldn't even feel hunger pangs for hours!"

At the workshop organised by Aashwasan at Oxford Bookstore, Leela Galleria recently, R. Ravi, President (Engg & Asia Region) of Epiance Software Pvt Ltd, had a similar story to tell.

Says Ravi, In May last year, "I was facing some issues at work and was at crossroads, both professionally as well as on the personal front. A healing session with Rashmi made him realise his innate strengths and

Using techniques such as ESP and 'aura healing', Aashwasan Life Enhancement Services helps people get in touch with their inner selves

weaknesses and explore new aspects of his personality. I was able to make some intuitive decisions and have since become a healer myself," he avers.

Rashmi, the force behind Aashwasan, says she has been blessed with extra-sensory perception (ESP). Her perception by means other than the five senses. "From a very young age, I could see, hear and feel other people's pain.

Sometimes, I can foresee events like accidents or deaths much before they occur," she says.

According to Rashmi, these powers can be invoked at will. She is also able to discern certain energy patterns in a person's body and find out which parts of the body are diseased or unhealthy, without referring to medical reports. "I don't wish to change anyone's destiny. I only tell people what they need to know to better their lives and interpersonal relationships. All this may sound bizarre, but I want to utilize my powers to help people, she says, with firm resolve."

Aashwasan (a Sanskrit word for assurance) helps provide "physiological, psychological and spiritual healing" in the form of counselling sessions to individuals, groups, families and corporates.

A recent initiative, the Aashwasan Reaches Children (ARC) project seeks to empower schools, parents, and children with autism, learning disabilities, Down syndrome and Cerebral Palsy through holistic healing techniques.

Aashwasan Life Enhancement Services Pvt Ltd is at No. 2 Ganganagar North, 2nd floor, opp. Govt. Veterinary College, Bangalore; 24. Ph: 23633077. Web: [www.aashwasan.com](http://www.aashwasan.com)

**Hidden TRUTH**

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## IN NEWS:

### Corporate Social Responsibility, FKCCI Journal, July 2007

Article



## Corporate Social Responsibility

Mr. R. Ravi, Trustee, Aashwasan Foundation

The concept of charity has undergone dramatic changes in the last few decades. There were always religions which used to espouse charity and there have always been some individuals who had a streak of magnanimity in them. Money given to the poor, help to various people used to be means by which the magnanimity would be expressed. Charity as a concept in organizations came much later. Organization of the yore days, used to pride themselves on the profit motive. Some of them offcourse took it to rapacious limits and some would still maintain dignity while carrying out their business.

Social responsibility is a term of recent origin and reflects the complexity of the society today. Corporate Social responsibility has also become an initiative which is practiced by many organizations. Some organizations realize that CSR (Corporate Social responsibility) is just not giving support to various organizations. CSR implies that support is given in a responsible manner. In the case of normal charity, there is no transparency into what happened with the support given.

Corporate Social responsibility involves four key ingredients:

1. **Identify:** Corporate identifies their core purpose and answers the question "Who they are".
2. **Take responsibility:** Corporate give responsibly. They take

responsibility for what they give. Based on the identity define the change that they need to make in the society

3. **Track:** Corporate tracks, monitors and measures the efficacy of the SCR initiatives
4. **Empathy:** Empathy towards all stakeholders

#### Identify

Every individual embodies a cause and a purpose. Irrespective of whether they know it or not the purpose can be summed up in a few words. This purpose or forms the core of the individual and defines their identity. Individuals who know their identity, whose actions are in consonance with their identity, find their actions more fruitful and empowering. Their actions then flow very smoothly, with minimum efforts. Just like individuals organizations also have an identity. This collective identity is not defined by the vision or the mission statement. Every organization needs to understand and comprehend this identity. The identity is not what the CEO or the top management thinks. The identity is something intangible which drives the very essence of the organization. All actions need to emanate from this identity. As an example the identity of an organization may be "Creativity". If the organization does creative acts and if they involve in services and

products which harness this element, the organization will be energetic and successful. Any action which go against the grain of the identity, seem stressful and difficult to achieve.

CSR is just one of this set of actions that an organization performs, but an activity which does not yield anything tangible and direct to the organization. It is therefore more critical that organizations identify what they are, identity their soul, before they give responsibly. Failure to do this would result in a short lived or ineffective CSR campaign.

#### Take responsibility

Once the organization identity is known, the next step is to define actions, projects or initiatives that would be in line with this identity. If an organization identity is "Creativity", initiatives which involve furthering creativity in schools and colleges, or sponsoring activities which impart and unleash people's creativity may be the right initiative for the organization.

It is at this stage that specific activities need to be identified. Activities should not be too specific, since this makes the entire CSR very myopic and neither should it be too sweeping and generic, because it will lose its focus and effectiveness. This implies responsibility by the organization in terms of defining projects as much as identifying existing projects. Keeping a balance between genericity and specificity

enables an organization to strike the right balance between creating new projects and supporting existing ones.

Another aspect of responsibility is for the organization to understand that CSR embodies not only the society but its own employees, their families, their vendors and all entities that are connected to the organizations. An organization which acts responsibly towards the society at large but does not act responsibly towards its own people will falter in the long term and the CSR activity will be a flash in the pan. A sustained CSR needs proper alignment and balance.

#### Track

Once the projects are defined, the organization needs to monitor and check if the support reaches the target that have been defined and verify if the change desired has actually happened. This implies a proper Project Management office to track, schedule and verify the key aspects of success of any CSR initiative.

Many organizations do not set up a robust tracking mechanism, because of which even though the initiative is laudable, the results of the initiative do not reach the targeted audience or the change expected is too feeble. A

CSR activity needs to be taken as seriously as a mainstream project.

#### Empathy

Some organizations implement their CSR just like any other project and their actions start looking too mechanistic. A sense of empathy towards all the stakeholders who are implementing the program and who are receiving the benefits is a must. An initiative which assumes "Giver" , "taker" mentality is likely to create pent up feelings in the receiver of the support and cause some opposition to the initiative in the long term.

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BANASWADI, NOVEMBER 1 - NOVEMBER 7, 2013

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# Transforming lives for a better tomorrow

THE world, the environment, the community and the space we live in, is turning out to be a dump yard of our insecurities, fears, stigmas, dogmas and inhibitions. But whenever we are faced with the consequences of our choices, we put the whole responsibility on the society. Unfortunately, the youth of today, who are the building blocks of tomorrow, are also reflecting what we collectively as a community have created. Aashwasan, a Spiritual Science™ organization based here in Banaswadi is helping the communities to swim against this current.

Amidst hopelessness among people, Aashwasan is on a mission to heal the world. Aashwasan - a ray of hope for mankind brings Aashwasan Science TM into practice to give answers to the most challenging and fundamental questions we are facing collectively. Rashmi Aiyappa, founder of Aashwasan, the world renowned spiritual scientist, inventor and entrepreneur brings the world of AashwasanScience™ to transform lives.

With the unique knowledge of LifeForceMechanism™ (the mind-body-soul mechanism) and Timeless Phenomenon™ (which unravels the cause and effect of happenings), Aashwasan Science TM addresses deep-rooted conditioning in an individual's life that results in various physiological, psychological and spiritual concerns.

As on today these cannot be identified or addressed through conventional methods. It traces the root cause to bring clarity to the manifested issues and conditions such as addictions, lifestyle issues, behavioral and emotional concerns, psychiatric conditions, genetic conditions, degenerative diseases etc.

Rashmi Aiyappa has invented various tools and techniques that are offered at Aashwasan as services through her practitioners. These services are non-intrusive, non-invasive, natural and holistic in nature.

They address the root cause, bringing permanent and sustainable results at physiological, psychological and spiritual levels. Aashwasan services bring out the innate potential of an individual transforming his/her life. When an individual's life transforms, he/she feels hope which in turn brings hope to others around.

Aashwasan Science TM is spiritual in origin, scientific in approach and experiential in nature. All the services offered (assessment, diagnosis, treatment, counseling etc.) and the results experienced by clients are documented. Aashwasan claims that in last 8 years, it has recorded 29 unprecedented breakthroughs in the area of health for the first time in the world. These areas include Psychiatric Conditions, Developmental Disorders, Degenerative Conditions, Genetic Issues and Neurological Conditions etc.

"Whoever comes to Aashwasan finds hope. We always feel deep satisfaction and hope when



we witness a person's life transform. It is also learning for us," one of the Aashwasan practitioners Robert Vijay Kumar says. Currently Aashwasan is dealing with people suffering from Addictions, Degenerative Conditions, Cancer, Developmental Disorders, Neurological Conditions, Psychiatric and Psychological Concerns, Autoimmune Diseases, Non Communicable Issues, Coma, Infectious Diseases, Chronic Conditions to name a few.

Rashmi Aiyappa's contribution to humanity and continuing efforts to make this world a better place has been recognized on a global platform. She was honored with the NGO Excellence Awards for Social Consciousness as "Social Innovator" by CMO Asia in Singapore recently.

CMO Asia held in Singapore had participation of over 17 countries in Asia. Rashmi Aiyappa, a citizen of this country and resident of Banaswadi, stands as an inspiration that one person on a mission can transform society. In her words, "It starts with one owning the responsibility of one's own choices. It starts with compassion and unconditional love towards oneself and others because love is where it all begins."

ED support

## CONTRIBUTORS AND BENEFACTORS FOR AASHWASAN FOUNDATION

Contributions of organizations and individuals have made it possible for Aashwasan to bring hope to many all over India. With deep gratitude Aashwasan acknowledges the contributions of the following organizations and individuals supporting Aashwasan in making our world a better place.

### INSTITUTIONAL DONORS



