

The Art of Self Inquiry

"Know thyself" is probably one of the oldest dictums in the world. All recent civilizations have this streak of curiosity which drives humans to know more about themselves. Easier said than done, one would say. How do you get to know yourself? How do you introspect? Most of us use the only tool that is available to all of us - our brain, our conscious thinking and logical processes. The most common external help and aid that we seek is through a series of discussions, critical debates, questions and answers, interactions with individuals who are supposedly more learned than us and last but not the least reading various self-help books. But do you notice that as you plunge yourself into these activities, the destination always looks far away. For every question answered, there are two more that popup. The sequence of questions and answers are never ending.

The desire for an answer is deep within. It is deeper than our conscious thinking. It is a primeval urge, almost an instinct that afflicts every individual to varying degrees. Conventional ways of addressing have clearly not helped. The din for more answers has only increased and has reached a crescendo. Obviously a different approach, one that does not use our conscious brain, has to be adopted. One of the clearest ways to answer this question is through an experiential journey. This experiential journey involves a two pronged process - asking question as an intent, and not as a direct question from the brain. An intent is an expression of a strong desire to seek answers, but does not involve any conscious effort to get answers. Thus does not involve asking anybody questions directly with the view of getting answers. It is merely expression of our innermost feeling in a manner that can elicit answers as a flow, as a gentle guidance and not as a gush of words. The intent also propels to experience various new situations, participate in forums that somehow match this frequency. The objective of attending specific forums is NOT to ask questions but to feel the answers in the environment. The reason why this works is that every forum, every group has an energy system that can synchronize with different energy aspects of a human being. A forum or a group which creates energy of love, energy of openness, of inquiry, of calm and peace is the energy which comes closest to the energy associated with a desire to know oneself. In this energy, one can experience answers. Some of these answers maybe a barrage of words; some may just be a sense. Sometimes the mere presence of a group which is in harmony with this energy level will help. Discussions and gentle words in such a gathering bring about the deep most and most powerful process of self inquiry. One would observe that at the end of such a session, there is total cessation of the question seeking process. In such an environment, answers flow effortlessly without the desire to ask questions.



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At its core, the desire to know is directly proportional to the gap one faces between reality and experience. The less the gap, more is the knowledge. And when our experience matches our reality, the desire to ask questions ceases, because answers just come.

Aashwasan brings forth forums such as Spirit-u-all™ to bring people together and facilitate a space where people open their hearts and flow with the moments of experience.

Aashwasan is a global movement led by Rashmi Aiyappa, the spiritual scientist and inventor. By birth, she experienced life's mechanism as energy systems communicating at a subatomic level of existence, thus clearly experienced the mind-body-soul mechanism of a human being, identifying issues, conditions - from the system's structure and function to the experience of that human life. Experiencing the time continuum as a single dimension, she is a witness to the arrow of time from its origin. She experienced the profound impact of evolution on human physiology, which according to her, has taken a human being's body mechanism away from its original format, thereby impacting the dynamics of body's functions. This is one of the main root causes of malfunctioning bodies. Aashwasan, a spiritual science organization, offers unique services to address physiological, psychological and spiritual issues and rejuvenate life.

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