

Anemia In
Women

Aging
gracefully

What is
heart attack?



Health Vision

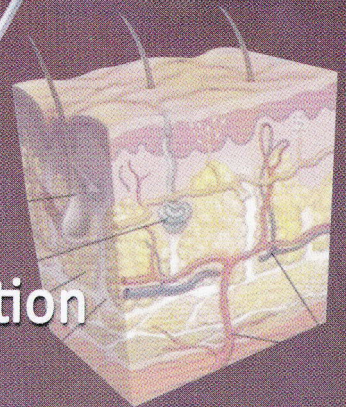
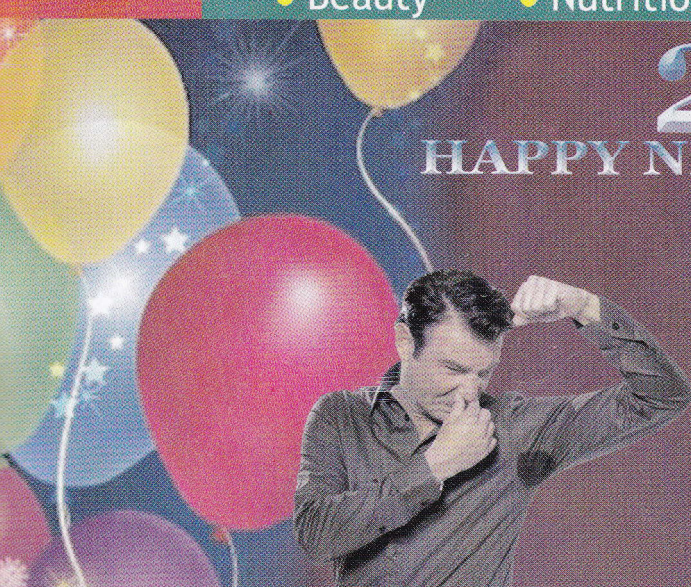
January 2017

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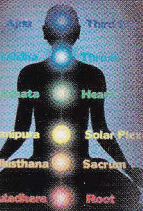


2017 HAPPY NEW YEAR



Skin Rejuvenation and Resurfacing Methods

Apocrine Glands of the skin



AYURVEDA & SPIRITUALITY



RELAXATION

INSOMNIA & OTHER DISORDERS OF SLEEP



Health and Wellbeing -
A Transformative
Solution Through

Aashwasan Science



HAPPINESS

A New
Approach To
Health

Health and Wellbeing - A Transformative Solution Through **AASHWASAN Science**

Founded by Rashmi Aiyappa, Aashwasan is not only an institution that offers support, but also particularly adopts a collaborative approach towards facilitating cross-discipline integrations to better serve humanity. The holistic approach not only brings clarity for an individual, but also offers options for individuals to pick a mode of treatment that is most suitable to their requirements.



Health, has been an ever evolving subject. The definition of health has evolved over decades and years. It was believed that health was physical, which has now evolved to include mental health. It is later ascertained that these two are connected. Today, this is an accepted fact. Today the human system is understood to be a dynamic mind-body system, which impact each other deeply. The depth to which these two aspects are integrated is still not clearly understood. The diagnosis offered and the treatment available is largely based on the understanding of who we are.

Health – physical or mental is approached symptomatically. Either an individual complains that there is an issue, or there is an observable problem. The problem seen outside could be physical or behavioural. From either of these parameters if the individual is not able to get through their daily living in a socially accepted way and is prone to harming themselves or others, it is considered to be unhealthy.

Rashmi Aiyappa, spiritual scientist, Inventor and social innovator experienced dynamics of human existence differently. According to her, a human life is a collaboration of energy and matter. Energy is a power hub - a Lifeforce Energy™ that is not only responsible for a human being to be alive, but also acts as the memory hub of that individual. It communicates below the sub-atomic level of existence, and is unconscious in nature. This is experienced as the “self.” The mind is the output experienced by a human being and co-relates to his/her functionality. This has the unconscious, subconscious and a conscious aspect to it. The body, is the physicality. These three aspects - energy, mind and body are deeply interlinked, and the dynamics of the three are what allow an individual to survive, grow, develop and evolve. It is what determines the individuals health and wellbeing.

In other words the human system was created to strive for a state of health and wellbeing, and from that sense dis-ease is some sort of dysfunction. The cause of this



Rashmi Aiyappa, Spiritual Scientist, Inventor, Social Innovator and Founder of Aashwasan.





dysfunction varies from individual to individual. If there is a dysfunction, it implies that there is a function that went wrong. This means that (a) there is an origin or a cause for that function to become dysfunctional and (b) there is an intrinsic mechanism already present which can correct this dysfunction. In fact this continues to happen all the time in our system. E.g Every one has cancer cells in the body. The reason it does not become a disorder is because the human system has a mechanism to correct it. In the event of failure of this mechanism, cancer as a condition manifests. Today, an increasing number of people are becoming victims of such debilitating conditions and are living with it for life, because intrinsically many such mechanisms are failing. The cause of this, is an evolution change that has brought alterations to the human physiology and system that allows it to manifests and thereby allowing an individual to experience only 3-5% of its original



creation.

Based on such deep findings, Rashmi Aiyappa has invented energy based tools and techniques that initiate a process of reversal. These are offered as services through Aashwasan.

Aashwasan Services begin a process of restoration, and as the system is able to recognise its original function, it is automatically able to identify the origin of the dysfunction and initiate a self corrective process. E.g. If an individuals bones are broken, once reset by doctors, the human system, heals on its own. In fact, doctors insist of resetting bones within a certain time frame of the injury so that the healing takes place in the right way.

How does the human system know that something is wrong with it? And how does it know what it needs to do to correct that issue? It knows. It is naturally inbuilt in every living system, to self-regulate and self-repair. If the damage is beyond repair, the same healing process manifests as coping and a person is able to manage their condition and live a good quality of life. If not, palliative support happens. Aashwasan services enhance this by helping the system correct the alterations that have diminished the human systems capacity.

A science is accepted as a science when there is evidence. Evidence includes repeated continuous results in 1000's of individuals worldwide. As a result of availing Aashwasan services, 29 areas of unprecedented breakthroughs have been recorded spanning range of physiological (Cancer, Rheumatoid arthritis, asthma etc.), psychological/psychiatric (clinical depression, bipolar, grief etc.) and even spiritual (unexplaine phobias, purposelessness etc.). Referred to as Aashwasan Sciences, the cumulative knowledge and technology is not only opening up possibilities of experiencing better health but also a new way of knowing ourselves and defining our sense of wellbeing.



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