

# TRAVERSING THE PATH OF EXCELLENCE

## Taking a journey into Self with Aashwasan Science®

The past 6 months have been truly special. Aashwasan created life-transforming spaces and forums for people to connect to their deeper selves, remove the cloak of conditioning and discover their true selves. The journey of self-introspection and self-expression brought immense joy, meaning and assurance to hundreds of lives.

We have captured the essence of the events conducted by Aashwasan over the last few months. Through such expressions, we wish to spread the word of hope, share the vision of Aashwasan and bring the experience of excellence and inspiration.

### **Aashwasan Zero Frequency Rx™ - Exploring the Universe within**

Aashwasan offered Zero Frequency Rx™ sessions in every month of the year 2023. This unique offering was a special gift from Rashmi Aiyappa, who created the sessions as an opportunity for people to experience their unique creation and receive the eternal support of the universe.

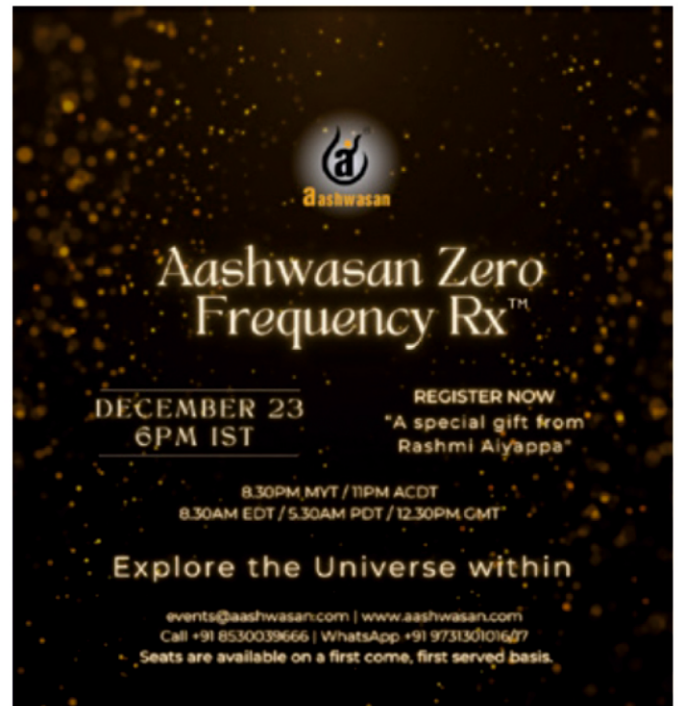
Aashwasan Zero Frequency Rx is a subtle energy communication mechanism that operates at a subatomic level and establishes a spontaneous connection with the universal frequency. As a result of such a resonance with the universal frequency, one's soul experiences oneness with its original creation leading to a fundamental



**Aashwasan**

TRANSFORMING LIVES

**A space that facilitates a journey of self-discovery! A path that enables one to experience one's glorious creation! An assurance that infinite possibilities abound within! This is the journey of Aashwasan Science®.**



shift in an individual. Most participants had serendipitous experiences.

***We share a few experiences as expressed by the participants of the program:***

“Sometimes words can't justify how one feels, it's just a feeling deep within... Got to get a taste of that through Aashwasan. Thank you is a little but still thank you so much.”

***- Rahul Jain, owner of a textile company***

“It was a beautiful session where I felt the warmth & love of the universe; I could also feel the light & happiness from within and felt healed physically, mentally, & from deep inside me.”

- *Nivedita Chittaranjan, a home maker*

“Thank you so much. The session was lovely, I always get to take something back after every session and it comes just when I need it.”

- *Drishya Dinesh, a young management trainee*

“I experienced a connection to deep oneness/ myself/nothingness (no thoughts) intermittently, which was interrupted by my own thoughts. I was alternating between both. I felt good at the end of the session.”

- *Malar, a special needs teacher, New York*

We are happy to share that we could serve over four hundred participants throughout the year and help them get a glimpse of their creation, know the possibilities their innate potential carries, and experience deep assurance and hope.



### **Rashmi Aiyappa was invited to the Global Kodava Summit!**

***Rashmi Aiyappa took one more step to spread the hope of Aashwasan Science®, on yet another global platform.***

The first-ever Global Kodava Summit (GKS) was held on the 29th & 30th of December, 2023. It was organised to celebrate and preserve the heritage of Kodagu and honour the people of Kodagu, the Kodavas, whose achievements have made a mark in the world.



She shared with the audience the journey of the creation of Aashwasan®, the science behind it and the life-transforming solutions Aashwasan Science® brought in thousands of lives in the last 19 years. She also shared the incredible vision of Aashwasan Retreat Centre to be built in the land of Kodagu as one-of-its-kind structure that would replicate her subtle energy techniques and restore nature in humanity.



Recognising the path-breaking inventions and discoveries brought forth by the Spiritual Scientist, Inventor of Aashwasan Sciences and Founder of Aashwasan, Rashmi Aiyappa, Global Kodava Summit invited her to share the unique journey of her life, her discoveries and inventions in the realm of Spiritual Science.

of education back to the pedestal. It brings out humaneness of the teachers and melds it with the uniqueness of students to create a wondrous society - a society that is brimming with joy, curiosity, scientific temper and creativity.

Ravi Ramamurthy, the director of Aashwasan Group of Companies and facilitator of the program, took an amazing route to show the powerful role curiosity plays in learning. He also made them aware how learning can be an empowering way to know oneself. Every participating teacher had the opportunity to recognise themselves, their capabilities inside and outside of the classroom, and realise that they can transform their students only when they transform themselves!

This webinar helped teachers learn how to unlock their inner change makers, be in the moment without judgement, and be self-aware so that they create a powerful space for understanding, learning and experiencing one's unique selves. They can then unleash the change maker within the student.

***Institutions such as Vidya Niketan School, Delhi Public School, Vagdevi Vilas, MIT University Pune nominated their teachers to benefit from the initiative. A couple of participants shared their experience:***

"Found it very interesting. They kept us engaged, and my curiosity was triggered."

**- shared Shalini Mohan, Value Education Teacher**

The facilitators initiated the program smoothly. The presentation of the resource person was well organised. He explained the details of human education with examples of quantum mechanics. All the queries were very well answered.

**- shared Dr. Rachna\*, a college professor**  
(\*name has been changed on the participant's request)

### **A Journey into One's Innate Excellence**

Through the years 2019-2024, Aashwasan conducted batches of Excellence Fast Forward, a 12-week-program, designed to help individuals unlock the power of their awareness,

**Aashwasan Foundation presents:**

# Teachers to Changemakers

**a Humane Education Initiative! 1**

**Facilitated by**  
**Ravi Ramamurthy**  
Aashwasan Science\* Practitioner  
Board Member of Science Olympiad Foundation

**Date:** 6th Jan 2024  
**Time:** 11 AM - 1 PM IST  
**Online Webinar**  
**RSVP:** +91 9731301019/16  
(Limited seats available)

### **“Teachers to Changemakers”: A Humane Education Initiative**

**Aashwasan began the year 2024 with a unique webinar “Teachers to Changemakers”,** a workshop that was designed to empower teachers to know their true worth and experience the significant role they play as change-makers in society! The webinar was part of the Humane Education Initiative.

The purpose of education and teachers is to unleash joy, curiosity and freedom from within a child. However, decades of monotone and routine has made the experience of authentic education more an aberration than a norm. Humane Education movement of Aashwasan reverses this trend and brings the true purpose

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A course that will remove  
your inner roadblocks!

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The Excellence program has been very life-affirming, in a way life-changing. Initially, most will feel I can do without it. But as you do it, you will realise how important it is. The only feedback I can give is - it has changed me; the positive impact it has had on me, the changes it has brought in my family dynamics, I have already recommended it to several people.

**- Swetha Iyer, Head of Marketing,  
a software product company**

Aashwasan lays a path for a journey of homecoming. It is a space that has an answer beyond religion, belief, faith, logic and philosophy - it is an experience. It is a revolution that is here to make this world a place of love and hope.

get in touch with their innate capabilities, reduce their judgements of themselves, and experience excellence in every aspect of their life - professional and personal. There are over 150 participants who attest to the profound takeaways of this course!

Breaking free of notions, acquired beliefs and subconscious patterns can be intensely liberating. The process of unlearning brings clarity and awareness in the participants who not only become aware of their conditioned responses but also become aware of their real selves. They are equipped with various tools of awareness that help them be their best version in every aspect of life.

***Experiences shared by a few participants after the completion of the course:***

When Ravi asked me to join this program, the first thought in my mind was, 'I'm already excellent, why should I be joining this?'... But curiosity in me said, 'Okay.' Gradually, as the workshops went one after the other, I figured, 'Oh my God, there is a lot I have to learn!'

**- Dr. M S Sivakumar, H.O.D, Applied Mechanics Dept, IIT Chennai**

***Take a journey with Aashwasan***

***Come home to yourself***

**Experiencing services and events of Aashwasan can be life-changing. Keep yourself abreast of our events. Connect with us and subscribe to our social media handles and Aashwasan YouTube channel to get notifications on new videos and other relevant information.**