



Beyond Time and Space into the World Undiscovered

Inspirit with Rashmi Aiyappa

19th Feb, 2017, Hotel Sofitel, Mumbai

A moment is not a mere drop of time. It is created when Time chooses a space to manifest. One such occasion was the momentous evening of Feb 19th that waited for a mystical moment to unveil. Familiar yet unfamiliar sense was the essence that filled the air of the magnificent ballroom of Sofitel in Mumbai. Patrons and guests of Aashwasan gathered to be part of a journey "***Beyond Time and Space into the world undiscovered***".



Curiosity, expectations and a subtle sense of excitement prevailed. As the doors closed, the forum opened with an introduction to the evening as people waited to be **'Inspirit with Rashmi Aiyappa'**. The journey started when Rashmi Aiyappa came in and put everyone at ease with her natural gentleness and simple humanity. She connected a few dots for them – about their life and the moment they were in. She offered the evening as their own space of exploration. People opened up to conversing with her and brought out the deeper concerns and issues that seemed to have stayed with them as an inquiry for years, affecting the inner harmony in many. The perspectives of life that Rashmi Aiyappa elucidated appeared to have left many in an introspective state. One after the other, the participants expressed their opinions, mused on the introspective questions and keenly heard about the science of life's mechanism and the knowledge behind every experience as explained by Rashmi Aiyappa. As the flow of the conversation went along, there came a moment when they became thoughtful about their life and went into a pensive mood. As Rashmi Aiyappa brought their attention to themselves and took them along a path of inquiry, many said they went back into an entire experience of their life. Some shared, and some heard; some asked and some responded. Many said that there was something about them that never really changed through the years, though a lot had changed about them. As they shared their inner most feelings, Rashmi Aiyappa offered to take them through an experience so that they could connect to their deeper selves once again and experience themselves as-is, beyond all measurements of gender, role, profession, belief systems and so on. They readily accepted as if they were just waiting for it.

As the participants dispersed for a short break, the ballroom metamorphosed into a healing zone. The senses were soothed by the serene music, and the dim-lit ambience illuminated the calm silence of the space. Participants reassembled to be taken through the second half of the journey, which they were eagerly waiting for. Rashmi Aiyappa started the experiential session which went on till every life present there was touched.

Slowly, one by one, people gently broke their silence that the session had taken them into, and started sharing about their experience. Innumerable experiences found expression. One lady said, "I have been sitting all evening with pain in my whole body, and now I don't feel any pain." "I felt someone touch my knee just where it hurt"; "I felt lighter and changed"; "I have Haemophilia and polio. I was diagnosed with HIV when I was 17. I had come to terms with it, but now I feel hope. Thank you". "I felt someone touch my heart"; another participant shared like this "I thought I had forgotten about it, but I realised that I was holding on to a past experience. Today it came to surface and I know that I can resolve it. I feel lighter now." Many resonated that they felt lighter and felt hope - hope of relief, hope for recovery and hope for a better future.





Every individual waited for their turn to speak to Rashmi Aiyappa. On their way out, many booked their appointments for sessions happening the next day to continue their journey of self-discovery so as to find a way to their own answers.



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