



## An Interview With Rashmi Aiyappa

# The Song Of The Soul

*"We start the day and end it with a hug."*

*So explains Rashmi Aiyappa, the founder of Aashwasan, the organization that seeks "To transform lives by leading individuals to explore their infinite self", as she walks into the room where we were waiting for her and offers her heart-warming hugs.*

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### What made you decide that you wanted to do this work?

Through my life experiences, I discovered that people are deeply unaware of their true reality. I am also a witness to the impact of this on the body and mind in the form of dysfunction and disease. Along with this knowledge came the ability to connect individuals to their infinite Self and this can reverse dysfunction and diseases of the body and mind.

The unconditional acceptance of my parents and the unbounded love that surrounded me endorsed my journey. Viewing the world as different and yet feeling oneness within me was a constant and continuous reminder of me being led to my path. I always knew that the reality I lived in was essential for the absolute clarity in reaching out to the world when the right time came.

Nature does its wonders if we allow it to, and I did so. It brought to me Aashwasan many years later at age 30.

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## When did you realize you were different? When did you receive your calling?

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I was born experiencing life differently. Right from my childhood, I experienced life as intricate networks of energies communicating at the subatomic level of existence that gave clarity to the mind-body-soul mechanism. I experience people's life, the way they experience it. This is now referred to as Lifeforce Mechanism.

For me, the experience of existence is a multidimensional reality that lays bare the cause and effect cycle of nature and brings clarity to the root cause behind all happenings in one's life. This phenomenon is referred to as Timeless Phenomenon.

I founded Aashwasan on 23 May 2005 to offer Aashwasan Science™ to the world. It is a spiritual technology which is instrumental in restoring the natural mechanism in lifeforms and nature: spiritual in origin, scientific in approach and experiential in nature.

I lived in a world that only I knew. And I still continue to live in that world, being Me. I live my reality untouched, not to be described even for curiosity, as an absolute experience, feeling oneness within Me. Nature was making me live it so that it could bring clarity. That's what we call truth. Truth of life is an as-is experience!

I consider myself as a residue of the past. I have never been able to connect to the labels that people had given. All of us as human beings originally were intuitive and aware. We experienced our life as it was created by nature.

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## How did Aashwasan come about?

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I believe it is a manifestation of a dream. It is a place where people who have lost hope come to find life, a place which celebrates life and the joy of living, a place which is open to all irrespective of their religion, caste, creed, or any other classification.

Aashwasan is a place, where people experience their True Self and realize that their dreams are for real, life is meant to be happy and that life is set free by birth. It has begun and has its path as a grand design and shall remain a place of hope when hope ceases to exist.

I invented Aashwasan Science™ based on my discoveries of Lifeforce Mechanism and Timeless Phenomenon to be the path that can make the world stand for the original creation of humanity and move towards the direction of nature preservation in a purposeful manner.

I knew very early in life that the phenomena I was experiencing had a significant purpose for the world. Evolution has altered natural mechanisms in life forms and nature itself against the way it was originally created.

Today, human beings are living with significantly diminished experience of their natural mechanism, thereby deteriorating quality of living, increasing the incidence of incurable diseases, frequency of natural disasters and global warming.

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## How does your healing work?

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Our "healing" is about restoring the original body-mind-soul mechanism in life forms in a holistic manner. It is an experiential process initiated at the unconscious level that manifests as an experience at all levels of existence - physical, emotional and mental.

Aashwasan Science™ has brought forward an experiential journey to the infinite self and we call it "zero frequency". It revamps the human mechanics whether that is the body, mind or the spirit. As the mechanics is revamped, the human system (mind-body-soul mechanism) connects to its innate potential and revisits, identifies the root cause, and repairs itself, thereby facilitating a holistic living.

We have seen breakthroughs in many conditions at preventive, curative, coping or management (enabling individuals to be functional with the condition) and palliative levels. Cancer, autism, multiple sclerosis, addictions, schizophrenia, etc. are some of the breakthroughs that have infused hope in many, many lives all over the world.

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## **What is a healing session like? Is it like reiki, hands-on or something else?**

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My life was brought to be instrumental in creating the experiential reality that I lived with in the form of techniques. Techniques are like frequencies of communication that kept getting decoded as and when a life would intervene with mine.

The individual's journey would be shown to me as an as-is experience which would be reflected back to him/her so that one could see the glimpse of one's True Self. The journey would then unfold as an experience giving clarity to the individual at physiological, psychological and spiritual levels of existence.

All the services are purely based on the know-how of Aashwasan Science™ and does not have correlation with any other form of knowledge.

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## **What is Aashwasan's view of spirituality?**

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This is a spiritual science organization. It is spiritual as it is a journey of self-awareness, which is governed by a science that lays bare the mechanism behind this journey. The body is like an instrument that plays the song of the soul that we bear. It means that all there is about life is really all about the soul.

The understanding of the body is only possible when you have oneness with your soul. Oneness is nothing but seamless communication of the soul with its body. Knowing oneself is the fundamental right of every living being. Knowing oneself is not possible through belief, philosophy, religion, logic, etc. It is only possible through the experience of oneself.

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## **What is the understanding or mechanics behind this healing modality?**

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All that exists in the universe connect and communicate at a singular frequency - the zero frequency. My inborn knowing allows me to experience the communication of the universal language. As the knowing came as an experience, it can be shared and given away as an experience. To reach out to the world as an organization, channels were created who are also known as Aashwasan Practitioners.

Channels get created when an energy pathway of communication is established between my soul and theirs. Practitioners play a role of an interface for the client. They are enabled to render our services to clients. The need, choice and the as-is state of life-system (body-mind-soul system) of the client determines the process, journey and the experience of transformation.

We act as a catalyst that enable a path of experience unique to that client, bringing out optimal outcome. Therefore, our "healing" modality represents a holistic and comprehensive hand-in-hand journey between the client and us.

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## What is next?

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We continue and will continue reaching one life at a time transforming not only that life but impacting the entire family, the neighborhood, the society and the world in the larger context.

We are on a mission to make benefits of our methods available to people all over the world. We look forward to establishing centers in different parts of the world which will be home to all those people who are looking for solutions, hope and possibilities in their life.

With the experiential journey being the fundamental contribution in the transformation of lives, we seek opportunities to expand our reach through collaborations with socially responsive individuals, institutions and organizations that aid human upliftment, wellbeing and purposefulness.

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## As a female Master, do people have expectations of you as a woman, that you should be at home with your family and not traveling around?

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I walk my path seamlessly. I feel grateful that my life could be an instrument of nature through which it offers hope and possibilities to humanity. I live with devotion and responsibility as there is a profound journey for the world attached to my life.

My parents were deeply accepting of my life, allowing me to be who I am, giving me all the freedom to express my talents and potential. This unconditional support allowed me to be with my inborn knowing with absolute faith and acceptance. I am a single mother who gives a similar environment to my daughter Rayna. She is deeply spiritual and inspires me to be a better person every day.

Being a woman has been a beautiful celebration of life. As a woman I celebrate all colors and nuances of life. Above all I strive to love better each day and find ways to be there for people.

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## Is there anything you want to share with the readers of bodymindsoul Magazine?

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I respect humanity. I feel human beings should live the way they feel right in their heart - free, uninhibited and without any limitation. One must follow one's heart and accept one's strengths and weaknesses because they are nothing but different sides of the same life. Accepting them gives one an opportunity to know oneself deeply and completely. And the first step to unconditional acceptance is love, as love is where it all begins...