

# Health & Happiness-

## A Tautology

Most of us think we know the meaning of health. But a deeper reflection reveals the illusory nature of this understanding. Let us look at the most common interpretation of the word. To most people, physical appearance determines health. If you are on the slimmer side and look healthy, you are healthy. While this may be true in many cases, yet by no means is this a universal truth. A slim person may be riddled with health issues or maybe a ticking bomb. Conversely a fat man may live long without any debilitating illnesses. Weight can only serve as a very rough indicator of health. A significant percentage of cases are situations when a person has been judged healthy but falls prey to a sudden illness, cancer or some other unexplained or unexplainable factor.

Another perception about health is that it has to be attained. That we need to work hard. That we need to do something extraordinary to attain health. The common perception is that disease is natural and has to be kept at bay constantly if we want to enjoy the fruits of good health. Our body is like a river, it needs flow of energy. It needs constant doing which is in tune with what we need.



**Ravi Ramamurthy**  
Chief advisor and  
Mentor, Aashwasan

Both these aspects very clearly suggest that health for every individual is different. This varies from one individual to another and also changes with time for every individual. Physical manifestation cannot be a determinant of health, though it can be a very rough indicator. One needs to know that in many cases this can mislead us. In reality health is a very subjective word. True sense of health is within us. Much of it is intangible, beyond our normal senses.

If health is more intangible than tangible, how can we know what it really is? Ultimately health just like many other deeper aspects of life is an experience. Attaining health also requires us to go through an experience. Health is just not about our physique but much beyond. A person who looks healthy may harbor deep seated anger which over a period of time may lead to physiological conditions. A person, who is otherwise very healthy, may choose a career which is not in line with his true nature, his potential and skills. What begins as a dull gnawing of his soul may tear apart the person from within and over a period of time manifest as a physiological condition. One can very clearly see that health now does not guarantee health tomorrow. The immediate question that pops up is - how do we maintain health over a long period of time? Do we do the same things? Do we do things differently? If so what, how and when?

Most complex things in life are based on simple experiences. Our lack of language makes simple experience complex to explain. The simplest, most basic words can be easy if we feel them and can be the most complex if we try to explain them in words. Explain what happiness is, and you will tie yourself into knots, but experience it, it feels like the simplest thing. Health is not very different from happiness. In fact health and happiness are tautological terms.

Simply put - health results when we do the right things for our body, mind and soul. 'Right' here does not have any moralistic overtones, but merely signifies a choice. Every human being is making many choices every second, every minute and every day in one's lives. And there is a RIGHT choice for every situation. Most of the time, human beings find it difficult to know what is right and sometimes find it difficult to do what is right even if they know so. The choice of right is sometimes made difficult because right and wrong are unique. What is right for one person may not be right for the other person. For one person, going to the gym and working out to lose a few pounds may be the right choice, but for another person it may be the wrong way. For some fast-paced exercises may be the right decision and for others slow paced exercises may be the best option. A person who is extremely hyperactive and whose body metabolic rates are higher than his optimal metabolic rates may benefit from slow moving, calming exercises whereas a person who has a very sluggish system may benefit from more active exercise. In fact what is right for one person at one time may be wrong at another time. Acquiring experience can therefore prove to be the biggest nemesis in our growth and evolution. Ignorance can sometimes prove to be a bigger gift than acquiring experience. Acquired Experience makes us do the same thing even if the situation is slightly altered (we may not see this). Even in cases where two situations look exactly the same, the timing, the energy and the flow make a right choice wrong in the new scenario.

Fundamentally right or wrong choice can be decided only by the individual and there are No guidelines. There is only ONE way - the path of true experience (Vs Acquired Experience). True Experience makes the most difficult concepts simple. All individuals are born with this infinite intelligence which guides us into experiencing what we ought to. Our original nature, original mechanism has the intelligence to tell us what is right or wrong. Unfortunately as we go through acquired experiences and interact with the world, we get conditioned. A person who is intrinsically gregarious, due to a quiet upbringing may develop into a shy person. His original nature is one of gregariousness and the altered nature is one of reticence. So when presented with a situation where he has to decide whether he should face the crowd or not, more often than not the person's conditioned behavior may guide his choice. He may determine to be silent when he should speak out. His choice is then based on conditioning and not based on his authentic needs. It is possible however to feel what is right even if the shroud of conditioning covers the reality. As we connect to our authentic Self and experience this connection, we will feel what is right. Some times this may contradict our acquired experience, go against the very grain of truth held by most people, but if we place confidence in this feeling, we experience ourselves. Every experience of ourselves makes it easier the next time to feel us. Right and wrong no longer remain abstruse terms but acquire a significant meaning. The language of experience transforms us - it lifts us from the world of words.

**If health is making the right choice at all levels - body, mind and soul, happiness is experiencing the results of this choice. If health is a state, happiness is the experience, which connotes the same. Ultimately authentic connection to oneself, experience of oneself is the true guide to both.**



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 it's 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.

Reach Aashwasan at:  
 +91 80 25450895  
 +91 9731301016 / 17  
 Email: [info@aashwasan.com](mailto:info@aashwasan.com)  
 Visit: [www.aashwasan.com](http://www.aashwasan.com)  
[www.youtube.com/Aashwasan](http://www.youtube.com/Aashwasan)  
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