

Health and happiness - a unique perspective of Aashwasan Science™ hosted by Cosmopolitan club on July 25th gave Aashwasan an opportunity to share a different perspective to life. Normally one looks at life from an outside-in view. What was brought out in the program was the inside-out view of life which showed that our life's reality is created by our choices. And our choices can be a manifestation of the experiences that we go through and the learning we acquire out of them.

Our learning many a time is not congruent to our life's journey and this makes our choices go completely away from our true self. This discrepancy brings a lot of mind-body responses leading to chronic, complicated and sometimes life-threatening conditions of health. Aashwasan Science™ helps people understand their choices, resolve their experiences and help the body become aware of its original functioning.

" The program was very much appreciated by our members. Thank you for giving us this insight. We want to offer this to bigger audience so that many benefit."  
- shared by the co-ordinator of the club

### To know more or participate in the next event

Email: [spirit-u-all@aashwasan.com](mailto:spirit-u-all@aashwasan.com) or

Call: +919731301017/18

