

The session on “Being Women- An experience” was a breathtakingly new experience for the participants. The session was conducted by Ms Rashmi Aiyappa, a world renowned spiritual scientist and social innovator on the occasion of the International conference held at Bangalore on Women and Girl Child empowerment. Ms Rashmi Aiyappa touched upon the



experiential aspects of being a woman. The importance of relying on your inner voice and respecting oneself was one of the key messages of the talk. “In many cases it is not the men, but the women who are perpetrators of abuse. There are many men who are extremely supportive of women and their freedom to live,” she said. Her talk was peppered with many anecdotes and one of them pointed out the fact that respect and dignity needs to be given when one is young. How do you treat your girl child? Do you take her consent? Do you make her feel that she has a choice? It is this



sense of self respect that later manifests as a strong and free woman. “Most women identify themselves with their family, their husband, their children, but when asked what their talents are, they turn blank,” she said. “Women need to find out who they truly are. Nobody can truly advice about what somebody should do with their lives. If somebody tells you , you will be in doubt all your life, but if you experience yourself you will know what to do with clarity.”



Rashmi Aiyappa's parting words created an image of hope - "What if we had wings like butterflies, we will then fly and create a beautiful world." To hear the entire speech order her CD now. Request Ms. Rashmi Aiyappa to share her insights at conference or public forums on topics of global concern.

To go further please contact Aashwasan at
9731301017/14

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