

Stress seems to be the cause for most issues we face in our life. Fear of ill-health, worry about the future, insecurity about money, frustration in relationships, concerns about children's health, growth and survival in the competitive world – everything creates stress in us. **Stress can lead to a breakdown of the entire life system.** With every passing generation, the resilience to withstand tough situations of life seems to be diminishing. The 9-10 year olds complain of panic attacks. 5 year olds talk about stress and anxiety. 6 year olds have been reported of running away from home unable to withstand stress. Students' committing suicides due to failing in exams, and sometimes even before the results are announced, is becoming an alarming reality. As children grow up into adults, the stress would have already metamorphosed into psychological, psychiatric and physiological illnesses. Then starts our run to fix those issues of life which in turn cause stress.

**Stress arises when people are not able to accept the reality of their life, instead, strongly hold on to their expectations from life.** Those who are able to accept, they are able to take things in their stride and struggle less. They are able to focus on themselves and pursue their goals despite failures. They are able to ride on the tides of life despite adversity. They are able to figure out their way out of confusions and distractions. They are able to focus on their dreams instead of succumbing to societal expectations. They are able to face pain without resistance or debilitating fear.

◆ **Is the ability to figure out their way a blessing for only on a few? One wonders!**

According to Aashwasan Science™, everyone is born with an intuitive knowing about their life's journey. Connecting with that knowing brings one in touch with the as-is reality of life. **People experience freedom and empowerment to be led by the reality of their life rather than be guided by imagination of the future or fears from the past.** This enables them to realise and overcome stress caused by worries and insecurities about events that haven't even unfolded. Individuals break rigid life patterns or conditioning acquired over the years, and their original nature is restored. The physiological and psychological conditions caused by stress are addressed to bring reversal and prevention from recurrence. They also figure out a way to deal with stress with grace and acceptance.

As people resolve the patterns of stress and the ailments caused by them, the unhealthy mechanism not only gets resolved in them, but is also prevented from getting passed on to the next generation. This, over time, holds the possibility of elimination of many of the non-communicative diseases - Diabetes, cardiovascular issues, psychological and psychiatric conditions, cancer, auto-immune conditions etc.

To know more, get in touch with Aashwasan @ +91 80 080-40988920 /+ 91 9731301018/20; Email: info@aashwasan.com ; Web: www.aashwasan.com; Watch us on: www.youtube.com/Aashwasan; Connect with us on: www.facebook.com/Aashwasan

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**If stress could be prevented, Then the cost of prevention could be life itself**

