



CROSSING BOUNDARIES WITH NATURE

In the words of

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Fear and anxiety regarding Covid-19 is all prevalent. It hasn't been easy to deal with the fact that we have been rendered helpless and out of control by a virus that has isolated us from our friends, our loved ones and also from our normal routine life. Many haven't been able to even accept the reality of the situation and are either denying it or panicking about it.

The normal Viral Flu kills 60,000 people annually in the USA alone. Common and treatable viruses are likely to create far more fatalities than the Covid-2019. Despite this reality why is there a sense of panic about the Covid? We have seen viral attacks in the past H1N1, influenza, but what is so special about the current attack? Are we overreacting? Are we manifesting our fears? How do we strengthen ourselves as a human race and fortify ourselves against such attacks that we are facing currently and likely to experience in the future?

And most importantly what is so different about the current pandemic? To answer the last question first, the current Corona Virus is a Novel virus, which means that it is entering the human species for the first time in the annals of human history. Many veterinary virologists are familiar with these viruses since they are quite common. Many veterinary virologists are familiar with these viruses since they are quite common amongst animals, but rarely do animal-based virus trouble the human race. Once in a while though, they do cross the species divide and then the result is an outbreak of epidemic or pandemic proportions (depending on the contagiousness of the virus). At this stage, when the human race does not have any arsenal or previous experience to fight these newfound viruses it has to rely **only on its native intelligence**. While the immunity system forms a bulwark of resistance, there are deeper forces at play that determine the strength

and effectiveness of our innate response. One of the interesting finds about these viruses is that they impact children and young adults the least and seems to have a greater impact as we age. Why is this so? Why is it more potent amongst the older people?

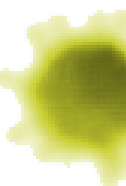
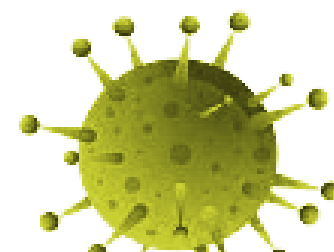
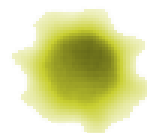
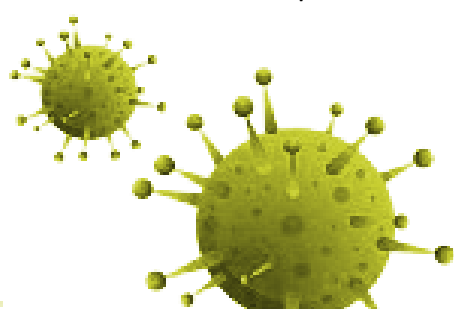
Our original creation forms the native intelligence within us. As we move farther away from our original creation, our native intelligence also degrades correspondingly. The more we diverge the less potent is our native or innate intelligence. This deviation is manifested in different ways in our human body and the mind. As a result of the divergence, random forces of nature and inimical environment creates more mutations in the gene and causes a heightened level of genetic and cellular anomalies. Interestingly the pace of mutation/genetic anomaly is directly proportional to the degree of divergence from our original nature. Which means that those individuals who are far less in touch with their original self are likely to experience a higher degree of cell mutation. Also, the more time we have to diverge the more we diverge, and this is why children have far lesser mutations than adults (though this is by no means necessary).

As the genes mutate and anomalies accumulate, the original mechanisms in humans become corrupted. The mechanisms become slower, less focused and more dispersed in action. Many of the human systems fail to coordinate effectively and hence there is no concerted action. The original mechanism of a human being is designed to fight infections and inundations of foreign particles in the speediest and the most optimal manner.

An overwhelming amount of force can be deleterious since it may cause allergies within one's own bodies and an underwhelming response may allow the infection to spread faster. The appropriate force of response can thwart the viral or bacterial attack in the most optimal manner. Thwarting an attack of this sort requires close coordination between all systems of the body- immunity, digestion, circulatory, hormonal and many more. Deficiency of any one of these systems can undermine the efficacy of response. Such is the impact of our native (or lack thereof) intelligence at the physiological level.

While physiological impact on a human is well understood, a pandemic leaves an indelible mark at psychological and spiritual level as well. Excessive fear and extreme reactions stemming from this fear is one of the obvious manifestations. The uncertainty and the fear surrounding the disease, its duration, its outcome leaves a deeper impact. Influenza Common Flu, H1N1 and other diseases are known, we have been battle hardened by them, we know the consequences and the outcome, but a novel pandemic opens its own pandoras box. Suddenly one is dealing with a disease that nobody knows, that nobody is prepared for. Something which was far off is suddenly knocking at our doorsteps.

The suddenness results in us tossing around various worst-case scenarios, doomsday situations in one's mind and individuals start preparing for them. Hoarding, reacting with anger, blaming others and rioting are not uncommon.



All these actions have a cascading effect and make the problem worse and increases the spread of All these actions have a cascading the disease while whittling down our own immune response.

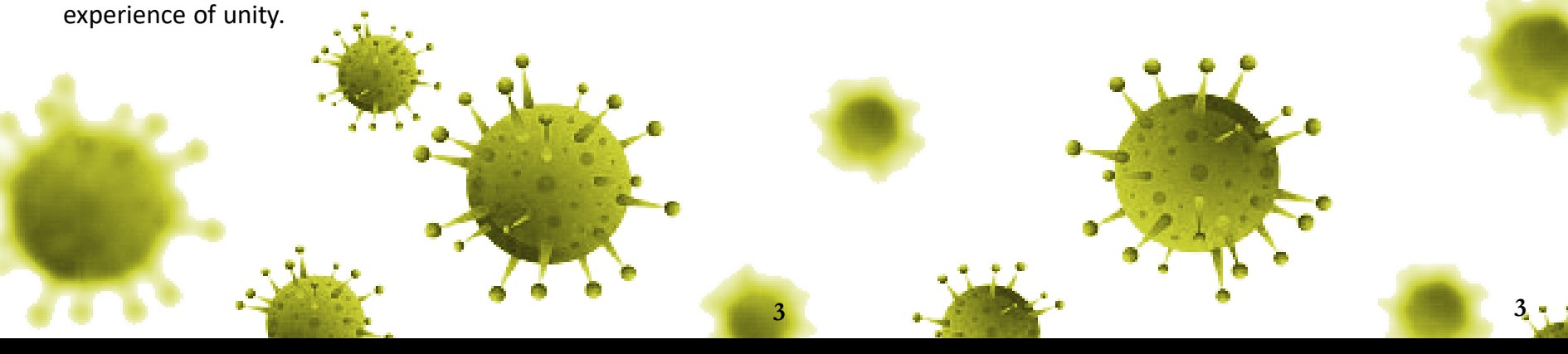
Another unintended consequence results from self-isolation. As we are forced to isolate our self and withdraw from human contact, we may slide into a state of depression. As we are empathetic beings, we may be infected by the pall of gloom that is hanging in the air. At a spiritual level we may be prone to a feeling of hopelessness, weltschmerz, directionlessness and overall feeling of lethargy.

The only antidote to the situation is our native intelligence. All of us are endowed with this quality aplenty and it is this sensibility that can be our rudder and our guide that can wade us through troubled waters. We experience our innate intelligence or native intelligence as a pervasive sense of harmony and peace. We experience this harmony when all our systems - mind, body, soul act, think, feel and experience the essential unity of ourselves. When our heart says something, our mind has different thoughts and our actions are not in consonance with either, a sense of disharmony is created. We experience a sense of unity with ourselves only when we stay true to our original creation. Conditioning, learned responses, unresolved emotions, lack of synchronization between actions and emotions, strong beliefs can all come in the way of our experience of unity.

When we shed ourselves of all these layers - when we resolve the suppressed emotions and come to terms with them, when we learn to be free of our comfort zones, when we have the power to act against our strong beliefs, we achieve freedom to be our true self. And in this freedom, we discover our original creation. It is this power of original creation that keeps our physiological and psychological systems in true condition with all response mechanisms intact. It is then we respond in the most appropriate manner to any novel attack.

Not only our body, but our mind also in this true state, is able to detect the nuances of the attack and adjust itself accordingly. When we are grounded and anchored by our original creation, our actions, thoughts and emotions become calibrated not only for ourselves but also for the protection of others.

If we stay true to ourselves, we will not panic, we will act out of our compassion and this will add up to an effective and concerted community action. We may see opportunities in catastrophes. We may also espy opportunity to learn new behavior and shed old ones - increased human contact through online means, greater degree of contemplation, pursuing activities that we missed out earlier because we did not have time, calming down our metabolism, figuring out newer ways of working and solving problems. Our innate intelligence gives us the strength and sets our default action in line with these aspects. How do we bring humans closer to themselves? How do we give them a glimpse of the grandioseness of oneself?




This has been our constant endeavor at Aashwasan. We have evolved many services, tools and techniques which address the root cause of these issues and enable the innate intelligence of a human being to express itself in its full glory. The tools and techniques that we have evolved, addresses the root cause issues thereby strengthening and fortifying an individual. It boosts their immunity, helps them shed aspects which do not belong to them. Unresolved and suppressed emotions are released, deep rooted conditionings are ejected as a result of which an individual is able to tackle foreseen and unforeseen challenges (such as the one we are currently facing) in a seamless manner.

Aashwasan Services have always existed in a way to reach out to people beyond time and space. The services are designed in such a way that it doesn't require your physical presence to avail them. Distant services designed by Aashwasan render the same results and experience. Therefore, this is a good time to remind ourselves that we are all one and are connected to one another and can be reached out to despite physical constraints.

Aashwasan is a home that facilitates the infinite experience of a life journey...Let's connect.

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“Love is where it all begins...”

Rashmi

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