

**BREAK
FREE FROM**

ANGER



The human race views anger as one of the most potent destructive force. And rightly so, for was it not anger that led Hitler almost to wipe out an entire race, was it not anger against bourgeois that pushed the dictator Pol Pot to engage in one of the despicable pogroms in recent history!

Anger and its extreme form Rage play a destructive role even in the jejune life of most individuals. It is one of the biggest causes of breakup in relationships. Lost professional opportunities, mediocre team bonding, broken rapport with supervisors are all caused by unmanaged anger. We are all too familiar with incidents of road rage, where it can change the course of an individual's life. A single act committed under the influence of anger not only causes irreversible loss of life at times, but also can lead to a lifelong period of regret and guilt.

Anger can take many insidious forms, as well. Suppressed anger, which is anger directed against oneself, is the foremost cause of weak interpersonal relationships, depression and lost productivity. It is also known to cause cardiovascular issues, hypertension and a host of other physiological problems. Sometimes anger camouflages itself and rides on different emotions. Violence in childhood can result in a manifestation of helplessness, sense of victimhood or can even make one an anti-social offender later on in life.

Anger can, however, be one of the most creative forces, if we know how to channelize it in the right way. Rage is a horrible master but anger can be a potent ally. The program on "**Break Free from Anger**" takes you through an experiential journey whereby one experiences the lifting of the yoke of Rage and a resurgence of empowerment as one learns to **master the most ancient and powerful force in the human world.**

Duration: 9 hours spread over three sessions

Cost of program: Rs 15,000+GST

Batches available for age groups:

12-15 years, 16-20 years & 21+

Limited seats per batch as this program takes you deeper into the unknown root causes behind the outward behaviours.



Break free from Anger is a workshop that has been created using the tools and techniques of Aashwasan Science™, invented by Rashmi Aiyappa, whose discoveries bring in-depth understanding of human mechanism, experience and manifestation. It helps individuals unlearn and undo the conditioning of life to experience their true selves, bringing permanent behaviour changes.

For more information, please reach out to Aashwasan @ Phone/Whatsapp: +91 9731 3010 14/16

Email: events@aashwasan.com, Web: www.aashwasan.com, YouTube: www.youtube.com/aashwasan,

Facebook: www.facebook.com/Aashwasan, www.facebook.com/AashwasanFoundation www.facebook.com/RashmiAiyappaSpiritualScientist

Instagram: www.instagram.com/aashwasan_transforminglives LinkedIn: www.linkedin.com/company/aashwasan-group-of-companies