



aashwasan

Zero Frequency Sessions

Online every Tuesday and Saturday



JOIN US ONLINE - UNIFY THE BODY, MIND AND SOUL

Use this phase as an opportunity to look at, resolve and cross a milestone - health, relationships, career or knowing yourself.

Know more: www.aashwasan.com
 Call + 91 9731301016/17 | +1 6464624232 | +60 123057539
 Mail events@aashwasan.com

Fighting the Pandemic TOGETHER

Aashwasan offers unique solutions

With the pandemic taking the world unawares, life has taken a completely unpredictable turn. People are going through some of the most uncertain and stressful times. Tremendous impact has been seen on health, relationships, businesses and quality of life.

Aashwasan has taken intense steps to reach out to people across the globe to help them fight the virus as well as the mental impact of it. Vigorous efforts have been taken on through online activities and distant services to support every individual. Aashwasan's unique offerings have been of great benefit - bringing out remarkable differences in the areas of mental health, suicide, domestic violence, psychosomatic and

physiological conditions due to loneliness and grief, career guidance, to name a few.

An Experiential Session that Aligns the Body, Mind and Soul to Holistically Experience its Optimal Potential

Zero Frequency Sessions for Groups

Aashwasan Foundation has been offering Zero Frequency Sessions, an energy based scientific medium which brings out one's innate self-healing ability to optimize physical, mental and emotional resilience. It lays the foundation for holistic well-being. Being an energy based service, it addresses unseen and unexpressed aspects of health and well-being.

Aashwasan offers holistic support to Frontline

Workers as they risk their lives for those in need

While the frontliners go through some of the most intense experiences such as separation from their family, exposure to the virus, they continue to serve. To show support to doctors and frontline warriors, Aashwasan has been offering Zero Frequency Sessions as a way to pass on nature's grace, protection and offer them holistic support as they continue their service.

"I felt as if I was completely cleansed in my body. I feel my fear has been taken away and that I am protected."

Dr. Anitha (name changed), Cancer survivor

"I used to be depressed and disconnected with myself. Painting was extremely difficult. Every morning I felt lethargic. After the session, I was so much in sync with myself. I feel energetic, the urge to create and confidence in me."

Anjali, Artist

"I felt light, relaxed and deeply supported. I was struggling because my pharmaceutical factory closed due to covid. But after the session, within two days, I could open my factory and people came back for work."

Salil (name changed), Businessman

Year Long Programs Conducted Globally in 2020

From April onwards, Aashwasan has been offering webinars and online workshops to bring awareness of one's own innate intelligence that could prevent as well as combat the ill effects of the virus. Aashwasan's online programs have been designed to address the current issues that people are going through while facing this global crisis. December will see some of the most important webinars that will support people to deal with issues created by the pandemic.

Join us for our brand new Year-End Editions!



COPING WITH STRESS AND ANXIETY

The most common experience in modern day life is stress. Let us understand what stress is and find an inside out approach to address it!



Mail to events@aashwasan.com
India - +91 9731301016/17 | USA - +1 6464424232 | Malaysia - +60 166087576 | UK - +44 205 514 1061



COPING WITH ISOLATION AND LONELINESS

What is the difference between isolation and loneliness? Join us to know what isolation and loneliness is in its reality and find a perspective that might free you from it.



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Aashwasan offers Holistic Support to overcome COVID-19

Over and above all the services rendered through the year, Aashwasan Foundation took an initiative in reaching out

Aashwasan took intense steps in reaching out across the globe to support frontline workers globally and vigorous efforts were made to supply food, essential kits and safety kits to the vulnerable groups who were gravely affected by the pandemic, particularly the migrant workers across Bangalore, India.

Mild, moderate and severe cases of COVID-19 have found dramatic breakthroughs and benefits through Aashwasan Services. Services offered at the preventive phase, infection phase and post covid phase have seen immense support to people.

Akila, a 21-year-old girl was shocked when she got diagnosed with COVID-19.

She developed a lot of fear and went into severe anxiety, panic and had thoughts of dying from this disease as she was imagining the worst possible effects.

Aashwasan interventions changed her life completely - her anxiety and fear reduced, her infection and symptoms settled in a very short time. Aashwasan

intervention not only addressed the infection but also other concerns of her life. As she expressed herself, she felt more clear and became more aware. The awareness made her feel more confident about life. Her focus gradually moved from fear of COVID towards her life and her dreams... Today Akila is free of all symptoms of the infection and is looking forward to life with more confidence and focus.

Nayana Mukherjee, Professor of Business Communication and HRM, sharing about her 66-year-old mother

"It was really difficult when most of my family was suffering from COVID and especially my mother who was on a ventilator. Initially, my mom was critical and unconscious. As I took more sessions with Aashwasan for my mom and later for myself I could feel the difference. Aashwasan healing gave her the strength to fight COVID and self-heal. As they explained, I could see that it also helped her body to optimize her inner resilience and self-healing abilities, which not only brought awareness but also helped her to take medical support to a very large extent .

Even now since there are post covid issues, the guidance and healing provided by the Aashwasan team is huge."

We need your support now more than ever! Stand for a cause by contributing towards the unique programs and initiatives offered by Aashwasan Foundation during the pandemic.

To help economically challenged individuals suffering from various degenerative, developmental, critical and immunity related concerns, Aashwasan Foundation is putting in efforts to bring visibility and raise funds.

Sajidul was born with Cerebral Palsy. He is physically and mentally disabled and is confined to his bed. His only care takers are his elderly parents, while his brother earns money for the family.

You can contribute towards Sajidul's treatment at Aashwasan Foundation. The funds raised will help Sajidul and his family overcome challenges and see multiple possibilities. Regular reviews, reports and testimonials about the client will be shared with donors to bring clarity on the progress of the client.

Reach Aashwasan: India: +91 9731301016/20

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