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A portrait of Rashmi Aiyappa, a woman with long dark hair, wearing a floral patterned top and a red shawl. The background features a faint, golden-toned image of a classical Indian statue. The text 'RASHMI AIYAPPA' is overlaid in large white letters at the bottom of the portrait.

RASHMI AIYAPPA

Beyond Time and Space into the World Undiscovered®





BEYOND
TIME AND SPACE
INTO THE
WORLD
UNDISCOVERED[®]

An insight by Rashmi Aiyappa

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**“Love is where it all
begins...***

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A professional portrait of a woman with long, dark, straight hair, wearing a black top and large, ornate gold earrings. The background is a soft, light-colored gradient with a faint, larger-scale portrait of the same woman. The word "Featuring" is written in a cursive font in the top right corner.

Featuring

Rashmi Aiyappa

Inventor & Spiritual Scientist - Aashwasan Science®
Founder & Chairperson – Aashwasan Group of Companies
Founder & Managing Trustee - Aashwasan Foundation
Founder & Executive Chairperson - Epiance Software Pvt. Ltd. (Epiplex.ai)
Founder & Chairperson – Aank Humane Technologies



Ashwasan
TRANSFORMING LIVES

INSPIRIT WITH RASHMI AIYAPPA

“Love all begins...”



Rashmi

From the very outset, Ms. Rashmi Aiyappa stands out as an individual of rare distinction—a pathbreaking innovator and visionary whose aspirations transcend the ordinary. Her unassuming stature masks the sheer magnitude of her dreams for humanity; and despite her humility, there is a quiet grandeur in her vision that commands attention. No amount of preparation can truly ready you for an encounter with her; each meeting leaves you profoundly impacted, as if you’ve experienced something truly transformative.

Ms. Rashmi Aiyappa radiates a warmth and compassion that instantly draws you in, making you feel valued and understood in ways that are both humbling and extraordinary. The connection she fosters is deep, lasting, and utterly unique—a once-in-a-lifetime experience that stays with you long after.

Some of the most accomplished leaders who have met her echo a common sentiment and concur on the profound influence she has had on their lives. They describe their interactions with her using words like “unforgettable,” “an embodiment of unconditional love and compassion,” “intuitively extraordinary,” and “possessing uncanny instincts.”

Rashmi’s journey straddles two seemingly disparate worlds: the realm of cutting-edge technology and the transformative depth of Spiritual Science.

From an early age, she was propelled by an unwavering passion to create meaningful change in the organisations that she was employed with. Her extraordinary instincts and unparalleled understanding of both the industry and the global business landscape immediately captivated the attention of business leaders, CEOs, and Chairmen in her organisations. Her ability to decode the complexities of technology and the intricacies of market dynamics left the most seasoned experts in awe.

As some of her peers attested, “She discerns the root causes behind even the most intractable problems, crises, and conflicts.” “She possesses a quiet strength of unimaginable proportions drawn from what is right,” they add—one that has the power to disarm even the hardest corporate minds, drawing them into her vision and compelling them to act.

Her leadership, defined by an uncanny ability to execute plans with impeccable precision, earned her accolades from industry titans at an age when many are still finding their footing. Combining expertise across technology, business strategy, finance, organisational development, and innovation, Ms. Rashmi Aiyappa crafted visionary strategies

“For as long as I can remember, I have always been aware that my life journey was unique.”

that drove transformative results. Her rapid ascent through the ranks was nothing short of remarkable. She quickly became a trailblazer who was recognised for leading transformative projects, pioneering strategic visions, and being the go-to expert for the Build-Operate-Transfer (BOT) model.

She redefined leadership by seamlessly integrating intellect, intuition, and compassion, exemplifying what it means to lead with both the head and the heart.

Today, Ms. Rashmi Aiyappa channels her extraordinary vision into ventures that redefine human potential and technological innovation. As the founder and chairperson of Aashwasan®, she offers her groundbreaking invention, Aashwasan Science®, enabling individuals to experience their infinite possibilities. Being a complete patriot wanting to make a difference in her country, she also started a national NGO called Aashwasan Foundation in 2006.

For 20 years, Aashwasan Foundation has made a great impact nationally and attained remarkable accolades for its selfless work and the transformative impact it has made in the life experiences of the underprivileged and differently abled. She also founded Epiplex.ai®, where for over two decades she pioneered a culture of innovation and the development of disruptive technologies. Epiplex.ai has invented global products in digital transformation, AI, task mining, and robotic process automation, to name a few.

These innovative solutions have been adopted by over 1,000 enterprises globally, including most Fortune 500 companies. In 2007, she founded Aank with a bold vision: to revolutionise the way technology empowers humanity. Aank was born with a singular purpose—to create disruptive innovations that unlock and elevate the very best in people. At its core, Aank is driven by the belief that technology should amplify human intelligence and potential, not overshadow it. With a mission to deliver transformative solutions that sustain and uplift human excellence, Aank stands as a beacon for a future where progress and humanity go hand in hand.



A deeper exploration into her personal experiences and insights reveals the essence of a life dedicated to creating profound impact. Her wisdom and journey leave an indelible impression on everyone she encounters. Through the following reflections, Ms. Rashmi Aiyappa unveils a glimpse into her unique and extraordinary journey.

Seemingly ordinary yet a journey replete with extraordinary experiences, Rashmi's life elicits awe and intrigue from the way she navigated through various milestones in the journey of her life to bring forth a science that the world needed the most—the science of Self, a science that encompasses the mechanisms of all life forms into a single dynamic format, demystifying the root cause of all unknown, be it a disease, situations of life, relationships, or not knowing one's self at all.

Q: Rashmi, could you share how your extraordinary childhood experiences shaped your life?

For as long as I can remember, I have always been aware that my life journey was unique. I experienced life forms as an intricate network of energies communicating at a quantum level, revealing the connection between their body, mind, and soul. This gave me an insight into the infinite presence and the unique essence of every life form, which I later termed the Liferforce Mechanism[®]. This awareness allowed me to feel how people experienced their lives—physiologically, psychologically, and spiritually. I not only witnessed the root causes of their unique predicaments; I also saw the deep, purposeful manifestations of their life journeys.

Time, too, revealed itself to me in a unique manner—not as a linear progression, but as a multidimensional convergence where the past, present, and future collapsed into a single moment. I experienced this unique interplay, which unveiled the universal cycles of cause and effect in nature, bringing clarity to the root cause behind all happenings in one's life—a realisation I later termed the Timeless Phenomenon[®].

I grew up believing that every child experienced life as I did. But as I journeyed through childhood, I began to realise that mine was unlike anyone else's. This realisation made me feel that while I was alone in this life experience, I was never truly alone. My experiences humbled me enough to know that I was held, loved, and guided by nature and divinity within.

I was blessed with a family whose love, affection, and unwavering support became the bedrock upon which I stood. Hailing from a close-knit Army family, from childhood I experienced life across the country's diverse landscapes and cultures, celebrating life in all its colours and flavours. Having an exuberant mother, Jukka Aiyappa, and a humane and soulful father, the late Lt. Col. (Retd.) B. B. Aiyappa (lovingly called "Jatha"), made my life a beautiful world of love and togetherness. This shaped me into a fearless and self-assured individual and gave me the complete freedom to live and experience life to the fullest. Their unconditional love and acceptance of my unique life experience liberated me to live my infinite self with absolute surrender.

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On 23 May 2005, my 30th birthday, I experienced a spiritual rebirth that had a physical manifestation—revealing a dynamic, universal format that I called Aashwasan Science®.

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My father, being my soulmate and my only confidant in my spiritual journey and experiences, gave me a deep sense of assurance that being born to them was part of nature's design to nurture and prepare me to manifest my life's purpose. He shaped me in order to protect and prepare me to unleash my spiritual calling in time to come. I rejoiced in a deeply loving relationship with my younger brother, Bharat Aiyappa, and celebrated a blessed sibling relationship throughout my childhood.

As my life journey continued, my inner knowing continued to deepen and become ever more refined. I came to understand that this gift was not simply a blessing—it was an immense responsibility. It became clear to me that, along with this awareness, there also came a knowing of when to speak and when not to, when to intervene and when to let life unfold in its own rhythm. I discovered that my experiences and the choices I made were not solely for my own growth but for the benefit of those around me as well. The path has not been easy. Each challenge and each evolution shaped me in ways I couldn't have predicted. Every experience became a chapter in the unfolding story of my life—a piece of the intricate jigsaw puzzle that was slowly coming together.

And on 23 May 2005, my 30th birthday, I experienced a spiritual rebirth that had a physical manifestation, culminating all my experiences and knowing of life up until then—revealing a dynamic, universal format that I called Aashwasan Science®. Just as my father had said, “Rush, wait for the book of your life to get completed, and as soon as the last chapter is done, you'll be ready to face the world,” I was now ready for the world, and Aashwasan® was born.

Like a symphony of life, I was unstoppable, and Aashwasan was reaching life after life, giving hope, while I was writing theories and inventing techniques for every life that I came across. Every life brought its unique constraints, problems, or diseases, and I was seamlessly arriving at techniques to address them. I was led to people and places that I had been shown much ahead of time. I knew that at the right time, they would be the ones who would join me as practitioners in this path. All these happenings were a deep sense of knowing for me as I was guided in every way to take this path forward.

This assurance is an endorsement that this is a grand design and that the making of this was all to be unveiled in time—all we had to do was our bit. All I can say is that Aashwasan was meant to be.

The next chapter of my life was like a reincarnation of my spiritual journey that brought great insights and depth to this path. It started in the year 2007 and culminated with the birth of my daughter, Rayna Ram Aiyappa. Her birth came with miraculous spiritual experiences that further shaped and brought light to my inventions and brought immense clarity to the ways in which I should take this spiritual journey forward, almost as if her birth was the next phase of my spiritual awakening. She merged my human and infinite knowings into reality and helped me manifest seamlessly together thereafter. Her birth unveiled the universal calling of her being my spiritual protector. With her spiritual wisdom and love, Rayna helps me remain curious and committed to seeking more from myself.

Q: Please share more about your invention Aashwasan Science®.

Aashwasan Science® is the culmination of two profound phenomena—Lifeorce Mechanism® and Timeless Phenomenon®, which I introduced earlier. At its core, it is a science that unfolds the infinite possibilities inherent in every lifeform by reconnecting them with their inner self, or their “soul.”

Over the course of evolution, humanity has significantly drifted away from its original creation, resulting in a profoundly diminished knowing and experience of one’s infinite self.

At its heart, every disorder is a “dis-order”—a deviation from the perfect, original blueprint within each individual. This disconnect underpins the widespread malaise of our times, manifesting as deeply complex, multi-layered issues across three interconnected dimensions: physiological, psychological, and spiritual. Often, these disorders are intertwined, where a single root cause triggers a cascade of effects. For instance, unresolved childhood trauma can alter behavioral patterns, leading to strained relationships and emotional challenges, which may in turn contribute to physiological conditions like lung diseases and digestive disorders, and psychological conditions like schizophrenia and Bipolar disorder.

While the medical sciences excel in addressing symptoms with remarkable precision, Aashwasan Science® delves deeper to identify the root cause and unveils its holistic impact on one’s life. Aashwasan Science thus works alongside conventional medicine to achieve lasting breakthroughs.

Aashwasan Science® is unique: it is spiritual in origin, scientific in approach, and experiential in nature. As a quantum scientific phenomenon, it acts as a bridge, connecting the physical (the body and mind) with the inner experience (the soul). By aligning these dimensions, it seamlessly brings about a holistic experience in one’s life.

While the physical sciences uncover the external laws of the universe, Aashwasan Science® is the knowhow of the inner workings of the subtle energy mechanisms (Lifeorce Mechanism) and its manifestations in the outer reality, as we experience it. To know Aashwasan®, one has to experience it. Aashwasan® stands as an absolute space—beyond religion, belief, faith, logic, and philosophy. It offers an answer that is universal, not through theory or doctrine, but through experience. Aashwasan Science® is nature’s own, and its experience unravels the extraordinary uniqueness of every life.

Q: Could you share some stories of how Aashwasan Science® impacts individuals and organisations?

In both individuals and organisations, invisible forces often dictate the course of life—cultural norms, societal expectations, traditions, and familial conditioning weave subtle yet powerful prisons that confine us.





These layers of conditioning obscure the pure essence within, reducing life to a mere fraction of its true potential. Aashwasan Science® transforms this reality.

True transformation is never external—it is born from within. Through its quantum scientific approach, Aashwasan Science® gradually dissolves the layers of conditioning accumulated over years, or even lifetimes. It reconnects individuals with their authentic selves, allowing their pure essence to re-emerge. The world outside may remain the same, but the shift in life's experience is so profound that people often remark, "Nothing outside has changed, yet everything feels different."

Aashwasan's methods take lives on an experiential journey of discovering one's self, by leading them to know their soul. Some of the expressions that this journey can bring about are—immense clarity, self-awareness, and a profound sense of harmony within. People discover new possibilities and abilities, align their choices with their dreams and aspirations, experience even the most distressed relationships transform harmoniously; conflicts dissolve; the sense of oneness becomes a reality, and all aspects of life seamlessly fall into a rhythm. And when individuals realign with their true nature, the body responds remarkably.

Aashwasan has brought about unprecedented breakthroughs, which continue to motivate us. Some of the fields in which we have brought tremendous contributions are as follows:

- *De-addiction without withdrawal symptoms and reversal of secondary conditions like neuropathy.*

- *Reversal of degenerative patterns bringing breakthroughs in auto-immune conditions like multiple sclerosis, rheumatoid arthritis, psoriasis, etc.*
- *Bringing about a remarkable transformation in developmental disorders like autism, cerebral palsy, and so on, by empowering individuals to live an independent, purposeful, and productive life.*
- *Reversal of many mental health conditions like depression, schizophrenia, OCD.*
- *Identifying root causes of undiagnosed conditions and disorders.*
- *We continue to be the last line of hope in cases of coma and other life-threatening conditions.*
- *Lives discover their purpose and their spiritual identity experientially, bringing a sense of reality to a spiritual discovery.*

One of the most remarkable case studies I recollect is the story of Praveen S.N., an entrepreneur diagnosed with multiple sclerosis in 2012. After years of trying alternative therapies without success, he turned to Aashwasan®. Over two years, we guided him on a journey of purpose and holistic healing. The results were extraordinary—an MRI scan revealed that nerve damage had even reversed and the progression of multiple sclerosis had halted.

When I look back, the last 20 years have been nothing but a miraculous journey through the transformation of thousands of lives. I am humbled to serve as a conduit for this phenomenon, facilitating a deeper understanding of life's true essence.

When it comes to organisations, our approach and the services we offer are one-of-a-kind. They cannot be replicated or adapted, as the sheer uniqueness of the techniques applied in the design of these services is unparalleled to other comparable industry offerings.

All our services are customised, and they bring about the desired results, impacting the collective by transforming every individual who participates.

Organisations are spaces where people spend nearly 60% of their waking hours. They are not merely a collection of individuals, but dynamic ecosystems with their own unique essences.

When teams collaborate seamlessly, their collective strength creates extraordinary products and services. But when conflicts, barriers, and internal frictions persist, the potential of the organisation diminishes.



While external efforts—like fostering motivation or improving mental well-being—help, they only scratch the surface. True transformation lies in addressing the invisible: the walls of perception, unspoken barriers, and energy blocks that hinder collaboration and creativity. Aashwasan Science® operates at this foundational level.

By dissolving these inner constructs, it fosters alignment—of energy, thoughts, and emotions—turning organisations into cohesive, dynamic forces of innovation. In this new paradigm, teams don't just function; they flourish, collaborating effortlessly and delivering results that exceed imagination.

Leaders, too, undergo transformative growth. Aashwasan Science® enhances their intuitive and strategic thinking, empowering them to anticipate challenges and opportunities far ahead of time. With predictive intuitive insights and a clearer understanding of the interconnectedness of decisions and outcomes, leaders can confidently steer their organisations toward unprecedented success.

Take, for example, Mr. D. Ashok, then EVP at Siemens. He engaged with us at Aashwasan® for a corporate retreat with his department heads. Initially sceptical, his team found the Aashwasan approach unconventional but transformative. Within three months, they transitioned from distrust to

mutual belief, trust, and reliance. This shift did not just improve team dynamics, but also resulted in a 55% increase in top-line performance and a 30% increase in bottom-line results—changes Mr. Ashok described as “permanent.”

Through our services, Aashwasan Science® helps organisations uncover their unique core essence, empowering them to transcend limitations and create solutions that inspire and astound. The greatest takeaways of Aashwasan services for organisations are that the impact it brings is permanent in nature, while also eliminating physical and mental health issues/conditions—for example, the complete reversal of RSIs (repeated stress injuries), addiction, burnout, stress, anxiety, et al. We make dreams manifest for both individuals and organisations, and make them evolve and discover their infinite possibilities.

Q: What, according to you, are the values that would help in shaping aspiring leaders?

The world is constantly evolving, and as a leader, I feel one must be open to new ideas, innovations, and perspectives. Fearlessness, compassion, humaneness, and humility are the few virtues that make a leader a transformative one. Always find what stirs your soul, and pursue it with every ounce of your being.

When you approach every project—no matter how small or large—with your full heart, reverence, and attention, you will be able to lead your teams to create truly extraordinary outcomes. I truly believe in leading by example, where one’s own life choices and actions are inspiring to oneself. Be what you want others to be. It’s not about one’s personal achievements. It’s about uplifting others, creating solutions that make a difference, and building a legacy that extends far beyond one’s achievements.

For every situation, there exists a unique right action. When a leader roots themselves deeply in the present moment, they unlock the wisdom to act authentically. The key to making the right decisions lies not in external validation, but in trusting oneself and the universe. It’s about standing firm for what is just, even when the odds are stacked against you.

True leaders don’t just endure the storm—they become the guiding light within it.

When your truest essence is love, you can bring resolve in all chaos, as I always say: “Love is where it all begins...”



For every situation, there exists a unique right action. When a leader roots themselves deeply in the present moment, they unlock the wisdom to act authentically.



For two decades, Aashwasan® has profoundly transformed the lives of more than 10,000 individuals and over 250 organizations, reaching hundreds of thousands globally through platforms like television, magazines, publications, and news articles.

Ms. Rashmi Aiyappa’s extraordinary journey has garnered global recognition, celebrating her visionary leadership and groundbreaking contributions. Among her most notable accolades are:

- **NGO Excellence Awards for Social Consciousness:** Honoured as a “Social Innovator” at the CMO Asia Awards in Singapore (2013).
- **Iconic Leader Award:** Recognized by the Women Economic Forum (2017).
- **50 Most Impactful Social Innovators Award:** Awarded for promoting peace by World CSR (2017).
- **The Aashwasan Foundation’s work showcased at the NGO Expo** in New York for its landmark contributions towards the United Nations’ Sustainable Development Goals (2017).
- **Global Peace Leadership and Excellence Award:** Honoured at the World Peace Conference (2018).
- **Mahatma Award:** The Aashwasan Foundation was recognized for its innovative, path-breaking solutions for better human living (2019).
- **Mahatma Award for Social Good:** Recognised as an Impact Leader & Changemaker for leadership during the pandemic (2020).
- **Mahatma Award:** The Aashwasan Foundation was recognized for maximising human potential (2021).
- **Named one of India’s Top Women CEOs** by Women Entrepreneur Magazine (2021).
- **Named one of India’s Top Women CEOs** by Women Entrepreneur Magazine (2022).
- **Forbes Recognition:** Praised for her leadership at Epiplex.ai, which was recognized as one of the Top 200 Companies with Global Business Potential (2024).
- **Influential Leader in Mindfulness:** Honoured by Global Leaders Today Magazine (2024).

Each of these honours celebrates Ms. Rashmi Aiyappa’s unwavering dedication to celebrating life and its experiences, fostering peace and well-being, and inspiring hope in individuals, organisations, and communities worldwide. 🌍