

Emotions and Healthy Living

- An Aashwasan Science™ Perspective

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If you have ever had a pet – a dog, cat, a bird etc. and you love them, you will slowly start to understand them. You will understand why they behave the way they behave. Beyond that behaviour you will be able to understand how they feel. Those who have pets, will agree that animals feel all the emotions we feel. They feel hurt, angry, sad, lonely etc. There is an overwhelming evidence of animals caring for their young ones. One look at a mother and its child, or a photo/video of them and you can resonate with the feeling.

If one looks to nature to understand creation, there are many subtle aspects we are actually missing. Why are we able to understand animals? Why are they able to relate to us and respond in a way that makes sense? What is that language that we share? It is the language of emotions. The alphabets that comprise the language of emotions are the same across the board. The ability to comprehend them is hardwired by birth. How does this language really work?

Imagine, you are at your work place and you see your boss coming towards you. From his body language you gather that he is angry with you. Before he has come and spoken to you, you start to feel apprehensive and anxious. He then, pulls you aside and brings up a delay in your performance that he is upset about. He is visibly irritated. You promise that you would get it done at the earliest. Did you notice how communication took place before the actual interaction? In this situation the interaction was almost like an afterthought. If you look a little deeper, you will realize that this communication of emotions is happening all the time. It is a language in its own right.

Coming back to having a pet... Have you ever

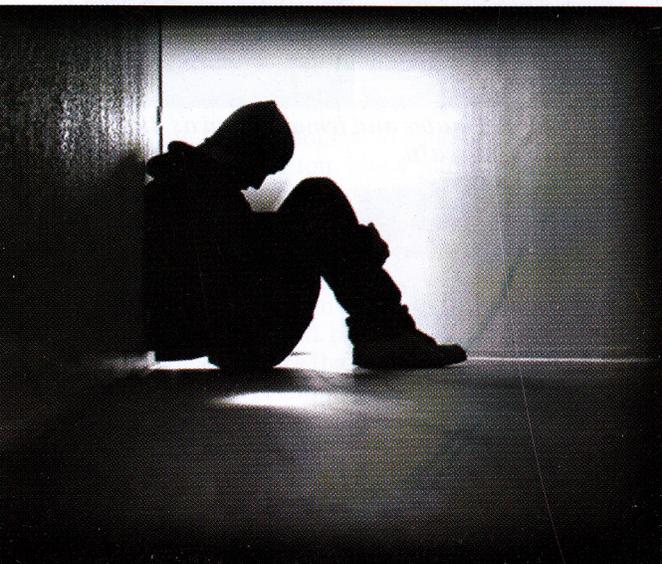


wondered if you “understand” the pet from the sounds it makes, or the body language it has, or are you better able to “understand” your pet’s behaviour because somewhere you know how that your pet is feeling? Have you noticed that it is the same with new born babies?

According to Aashwasan Science™ emotions are a language of the soul or of our infinite self that we experience in our body. If you observe closely, there is a change in the body function every time we *feel*. Our thought processes change, our stomachs knot up, and sometimes, we even have more physical strength and are able to do things that under normal circumstances would be impossible to do. Our body gets engaged in experiencing that emotion fully. It is through emotions that an individual knows how to respond to what is happening to them. E.g. If you have a truck coming at you, you feel fear. The fear brings the ‘fight or a flight’ response, and you run away to protect yourself. If some injustice was done to you, you feel angry. It leads to setting things right by asserting yourself. When you feel love, you connect. When you feel sad, you come to terms with a loss. What happens when you don’t *feel* and you have to make a rational choice? There are many alternatives, and choices are now made on benefit rather than self expression.

Human beings, just like animals are gifted by nature to feel, and this ability to feel is something that equips us to survive and live in this world. Over evolution we have diminished the importance of feeling and have started to hold rational thought more important. We fail to realize that just like all the organs in our body respond to the feeling within us - so does the brain.

However, because we have a complex neurological system, we are able to *deny* what we feel. Our choice to deny the experience of





sadness or any other emotion creates neurological alterations. *Just like the functionality of neurological system alters, the functionality of other organs also alters.* In other words, the altered system, which is in the experience of that emotion, is not able to go back to its original state. Alterations that sustain take time and require sustained denial on the part of the individual. Eventually the altered functioning becomes the normal way in which that organ system functions. However, since it is not its natural function, it is a dysfunction. The body-system then conditions itself to respond with this dysfunction.

Over a length of time, the dysfunction takes a form of a disorder or a disease. E.g., an individual may constantly become angry and it starts to alter their kidney function. Over a period of time it may lead to kidney failure.

In reality, the condition is created quite simply. It could be multiple emotions, a combination of trauma and self choice, etc. that sustain over a long period of time. E.g. Traumas experienced in childhood can manifest in old age. It is dynamic and complex, and no singular emotion can be connected to a particular disorder or a condition. But suppression and repression of emotions, denial in experiencing them does lead to different forms of psychiatric or physiological malfunction and disorder. It varies from individual to individual. Many conditions such as cancer, autoimmune conditions, diabetes, rheumatoid arthritis, all psychiatric issues, addictions, seizures, psoriasis, allergies to name a few are some examples.

If this is how a disease is created, then **reversal** follows that same process. The human system has the capacity to resolve a dysfunction into becoming aware of and experiencing the suppressed and repressed emotions. As the original functionality is restored, the individuals begin to experience their emotions. All suppressed emotions tend to surface and an individual experiences them again. As these are experienced, the physical problems get better.

Some of the conditions include – Asthma, Spondylitis, Neuropathy, Diabetes type 2, hypertension, multiple sclerosis, addiction, depression, bi-polar, schizophrenia, arthritis, cardio vascular issues and many degenerative conditions. Aashwasan has recorded thousands of case studies, which proves the fact that there is lot more to the human system and mechanism than people are currently experiencing.

Today, we are encouraging generations to be more and more rational. But, this is the generation that is exhibiting more incidence of psychosomatic and lifestyle related conditions. Just Bangalore is known to have very high incidence of Diabetes Type 2 and is catching up with a high incidence of Cancer. This is happening with a generation that is more health conscious but strangely not very healthy. If we are to become a healthy society it is important to allow emotions to be experienced, and expressed in healthy ways.

The collective effort to suppress will only create more challenges and affect our collective health in ways that we may not know how to correct. As we allow expression of our natural mechanism, we experience a beautiful sense of wellbeing that is intrinsically natural to our creation.



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