

Today is the day!
Catch Bunkface, Shila, Reshmonu and more...

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WEEKENDER, SATURDAY 21 NOVEMBER 2009 TALKING ABOUT WE15

Rashmi Aiyappa calls herself a spiritual scientist; she claims to be able to view your life — past, present and future — just by glancing at you.

By REVATHI MURUGAPPAN
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WHEN you bump into a person, the first thing that strikes you would be his physical attributes or smile. But Rashmi Aiyappa doesn't notice these things. She sees people as rays of light, which depict their energy patterns.

Failing eyesight? No. Paranormal? Perhaps, but the demure 34-year-old Indian national with silky black hair and magnetic eyes could almost pass off for a Bollywood siren.

Rashmi claims to have been born with the knowledge of aura science and extra sensory perception, enabling her to see individuals on three levels of existence — physiological, psychological and spiritual. At times, this light can be so blinding that the physical features become hazy and all she can see are energy patterns unique to every individual. For a long time, she assumed everyone saw what she saw.

"I see people's past as a movie, see their future and know what is going on with their family and friends. I can see their energy patterns and find out parts of the body that are diseased or unhealthy. We are all victims of our creation so sometimes these patterns are distorted.

"What I see is light coming from the soul (heart), and this is the light that connects all of us. I look at my ability as a talent, not a gift, which can be invoked at will," she reveals in a lilting voice.

As a four-year-old growing up in a small town near Bangalore (the capital of the southern state of Karnataka in India), Rashmi remembers being able to see things and confiding in her dad. He told her it could be something special and to nurture it. None of her family members share this ability. However, every time she predicted someone's future, especially the bad news, she would feel intense pain shooting through her body.

"It is contrary to the laws of nature. I shouldn't reveal something before its time because nature has its own timing for everything. It's crazy that people want to know their future instead of going with the flow!" she says.

Rashmi led a normal life as a teenager though she would accidentally blurt out information, and then suffer for it. Over time, her friends realised that whatever she said came true and started pestering her to reveal more. She told herself to stay with the present and to keep mum.

"I'm very careful about talking about these things because I don't want people to glamourise, add *masaala* or make me a goddess. That's not my intention. We all have a life for a purpose, and I'm here to set the malfunctions right. If the energy channels flow seamlessly, nature can take its course," she says.

In college, Rashmi studied English literature because she "wanted to write books for others to read". But, upon graduation, she joined the corporate sector for 15 years and never told anyone about her powers. Even her husband didn't know of her ability until they got married!

Soon, she felt a calling to use her talent to reach out to others. Rashmi quit her job and established Aashwasan (meaning "reassurance" in Sanskrit), a holistic centre with the tagline Transforming Lives, in 2005.

"From birth, a person creates patterns, and when it is repeated too often, it becomes a habit. Then people develop psychosomatic conditions which are passed off as genetic disorders."

"Aura is an energy field carried by all beings, and if the energy field is not in sync,

More than meets the eye

Rashmi Aiyappa claims to have been born with the ability to see humans as rays of light.



you have to heal it accordingly. By looking at their life patterns, we can help them reset their aura or work around it," says the mother of one.

As Aashwasan grew, so did its reputation. It started with four healers but has expanded to 13, all of whom Rashmi says have come together through destiny. Reportedly, they can help people with chronic conditions like migraine. Aashwasan has offices in Australia, Norway, Sri Lanka, United States, Latvia, Britain and Malaysia. They've worked with almost 4,000 individuals and 50 organisations, including hospitals.

"People come to us when doctors and hospitals have given up. Aashwasan is a home of love. We live on love and fresh air. We're not driven by money. People pay if they can afford it but when we first started in India, 90% of people didn't pay. Sometimes help is needed in every situation but people don't know where to get them and we don't know how to reach them," explains Rashmi, who is in town for three weeks for a series of talks and conduct healing sessions.

So far, almost every local television station has interviewed her.

She laments that people are willing to kill themselves to work for money but when it comes to making lifestyle changes, most are reluctant. Despite many questions on how the healing takes place, Rashmi would only say that religion is not involved.

"You don't have to do anything," she smiles, giving me that penetrating gaze. "Just be willing and come with an open mind, although we'll know if you're in two minds!"

There is no logical or scientific explanation as to how she heals people but Rashmi says it's mere energy transference, not magic.

"Some things you just cannot explain," she shrugs. "No, I've never read any books on aura because when you're learning from books, there are always limitations. I'm weary of acquired knowledge so I'd rather experiment and create my own tools for helping people."

Clients basically go in a room, lie on a bed and are asked to relax with eyes closed. The healer is close at hand but doesn't say a word.

M. Krishna, who has insomnia, diabetes and heart problems, tried a few sessions.

"The healer put her hands on my forehead and I felt this warm energy surge through me. I immediately went into a deep relaxed state, and at one point I wanted to scratch my nose but realised I couldn't lift my arms.

"She didn't talk. It must have been 20 minutes or so before she moved and put her palms on my heart," he says.

depending on the problems.

"I'm sure there are millions of people who have been born with special abilities but are on a different path. There are also a lot of liars out there but how long can they do that without feeling the burden accumulating?"

"For me, this is a big responsibility. I don't have any expectations but the satisfaction that comes with healing others is infinite," Rashmi concludes.

□ Rashmi Aiyappa will be giving a talk entitled **Invoking the Power of the Universe** tomorrow at the Parkroyal Hotel in Jalan Sultan Ismail, Kuala Lumpur at 5:30pm. For registration and further details, contact 017-364 5624 (Shruti) or 012-305 7539 (Sreerakha).

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