

THE EXPERIENCE OF TIME



Aashwasan, a non-profit organization that works on transforming lives of people, organised a session at Rasa Restaurant, CMH Road at 4 pm and the theme was 'the experience of time'.

Many people gathered at this forum called Spirit-U-All, a space created by Aashwasan that has answers beyond religion, belief, faith, logic and philosophy. Facilitated by Aashwasan practitioners, it offered an opportunity for people to open their hearts to deeper contemplations, reflections and introspection on one of the eternal quests of human reality - Time.

It took each individual through a journey

of an experiential inquiry. Many known yet unknown perspectives were shared on what time meant to each individual. A guided inquiry led individuals to explore aspects of their experience that they had never explored before. People delved deeper into their lives, reconsidered the choices they made and the patterns they had followed to lead their life. Many revisited experiences that stood out in their life, and relooked at those moments that gave them a glimpse into the fabric of nature and creation.

The discussion goaded many on to share another amusing yet a very real aspect of time in their life. Some shared instances where



many hours seemed like a moment, yet for some a few minutes stretched into hours. This brought to fore the elements of inner time and outer time, which captured the essence of time as a personal experience for everyone. One truth everyone resonated with was - people who experience their life in line with their inner sense seem to live better health and age differently from those who don't.

As the session went, people felt that they are the members of a single family. The

insights that emerged made people think, resolve and look forward with a sense of freedom to implement their learnings in their life thereon. There was a subtle sense of shift everyone echoed in their presence. The small group stayed back to share their thoughts and experiences about topic discussed, to understand more about Aashwasan and how it could help them.

To know more about Aashwasan visit: www.aashwasan.com