



## The love portions

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DECCAN CHRONICLE

**M**Nature worshipper, music aficionado and a hug-enthusiast who enjoys spreading love, this lady truly has an intriguing personality. Meet spiritual scientist and entrepreneur Rashmi Aiyappa, the brain behind Aashwasan, an organisation that aims at transforming the lives of people through Lifeforce Mechanism and Timeless Phenomenon. Having healed the lives of many, Rashmi was awarded the NGO Excellence Awards for Social Consciousness as 'Social Innovator' at the CMO Asia Awards held recently in Singapore.

Throwing light on the Aashwasan science, Rashmi says, "It works according to the cause and effect theory. When we start a healing session, it clears things in the backward direction. The root cause of the problem is addressed and that's why there's a reversal of the condition. We give people holistic well-being and believe in gifting happiness." Rashmi's techniques have achieved breakthroughs in various areas of health, including autism, psychiatric conditions and abuse-related conditions.

Apart from being the founder of Aashwasan, Rashmi is also the chairperson of a software company. Being a single mother, she says that her five-year-old daughter Rayna is her teacher and inspiration. "Having a daughter teaches you that you can manage better every day. She makes me a better person every passing day. Everybody in my life inspires me — from my parents who accepted me the way I am to my practitioners. Whether it's beautifying my house or gardening — I find inspiration in everything," explains Rashmi.

A Kodava with an army background, Rashmi was exposed to myriad cultures as a child. "Since my father was in the army, I was enriched with diverse flavours of our country. We'd celebrate everything — from Eid to Christmas to Diwali. We Kodavas are a non-religious community, we are spiritual and being born into a family like that, prepared me for my long journey ahead," she smiles. How did the connect with spirituality happen? "I think nature picked me. I've always been loving and grew fearlessly thinking that the world belonged to me. It took me years to realise that the world looks at life differently from me," says Rashmi.

Interestingly, the first language that her father taught her was Urdu.

"He thought I was going to become a ghazal singer! It's a beautiful language with the greatest intensity to express depth in life," she explains. Having grown up mostly in north India, Rashmi moved to Bengaluru when she was a teen.

"My dad retired when I was 16 and I started working early in life," she adds.

From Jagjit Singh and Mirza Ghalib to hip-hop and trance, Rashmi has an eclectic taste in music. An enthusiast of movies and food, she loves vibrancy. "I love smiling, happy people. I want to make a difference in people's lives. The only thing I know is to love."

In a dog-eat-dog world, here's someone who has made an effort to bring about a holistic change in life. And her work was awarded at the CMO Asia Awards in Singapore

Rashmi Aiyappa



### CANDID CAPERS

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