

# Empowering Women to connect to their true identity

*She is gentle, yet she is strong. She is emotional, yet is practical. She flows with moments, yet contains in her inner discipline of sensibility. She is vulnerable, yet she is tough. She can be meek, as much as she stands as a rock for her loved ones. Just like nature she is a complex experience of contrasts. She is an experience. She is a Woman.*

Right from the beginning of her life, a woman goes through myriad experiences. There are a lot of physical and emotional changes she goes through at every stage. She deals with it as it comes to her, and as per her sensibility. She grows from girl to a woman. At different points of time, she goes through a lot of changes physically, mentally and spiritually. Her life's experiences are influenced by various factors that shape her personality.



One of the realities that woman has had to contend over generations has been abuse of different kinds – physical, psychological, emotional, sexual and so on. Abuse brings about a traumatic upheaval within. Her life's perspective, her attitude towards herself and her approach towards her wellbeing take a deviant turn, sometimes much away from her inner sensibility. It leaves her confused. When it happens in the family, as a little girl or a grown up woman, she feels a deep sense of betrayal as her trust in her loved ones gets shaken. She feels confused and her trust in the world becomes a question mark. She lives this scar for life, coping with it in her own way. Some numb themselves; some become detached and silent towards life and their own existence. It brings about a lot of physical manifestations that become serious conditions; many develop undefined aches and pains, unhealthy relationships, depression, hysteria, low self image, low self belief, diabetes, hormonal problems, infections due to low immunity, cancer, lifestyle issues and many more. Severe traumatic conditions can lead to psychiatric problems such as personality disorders, Post Traumatic Stress Disorders, addictions etc.

There is another form of abuse that is more subtle and has its roots in age old socio-cultural beliefs and collective attitudes. It is the neglect and suppression of the inner sensibility of a woman. This form of abuse is so subtle that a woman even fails to take a note of. Cultural stereotype dominates and dictates not only how women should behave but also how they should think and feel about themselves. This has bearing on woman's fundamental freedom to make her own choices, seek expression and build her life. **This affects her not only physically and emotionally but also spiritually.** She loses her sense of true identity and starts behaving in confined parameters. Beyond these parameters a woman is judged. Even a woman struggles to accept herself. This leads to a deep need to seek acceptance and validation of her emotions, thoughts, potential and performance in all the roles she takes on. She compromises her true identity without even being aware of it.

Women face such challenges not only in family, but also at work place and in social environment. Another aberration of this systematic conditioning is where women themselves become perpetrators. Many a time, it is shocking to see a woman inflicting suffering on other women disregarding the fact that she can understand what others could go through. Incidents such as grandmothers killing the girl child for being a girl, a mother-in-law torturing and asking her son to kill his wife, her daughter-in-law for dowry, mother forcing her daughter into marriage against her wishes etc have been plenty, especially in India. Spiritually they degenerate. Her sensitivity and sensibility are numbed. They are numbed to the point where her survival instincts are suppressed and she herself allows violence to happen to her and her loved ones including children, thinking she is helpless and has no say in it. This has been an existential reality for many women, which over generations has taken them away from their true identity.



However, times are changing and in these changing times, exceptions stand out. Rashmi Aiyappa, is one such woman. She is the world renowned spiritual scientist, inventor and a social innovator. She is born special and loves unconditionally. In her words, she has a very special relationship with all life forms be it animals, plants or people. She experiences the mechanism behind every life form and the cause and effect of the manifestation of life. As a young child, she realized that she was experiencing a reality beyond space and time. Deep acceptance from her parents encouraged her to stay with her experiences. As she grew, a loving, bubbly and happy child, she explored many talents – dancing, music, poetry etc., achieving proficiency at a very young age, getting appreciation and global awards. As a father, an award winning ex-Army Col. BB Aiyappa was sure that she would grow up to be a dancer and a singer. She chose to start working at a young age, taking responsibility of the family on her shoulders realizing her entrepreneurial talents by the time she was 23 – 24. However, her life and her existence had a calling, she was meant to bring her inborn knowing to bring a Global Revolution.

In all this time, her deep connection with the world was evolving a science deep inside her that was unravelling answers to humanity's woes and sufferings. This science took roots in Rashmi Aiyappa's life's experience. Always with a sense of purpose her life was showing her dimensions of human existence that was lost on humanity. By the time the calling came, in the year 2005, her life had already prepared her for a journey that would initiate a global movement, transforming life as we know it. According to Rashmi Aiyappa, evolution has brought about a huge alteration in human format bringing a shift in the experience of our creation. According to her, we are experiencing 3-5% of our creation. Her journey took the form of Aashwasan, where she started to offer her inventions as services to individuals. Lives started to transform. Diseases were reversed; relationships became harmonious; individuals started to be in touch with their innate identity.

Aashwasan's unique journey has brought about magical manifestation of eliminating all the effects of abuse from all levels - physiological, psychological, emotional and spiritual, which bring personality changes at different levels – conscious and the unconscious, which many a time a woman is also not aware of. After experiencing Aashwasan, women with a history of abuse of any sort tend to discover such glorious sides to their life that freedom with which they undergo exploration makes them experience this inner courage to reach out and make them into a reality. They live a purposeful life instead of living mute experiences. Their past experiences of abuse become a distant memory.

**Women Empowerment initiative** brought by Aashwasan Foundation under the leadership and guidance of Ms. Rashmi Aiyappa stands as Hope and Empowerment to women and thus to society. The objective of this movement is to empower women to look at themselves, take charge, make choices, and take responsibility of their experiences and growth, thus live with freedom of their spirit.

A cultural revolution in acceptance of who we are as we are, especially the sensibility, diversity, individuality of a woman, right from conception to death, can begin a new journey for all of us as a society. Women like Rashmi Aiyappa stand as an example to us in our society to show us that women are instrumental in evolving our society and civilization towards a better world.

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