

“Aashwasan and Parenting” Awareness program presented by Aashwasan, a spiritual science organization held at the Airforce Academy transformed perspectives of the fifty odd parents who were present there and started a profound journey of self discovery for them.

An inside view was given to the parents which helped them to discover that various dysfunctional family patterns they may have imbibed as kids and how it affects the way they bring up their own children. They became aware of the fact that the deep conscious and unconscious patterns of their lives could influence children's lives in such a manner that their entire personality either goes on the path of their creation or becomes a reflection of their parents' unresolved patterns of life.

Getting right to the heart of the matter, the Aashwasan facilitator encouraged and inspired parents to look deep and honestly within oneself and to go beyond parenting from one's hurts to parenting from our wholeness. Parents realized how important they are and how they can be change makers in ending the perpetration of pain from generation to generation. As people took this journey of awareness, they found answers to their innermost confusions, conflicts, fears and worries that they carried for their children.

“A parent shared that this workshop has given me insights that are useful for a lifetime”. Another parent shared that parenting has always been about power struggle for me - "This workshop has brought in a shift inside me and I look forward to parenting with my children instead of me Vs my children."



To know more or participate in the next event

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