AUTISM & EVOLUTION

spirit, science & fairy tales

Marg Kinneen

The Facts Unmasked

An Autistic Reality

> **Fact** (n.) f. L *factum* "anything done, occurrence, state, condition, circumstance" [the modern, empirical sense of] "thing known to be true, a real state of things, what has really occurred or is actually the case."

So here are the facts...what is actually the case for autistics.

In this addendum, I offer simple explanations for many of the characteristic behaviours attributed to autistics. There are many more, but this is a good start.

1. MASKING

> **Mask** (n) *f.* Fr *masque* "a false face; covering to hide or guard the face; spectre; disguise."

Everyone pops on a disguise when they step out to meet the world, whether they're aware of it or not. This includes neurotypicals who don their well-crafted personas in order to participate in the social dance of life. So, what we call reality is effectively a masquerade.

Your persona is your false self...a concept first developed by English psychoanalyst and child psychologist, Donald Winnicott.

> *It's formed as an adaptive, learned, defense to the true self...Winnicot realised that a false self is*

necessary in some situations to fit into society.

Darlene Lancer JD, LMFT, The Co-dependent False Self

When autistics *mask*, they're simply joining the *masquerade* as they mimic neurotypicals, in the name of social acceptance.

Everyone is masking.

What sort of society are we living in when it's *necessary* to be untrue to ourselves; when we're asked to hide our true identity; when the only way we can belong is to be false? What does this achieve? Heartache, anxiety, depression, meltdowns, isolation; a condition that's come to be known as autism.

But *is* there really such a thing as autism? Are we not just human beings who simply wish to be true to ourselves; to express our true essence; to be kind and gentle; to shine our own lights, in our own way...without fear of retribution? Are we not simply human beings who no longer want to wear masks in a false world that places societal dictates ahead of truth?

Why *is* it necessary to *fit in*? Who benefits? Nobody. Society is not better off when everyone's squeezing themselves into the same mold, because this fosters discomfort and dis-ease, the price paid for pretending to be what you're not.

Masking is *not* an autistic construct. It's a protective, neurotypical habit that's thankfully being rehabilitated through the process of evolution. The fact that neurotypicals display a more highly active limbic brain indicates that they're still presenting their false face to the world and masking their truth. They're still evolving. Autistics, as forerunners, are showing the world that it's possible to remove the masks and allow the truth to shine. Can you imagine what a beautiful world that would create?

2. BEAUTY = BE YOU -TY

BE YOU and your true light shines. This is what autistics want, for both themselves and the world.

Remove your mask and reveal your beauty. Evolution will thank you.

3. DEPRESSION

Autistics are tuned into higher frequencies. This is neither good nor bad. It's simply the way evolution has dealt the cards. Accordingly, autistics are the recipients of all the information that rides these high-frequency light waves, including their unique perspectives, pattern recognition, creative problem-solving abilities, remarkable powers of concentration and gentle nature. They see the beauty in everything around them, as Mother Nature's form and function unfolds with ease before their eyes. Their hearts are filled with love, which unites all on the higher frequencies.

The fact is, this is their norm. Autistics feel at home here. Feelings of joy and ease accompany their high-frequency reality, for this is their comfort zone; their safe space.

To tune into this high-frequency world requires what I like to refer to as a beautiful sensitivity, which all autistics possess. Their finer sensitivities match the higher offerings. They're not *too* sensitive; there's no such thing, for you can only be as sensitive as it takes to be you, otherwise you'd be someone else.

Effectively, the depression that's so prevalent amongst autistics is caused when they're unable to be themselves; to carry, unguarded, their beautiful, loving natures into their daily lives, because of the disapproving world around them; when their

natural proclivities are not respected; when the people around them are not loving or lack integrity.

When autistics have to wear a mask in order to fit in, they feel sad. They know how beautiful the world could be, and it breaks their hearts when this is not reflected back to them. When the love and beauty of Mother Nature is not evident, autistics' spirits are depressed. **[depressed: see glossary]**

4. EYE-CONTACT

The eyes are the windows to the soul. (proverb)

Eyes don't lie. They convey the truth of how a person is feeling, even if their social mask is firmly in place. Your eyes betray your emotions and bare your soul to the world. This causes problems for beautifully sensitive autistics, with their heightened receptivity, for they *feel* the heavy load of emotions pouring from the eyes of others. The intimacy of this emotional connection makes them uncomfortable. And due to their gentle nature, it saddens autistics to know that the person in front of them is suffering.

However, this isn't the only reason for discomfort, and possible confusion. Most often, the neurotypical with whom the autistic is communicating will be wearing a mask that fits the particular social situation. Therefore, the autistic will be receiving two distinct energetic signals, one indicating the feelings of the neurotypicals' true self, and the other indicating the energies of their false social face.

This throws the autistic into a quandary. Processing two different, often contradictory signals, and formulating an appropriate response, takes time. Awkward silences can ensue, with the autistic being seen as socially inept. Breaking eye contact

at this point helps the autistic by reducing the incoming information that's causing the traffic jam, so they can focus on the required response.

I feel certain that neurotypicals also receive mixed messages when communicating with other neurotypicals, but their social programming is such that they defer to the external mask and respond accordingly. And perhaps at a later date they may recall having a funny feeling at the time, or a niggling suspicion that they put on the backburner.

Neurotypicals could also feel threatened by the ease with which autistics can read their emotional truth. However, there's no reason for concern, for the high frequency abode of autistics is very loving. They don't wish to judge or hurt you in any way...that sort of behaviour is simply not on their wavelength. All they ever want is for others to feel good, to connect through love, to offer kindness. If you look into the eyes of autistics, you'll feel their gentle nature and realise that you're safe.

Autistics don't feel threatened by other autistics because they're on the same wavelength. They recognise the loving soul with whom they're connecting. There's greater understanding, fostering increased ease. **[understanding: see glossary]**

5. BLUNTNESS

Truth, honesty and integrity are paramount for autistics. And all too often, they respond honestly, only to find that they've said the wrong thing...according to neuro-typical measures. This is why autistics are seen to be blunt. However, it's simply the result of living in a world that uses social masks to disguise the truth. Where neurotypicals *know* the rules of what to say and when, autistics *feel* the energies of the moment and respond accordingly.

Neurotypicals operate from their programmed thoughts and emotions, whereas autistics operate in the immediate, from their feelings.

Bluntness could be translated as TRUTH.

Unthinking respect for authority is the greatest enemy of truth.

Albert Einstein

6. SOCIAL RULE BOOK

Autistics often say that they haven't been given the social rule book, in defence of their apparent lack of social skills.

The missing social rule book actually sits within the limbic system of the brain, which is the area where mammalian evolution is recorded. However, the limbic system is being phased out as it comes to the end of its evolutionary assignment. Accordingly, the social rule book is becoming obsolete, as humanity increasingly opens to the beauty and power that's inherent in presenting the true self to the world. The masks of the persona are being discarded in a collective awakening that's revealing a radiant heart that beats as one.

The social rule book is not missing in autistics, it's just been upgraded to a guiding system that's more accurate, and true; an energetic system that's based on what's felt in the moment. This is part of the evolutionary shift from meeting *external* expectations to listening to the *internal* whisperings of our true nature. We're transforming from fear to love.

Everyone is partaking of this shift...in their own timeframe...which creates a *spectrum* of evolution. Autistics just happen to be the forerunners, but we all sit somewhere along that continuum. It benefits humanity as a whole when we uplift

others, instead of putting them down, no matter how different they are. We all shine on the inside.

Autistics don't follow a social rule book, they follow their hearts. Their natural inclination is to be kind and loving, true to themselves, honest and full of integrity, non-judgmental and disliking of small-talk and gossip. These beautiful qualities are not skills to be developed, they're already sitting within the heart of humanity awaiting release.

Open your heart and throw away the rule book.

7. PATTERNS

I see patterns in everything except people and social dynamics.

(adult autistic)

That says it all.

Society is a melting pot of people's emotions and behaviours. Throw in a little more spice or a dash of passion, and mix in some bullying or a little jealousy...and the dynamics change. Every situation presents a different concoction of messy dynamics. Masks abound. Authenticity is rare. Game-playing is paramount. Appearances matter. It's a performance.

To beautifully sensitive autistics, this is a minefield. They see the beauty of Mother Nature in everything, so it's hard to fathom why neurotypicals are disguising their inner beauty in deference to what others around them think.

Mother nature's patterns are always beautiful, which is why they feel so good. Autistics choose to withdraw from social situations in order to stay aligned with the beautiful patterns of their inner *mother*-nature.

They're not antisocial, they just prefer to feel good.

Autistics have the reputation of being pattern-seekers. But

aren't we all? Doesn't everyone see patterns? Perhaps in different situations or areas of interest...but patterns nonetheless.

A builder must be able to see a pattern in the structure before him; so too a dressmaker; an architect; an assembly-line worker; a mother, creating her day's timetable; any sports person playing any game; a musician; a doctor; a gardener.

Patterns are everywhere...in every pursuit. So why has the label of pattern-seekers been stuck to the foreheads of autistics, as if it's something out of the ordinary? They're just better at it than others. Celebrate...don't denigrate.

Perhaps it's time to start recognising those medical-model traits as patterns of higher ability.

8. INTERESTS

Once you are in a field of interest, references to that field appear all around you.

Ruth Wilson (2022), The Jane Austen Remedy (page 296)

What does this tell us?

Clearly, the imagination is magnetic. **[imagine it: see glossary]**

The more you place your attention on your imagined possibility, the more you attract the pieces that will eventually cobble together to become its physical manifestation, or that will prove its validity.

Autistics have the ability to tune into their imaginations and maintain complete focus on their topic of interest. They're incredibly magnetic as they pull together information that's innovative and unique.

The neurotypical world is increasingly recognising these gifts within autistics, and offering them employment opportunities that ultimately contribute to their company's progress and bottom line.

To say that autistics are fixated about their special interests, or that they drone on about them, is simply saying that their imaginations are open and flowing freely, and that their unique perspective has turned up a fascinating new pattern that piques their curiosity.

In seeing this as weird or different, you may be missing something very interesting...or profound.

9. DIAGNOSIS

DIA + GNOSIS = apart + knowledge; higher knowledge of spiritual things.

A diagnosis actually separates us from our higher spiritual knowledge. Our inner spiritual well-being is overlooked in a scientific diagnosis. Perhaps that's why the word diagnosis is defined as "scientific discrimination", where discrimination is "the making of distinctions, act of observing or marking a difference".

The word *diagnosis* screams *difference.* **[diagnosis: see glossary]**

From the moment you disclose your diagnosis, you're treated differently. Warning lights flash from the pitying eyes of those you've trusted to tell. No amount of convincing can un-disclose that fact or make you appear normal to them ever again.

I appreciate that neurotypicals may *think* they're treating us normally, but believe me, they're not.

I admit that my diagnosis *was* a relief because it made sense of my whole life, but it didn't change who I am intrinsically. It didn't make me more typical so I could fit into this world, instead of feeling like a misfit.

I remember, as a teenager, sitting alone in the lounge room watching the short, animated movie that graced our screens every Christmas. Narrated sensitively by Burl Ives, who also sang the songs, it was called *The Misfit*. Of course, it was about Rudolph, the red-nosed reindeer, who just didn't fit in because he was different. As I relate this past event, I can still feel myself sitting there with tears running down my face, because I knew exactly how Rudolph felt. I felt like that all the time. I, too, was a misfit, and it hurt terribly. Over the years, I've tried to source the movie, but to no avail. I hope that one day it does reappear, so I can view it with the awareness of my higher understanding.

It's taken years for me to reframe my life through a new autistic lens, and to gently cobble the shattered pieces of my crazy, ill-fitting identity into an eccentrically beautiful uniqueness.

It's taken years to realise that there's nothing wrong with me.

It's taken years for me to find my voice and to understand that no one owns my diagnosis but myself; that I'm the only one who's authorised to disclose my diagnosis...or not.

To neurotypicals, whether family and friends, medical professionals or those working in autism institutions, I ask you to be mindful when considering the disclosure of someone else's diagnosis. Stand in their shoes and ask yourself how that would

make *you* feel. Better still, ask the autistic how they're feeling about their private medical information being made public.

According to the glossary definition, a diagnosis is the recognition of a disease from its symptoms, where a symptom means,

> *a physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient.*
>
> *Online Oxford Dictionary*

When the external physical and mental features described by a patient (symptoms) are the only basis for diagnosis, the root cause is overlooked. The root cause is always catalogued in your pre-programmed memory of past experiences, your limbic system. The root cause relates to your roots. The root cause is directly connected to your inner spiritual well-being; to the gentle whisperings of your protective inner *mother*-nature.

She's constantly communicating with you via your energetic feeling system. She'll try to get your attention if an experience is less than nurturing, initially by sending gentle messages...those little niggles that you'll often ignore. If you don't take action to change the external cause of this niggling *dis-ease*, her whispers will get louder as the energetic messages get stronger. Her most insistent message is the manifestation of *disease* in her body tissue...she's now feeling *ill-at-ease*.

Whenever she sends you a feeling of dis-ease, she's asking you to look at the immediate external experience that's triggering this feeling. She's guiding you to discern exactly what it is that you're allowing into your life that is not nurturing your spirit. She's inviting you to explore your inner feelings and the pre-programmed responses associated with them, right back to the original childhood experience. This is the root cause.

Once discerned, you can then take action to ensure that it doesn't reoccur. She simply wants you to feel good, and for her beautiful *mother*-nature to return to its state of ease.

Addressing the *symptoms* of any condition will never bring ease. Likewise, if you treat an autistic according to the *medical model* of expected characteristics, you're missing the truth. Only when you go within each individual and ascertain their unique spirit, will you be able to address their wellbeing, and discover that the root cause of autism is evolution.

The beauty that's inherent in the spectrum of evolution is that it does away with the *us* and *them* model of existence, as it accommodates individuality. When fitting-in is no longer a thing, universal acceptance will have been attained.

Diagnosis is superseded by gnosis on the evolutionary spectrum of spiritual wellbeing.

To autistics, I'd say, think carefully before disclosing your diagnosis to those who don't understand the big picture; unless you're truly ready to embrace your autism as the beautiful gift that it is.

10. IDENTITY

IDENTITY = SAME = FIT IN

The word identity stems from the Latin word *idem*, meaning *the same*.

Our identity is hewn from our upbringing; from our family, with whom we identify; and further to our friends and community.

Our identity ensures that we belong; that we are the same as; that we fit in.

But what happens when our individual uniqueness *doesn't* identify with the family, friends and community?

We're labelled different. Condemned to be an outsider. We just *don't* fit in.

We feel like misfits!

But why *must* we fit in?

How can someone else's way be better than our own natural inclination?

What purpose does it serve to deny our own true self in deference to what someone else dictates?

Fitting-in is the problem, because it creates resistance and dis-ease. It epitomises control. It begets unhappiness.

Autistics don't want to fit in. In fact, I'd hazard a guess that no one really wants to fit in; that they'd prefer to be themselves.

There needs to be a complete overhaul of the growing-up process, of crafting your identity, of societal dictates. *Fitting-in* needs to be thrown out and replaced with authenticity.

This is what autistics desire: to express their authentic selves to the world. After all, both the words *autistic* and *authentic* derive from the Latin for *self*.

Don't you want to be yourself? Don't we all?

How hard can that be, when it's already embedded within us? Why mess with nature?

Autistics are trying to show you a better way. An authentic way. Why not give it a try.

Let's all celebrate everyone's uniqueness.

11. EDUCATION

Autistic kids are coming through in their droves. They're multiplying. Why the alarm bells and flashing lights? Of course

they are!

Our kids are changing...they're *evolving*...rapidly.

Isn't that obvious?

So why isn't the education system evolving...rapidly?

Instead of slapping another label on a brilliant kid's forehead, why not change the focus and look at yourselves!

The education system is failing the new generations...BIG TIME! There's nothing *wrong* with the *kids*. They're just part of the rapidly advancing generations of innovative, unique, quirky, out-of-the-box progeny.

What's *wrong* is the antiquated box they're being asked to inhabit. Let *them* lead *you*...and amazing things will happen.

This book says it all...

The Spark: A mother's story of nurturing, genius and autism
by Kristine Barnett

12. SEXUALITY

Autistics tend to show an inclination away from the normal binary gender preference. In many cases, they identify as pan-sexual, meaning that they are attracted to people regardless of their gender.

For me, this indicates a deeper, more spiritual connection as opposed to one that's based on sexuality. Autistics feel the energy of those around them, and use this as their guide when making connections.

Just like the geese on their flight path, autistics telepathically connect with those on the same, higher wavelength. These higher frequencies are always loving, kind, gentle and nurturing. Isn't this what we're all looking for in relationships? Isn't this how we all wish to feel?

The spiritual connection has nothing to do with chemistry or hormones driving our sexual urges. It has everything to do with how we *feel*.

Throughout evolution, as we come-up-over (overcome) our particular personal *agendas*, we rise above the divisions of *gender*-identity. And we connect lovingly with everyone, as we embody the higher frequencies.

Evolution is replacing chemistry with light. Again, it can be clearly seen that autistics are forerunners of evolution as they follow their inner light.

The prefix pan- means all, every, whole or all-inclusive.

Pan-sexual autistics love everyone. And one day, *every* human being will do the same.

How beautiful is that!

"Autistics are just a petal on the flower of humanity.

Samantha Craft aka Ciampi, Marcelle M.Ed

13. AN OBJECTIVE VIEWPOINT

Finally, I'd like to quote from an article written by well-renowned Australian journalist, Leigh Sales, about her experience in mentoring a group of autistic journalism students, who subsequently interviewed six celebrities for the ABC television series *The Assembly*.

Sales stated…

> "It had a level of authenticity and sincerity that I found very appealing."
>
> "…they don't have any agendas."
> "They're motivated by curiosity and they're very warm and non-threatening."

> "I hope that perhaps the program debunks some myths about autism – falsehoods such as that people with autism don't feel emotion and don't have social skills," she said.
> "I learned heaps from all of them…just about being spontaneous,"
>
> "…they ask some very creative and original questions, and also some very direct questions…the autistic students asked very different questions to neurotypical interviewers!"
>
> "…they made me feel that they had a lot of trust in me and they gave me a lot of warmth and affection."

Authenticity and sincerity, no agendas, curious, warm and non-threatening, spontaneous, socially adept and full of emotion and affection, creative and original as well as direct.

All of these qualities support my offerings in this book, and my belief that autistics are indeed the forerunners of evolution, showing the world how to be loving and kind and warm, whilst exhibiting curiosity, creativity and uniqueness.

This is an excerpt from my book Autism & Evolution; spirit, science & fairy tales.

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