



Aspiehelp / The Aspire Trust (Inc.)

February 2021 Newsletter

Edited by Andrea

In this newsletter: Book review - Autism in Heels; Weighted Blanket; Noise Cancelling Ear Plugs; Sensory Garden; Consult Room Update; Buddy Service; Member Article; Quote

Hello and Happy New Year one and all.

We are well into 2021 and it's time for another newsletter.

Book review

You may recall prior to Xmas I stated reading "Autism in Heels" by Jennifer O'Toole, and was finding it a bit too academic and heavy.

I persevered, and now recommend it.

She is a very intelligent, highly educated woman, who 'seemed to have it all'. However, as her narrative moves on to her more personal experiences, I could totally relate to the social difficulties, she experienced and the severe negative experiences she endured as a result. Being diagnosed in adulthood gave her the tool to step outside herself to see what was really going on for her.

One thing she said that really resonated with me is that we are so lonely and desperate to have friends we'll do virtually anything to make someone want to spent time with us.

This book is available for paid up members from our library.

Upcoming Aspiehelp BBQs

These are held at Barrington Mall, outside Fresh Meats Barrington. Please, if you're at Barrington Mall or otherwise in the area on these days, stop past and have a sausage. All profits go to support The Aspire Trust, our legal entity, which is a registered charity.

BBQ' will be on **13 March, 10 April, 8 May, 5 June, 10 July, 14 August, 11 September, 9 October, 6 November, 4 December, 18 December.**

Thanks again to our wonderful volunteers who help us out by running these fundraisers on our behalf. We really appreciate it.

Weighted Blankets

Some of you may be aware that weighted blanket have been shown to have a calming effect for people with ASD. I have noticed at the Spotlight store they sell these and they are currently on sale.

An independent seller, Jean, 021 269 7383 can also be contacted for an individualized discussion. She sells large single size blankets.

Noise Cancelling Earplugs,

Julie has found a website, Earworks, that sells noise canceling ear plugs for those of you with sensitive auditory issues.

Sensory Garden

We received contact from Hannah in England, a gardening enthusiast. She has an autistic nephew, and advised that his school recently built a “sensory” garden with the feedback from the pupils being very positive.

This intrigued her and she went on to explore the topic, developing a guide describing what they are, how to create them, ideas, inspiration and so forth. She is happy for us to share the link to her guide, and advises there are no ads or promotional material, it is just a topic that is very personal to her.

Link sensory gardening <https://www.diygardening.co.uk/create-sensory-garden/>

Members Suggestions

We’ve had contact from some members asking about a linkup service for people with similar interests to get together independently of aspie help. We’d be interested in any comments or feedback on this type of informal service, and ideas for how it may best be initiated.

Grant

We received a grant from the Rata Foundation, this month. They continue to support us and we sincerely thank them for this ongoing support

Consult Room Make Over

We have given our consulting room an update



Quote

“Imagine a world where there was enough awareness, acceptance, and valuing of autism that autistic people could fully participate in life without feeling compensating was required”
 Altogether autism Issue 3 2019, by Rebecca Flower, and Rachel Jellett.

Member Contribution

Member, Sam Barrow, has kindly provided an article on his life long journey into self healing. He is happy for us to share with our members. Thank you for your contribution Sam.

The Ordinary Human's Heroic Path (and an invitation to take pause) I am delighted to have been asked by AspieHelp to contribute a piece for this newsletter. In light of the difficult yet exciting modern age that we are now all facing, I would like provide a little self-affirming reinforcement in a rapidly restructuring world that many are having trouble keeping pace with. Understandably, it's a world that can often seem unstable, bewildering, or even frightening. Following is a very brief explanation about my life long journey into self-healing as an introductory teaser to out-of-the-box solutions that you may be interested in whether or not you identify as being on the autistic spectrum. This will act as a ramp into an invitation to take a special pause. However, please know that what I have to say is really nothing at all to do with me. If you promise to take a good deep pause you may see how it's a little story that ends up all about you and a group of exceptional humans I'll mention shortly. But mostly this is about you. It's a story of an 'ordinary human' on a hero's path. To the best of my ability I have always allowed the subtle whisperings of my inner heart's guidance to be the primary guidance in my life. While this has ultimately led to rewards beyond my wildest expectations, it has also been a long and difficult journey of feeling lost, but not irretrievably lost, amongst the incoherent world of the human and their irrelevant human measuring sticks. This is a feeling I know many on the spectrum, or in fact just about anyone can relate to from time to time. In my long self-healing journey I have gradually surrendered into a life that honours self-love, courage, healthy vulnerability, practicality, discernment, level-headedness, gentleness, authenticity, honesty to self, humility, original creativity, lightheartedness and humor above all else. These are also qualities I observe many of those on the spectrum embrace in their own lives and in their own ways with steadfastness and passion. But by far the most important and elusive concept I have embraced has been self-trust within the now moment. Without self-trust, without the recognition of my precious heart's ever-present diamond light guidance, I am not operating from the perspective of my 'higher self' and I am a victim of my own distracted mind and therefore susceptible to individual and collective thought patterns that do not necessarily hold my best interests at heart. The tendency to allow other peoples random thoughts and actions to negatively affect us, whether they are well meaning or not, is incredibly stealthy. It's usually unwittingly welcomed with a disturbing degree of enthusiasm because it's highly addictive. It's been both a self-programmed and environmentally programmed part of human life for thousands of years. My journey into self-healing, I'm happy to say, has been a truly exhilarating and wondrous ride out of victimhood and into freedom. Out of dishonesty of self and into intimacy. Out of the need to apply force and complexity and into the desire to allow grace and simplicity. Away from the desire to establish and cling to facts and into the mature innocence of one who knows that 'truth' never remains the same for long in our forever fluid, shifting universe. It's led me out of the external, fabricated world of human madness and into the giant, loving arms of my inner, permanent Self where all experiences and solutions become possible. But of course, as with everyone, there have

been no quickly won answers, no destinations or completions and no end to the teachings that come disguised as the challenges, embarrassments and messes of being human, and never have I wanted there to be. I have been a kundalini meditation, self-inquiry meditation and conscious dreaming student for over 20 years. This has been an absorbing adventure of self learning that very naturally began with embodying insights and practices from the most ancient yogic traditions and then rapidly expanded into a very long and winding path to distill the core essence of many original self-realisation practices from all four corners of the globe. It has involved over 15 years of self-healing supported by authentic modern mystery schools that by definition transcend all human created group belief systems and foster only the ultimate self-sovereign nature of individuals and the clearing of the programmed, distorted matrices in the body and environment that prevent such pure awareness. This journey has now come back home to the only place it ever can—to Self. This has occurred via a shattering of the sticky web of complicated yet ingenious illusions humanity chooses to unconsciously distract and torture itself with. It's also a journey that I would not have been able to travel without the co-creative support of a large global group of highly evolved masters in training who have slowly learned over the past 20 to 25 years to live largely free from the belief systems rooted in fear, selfsabotage and co-dependence that govern the world today with a stupefying iron grip. These are the incredibly rare souls with razor-sharp intuitive senses and an utmost respect for the astronomical burden created by the millennia old, virally programmed belief systems that humanity is now bravely healing from at exponential rates, whether people consciously understand this or not. They are the courageous ones fronting up to the daunting, universal truth that the incredible potentials of the human are to be found within, not without as we are largely taught. They know what it means to live free from outside authorities and influences over their lives. They are the primary cause and creators of their environment instead of being the resulting effect of their environment. They are learning how to self-reference for approval and how to create from their own truth in every moment. They are fast becoming masters at resourcing from within to affect fundamental global change rather than struggling to change the world without. They are by far the bravest, wisest and most empathic souls I know. Most would be labeled introverts but come from every walk of life and perform every type of vocation and service. Many are wrestling valiantly with the responsibilities of being seen as the inevitable future modern leaders on the planet. Typically they are unassuming to a fault and have also struggled enormously with some of the same challenges experienced by adults on the spectrum, but perhaps not for entirely the same reasons. Most notable are the challenges associated with sensory inputs and difficulties placating to those wielding the incongruent, horribly outdated 'measuring sticks'. But they are also the true rising renegades and system busters of a horribly outdated patriarchal planet heavily invested in covert deception, energy feeding, grand scale manipulation and outright annihilation. I only mention all this because of the uncanny overlap of some of the tendencies of this group of masters with many I have witnessed on the spectrum. In my search for authentic, elegant and permanent solutions to reconfigure the troubling aspects of receiving distracting audio and visual stimulation from the everyday world, I have found a plethora of natural ways to help me successfully achieve this. It has been a very long process of experimenting how to alchemically use the breath, posture, fragrance, colour, sound elixirs, light and frequency, dream work, meditation and quantum focused contemplations to accelerate deep and permanent healing at the level of the DNA. While I'm sure some reading this have been close friends with such self-trusting principles for a long time, I also understand that to some it might sound implausible or impractical. These predominantly right-brained, non-cognitive practices are subtle yet powerful game changers for the planet as they are able to bypass the human's unconscious addiction to self-sabotage. Furthermore, they inherently and intelligently allow for self-pacing in that they only effect change at a time and pace that is perfect for the evolution of the individual. The ones I refer to transcend all cultural, tribal, new age and religious boundaries meaning they operate completely outside the human fish bowl of illusory, dogmatic thought. They can marry beautifully with mainstream cognitive solutions and carefully chosen counseling for a magnified effect and are available to everyone over the age of about five. The relevance of these subtle arts transcends all ages. They were the ones embodied and taught by

the most revolutionary and widely adored female leaders and to a lesser extent, male leaders of earth's ancient cultures. However, this does not make them unreachable and they do not require your understanding for them to work. They require a belief in nothing but the immaculate technology of your own Self and the perfect guidance of your own inner heart—a skill the vast majority of us unlearn somewhere between the age of two and eight in order to conform to a society that encourages shallow thought while denigrating the intuition and inner common sense. As an adult, it requires a willingness to stop defaulting to the empty, addictive promises of the middleman and stand up and take 100 percent personal responsibility for everything in your life no matter how dire your situation or what type of atrocities and discriminations you have lived through. To take on this much personal responsibility brings in a perfect storm of transformative, positive change. This restructuring is something very few are willing to surrender to. It can be a confronting and a somewhat destabilising experience similar to stepping off the edge of a cliff. To many it feels like a sort of death, which is actually quite true, but it's only the illusory beliefs that no longer serve that are dying. Even though there are immense forces operating to prevent you from engaging in these practices, there are no prerequisites or permissions required for taking personal responsibility, i.e. it's not time-dependent. It's a beautifully simple and elegant process of getting out of fear and then gently and compassionately uncovering your own innate creative solutions one small self-loving step at a time, rather than waiting for someone or some group of people to give them to you, as most of humanity is still doing. Since about 2005, I have also been very fortunate to receive mentorship from several of the world's most respected seers and authentic living masters in the art of embodying absolute states of self-realisation. To be privy to an immortal master embodying the genuine archetypes of a Teacher, Healer and/or Creator has been relentlessly detoxifying, but also transformative and freeing. This has helped bring me to the point where I can share my own story as an offering to those who are ready and willing to remember how to unapologetically engage in the widely discouraged and often ridiculed act of deeply trusting the subtle whisperings of their own immutable, infinitely intelligent, eternal heart. Central to my self-healing journey has been the acknowledgement that my failings, imperfections and ongoing challenges need to come with me on the rest of my journey. Metaphorically speaking, I know the thorns of life need to be celebrated and revered equally with the flower, or else the opportunity for real personal growth and authentic, modern leadership (for I believe many of those on the spectrum are potential modern leaders) is lost to the impossible demands of the ego, which believes in an elusive perfection that will never exist. It is through these realizations and my long process of re-membering that I hope to have the courage to quietly and patiently illuminate a path for those who are curious. Especially for those who are ready to leave the old earth behind in its cesspit of addictions to fear, suffering and external worship and go against the grain of the hypnotised masses with open arms for the incredible potentials for self-initiated harmony, serenity and community centered cohesion that lie ahead. These are the ones who are ready to stand out amongst the crowd and walk the courageous human path of what I sometimes call the Middle Way. This is the accelerated path of the well-grounded, well-lived human who has gradually learned to disengage from the insanity of mass consciousness and its imprisoning shadow group belief systems and instead trust in the sweet and subtle poetry of his or her own pure heart when and where it seems appropriate to sing the song of the self. The Middle Way can be as esoteric or simple as you want. However, it will always be inviting you to see the grand simplicity within the complexity, the inherent beauty and perfection within the savagery and the reflection of You within every one of your learning experiences. It's not a casual practice for the faint hearted or for those looking for quick relief from more regurgitated human 'knowledge', philosophical procrastinations or spiritual escapism. It's not something you can dabble in. It's a raw, organic process that requires enormous courage, far reaching self-compassion, humility, patience and a great surrendering to the innocent voice of the heart. So, while the vast majority of the two-leggeds on Earth are understandably tangled up in a seething pit of rage, fear and nagging distrust I would like to now invite you to just stop. Please now consider inviting your awareness to gently soften into your heart because we're now at the crux of this transmission. Give yourself the authority to simply kick back, breathe deeply and sweetly into the

core of your living cells and take a moment to observe the utter absurdity of the modern world with a little of that lightheartedness and humor I mentioned at the beginning. Just for a moment I encourage you to be a relaxed and detached observer of everything rather than the engager or the doer. Observe your physical body and everything that's going on within it, observe your outside physical world, observe your emotions and feelings and observe all those external circumstances in your life that you are always wanting to change. Don't analyse, scheme or philosophise. Don't use any effort to still your mind or be a 'good' meditator. Don't try to correct, plan or improve anything. Do not hold tightly onto any emotion or thought that appears. This is not about using the overtaxed mind to find solutions. Just observe. Pure observation applied with the innocence and wonderment of a child is a devastatingly powerful way to dissolve fear, confusion or anything unclear. Give yourself permission to wrap yourself in an emotionally safe and supportive shield as a solid platform from which this observation can happen. Do it for you and you alone. Authorising yourself to do this deceptively simple one-step exercise is not just another empty, sugarcoated distraction from the pain and irritations of your life. It is designed to show how you can dive even deeper into your human emotions and the richness of everyday life without being overwhelmed. Its potentials lie far beyond just stress relief, because it allows you to be a witness to the great delicious void where all potential for meaningful, exhilarating and sensuous earthly experience lies. Even attempting this quick exercise is incredibly rare and quite exceptional amongst the heavily distracted, virally conditioned population. It means you're most definitely on a truly heroic path no different to the revered ascended masters of the past—a road you've been on for some time and quite advanced in without even knowing it. Performed regularly and with self-love the rewards will be intensely beautiful, although at times also challenging and deceiving. For all those here, I honour and celebrate your mighty undistracted self-sovereignty far beyond what you could ever imagine for you are indeed a vital, irreplaceable piece to solving the great bewildering puzzles that humanity is now presented with. Showing up to your life and living it exactly as you are, as best as you can, really is nothing short of a hero's journey that matters to the Whole more than any of us could possibly comprehend with the human brain. As far as I have been able to see, the notion that we as individuals are small, insignificant and disconnected is the second greatest lie ever perpetuated via the insidious winds of mass consciousness. So, while the decisions you make on your heroic journey rest in your hands and your hands alone, please remember that you are never alone in your human condition. You deserve to be supported unconditionally in your uncommon decision to embrace the new era by trusting in the clear, deep yearnings of your inner knowing. Against the most unimaginable odds, a unique and timely support infrastructure is now quietly emerging on the planet for those who want it. Secreted away in veiled mystery schools this help has been for thousands of years, but not any more. This, alongside other unprecedented emerging factors means we are truly heading into a remarkable era of peaceful expansion and evolutionary maturity on the planet in the centuries to come. However, there's a catch. For this new world to be visible you need to respectfully step aside from the escalating world dramas designed to distract you. You do this by taming the millennia old destructive, fear based dialogue of the mind that never belonged to you anyway. This message has been, and will remain a living transmission designed to activate a curiosity within willing individuals in perfect timing. Please drink some water and consider taking a little self-loving rest to allow for integration and recalibration as it continues to gently push and pull on your sub-conscious. It has been an honor and a privilege bringing this message to you today. For more information I welcome you to visit my sanctuary for allowing your own hidden potential for freedom at...www.sovereigndomain.com (gates due to open on or about the full moon, March 2021). This space will stand in honour of the giant selfsovereign nature of all who visit. Verluash verurlabaa mi urla set viunish (Be prepared for the fulfillment of your dreams) In Gratitude and Trust, Sam Barrow ;)