

Attitude of Gratitude for Autism

I know it can be especially hard in times like these to feel grateful for anything especially with behaviors raging, routines out of whack and parents in turmoil not knowing what to do.

I don't want to be "preachy" its that when things go right, when people connect, laugh, share the good things that are going on, it makes us all feel better and after all that's really ALL we are is FEELINGS.

We were moving out of my house after exactly 30 years and my son with autism, Jonny, unplugged the internet by mistake, had to stop the entire moving process at midnight, evaluate the entire situation, research how to reset it right and literally all he really had to do was to plug it in again! We all laughed. He had his moment in the sun 😊

Here are some very special words shared with me by my dear friend Dr. Jerry Jampolsky, founder of The Centre of Attitudinal Healing, specializing in catastrophic illness when I told him about the coincidental occurrences in my life.

At the age of 95, Jerry now says the following!

**"Fear can be the most virulent and damaging virus known to humankind."
-- Gerald Jampolsky, M.D.**

"Karen, Coincidences are God's way of remaining anonymous"

This has certainly pointed me along a pathway towards many magical moments over the past 25 years especially around autism today, Little Rainman chicken soup and the work that I've done when I became an Attitudinal Healing Training Facilitator in 1997.

You see, The Attitudinal Healing Centers work is around traumatic situations , prisoners, children's death and dying and what people have very difficult times going through. With COVID-19 in the world right now it is the perfect storm for his work.

I don't want to ramble on with a wall of text as my son would say, rather, invite you to read through these twelve principles of Attitudinal Healing and if you CHOOSE to, embrace any or all of the concepts you want as they may help you during this difficult time. If not, that's fine too.

Attitudinal Healing is based of the belief that it is possible to choose peace rather than conflict, and love rather than fear. It is love that is the most important healing force in the world and man do we need this now like never before!

My comments around each principle are in BOLD.....

The Twelve Principles of Attitudinal Healing are:

1. The Essence Of Our Being Is Love (AT THE CORE OF EVERYONE THERE IS GOOD...THAT SPARK THAT STARTED OUT IN THE BEGINNING OF LIFE)
2. Health Is Inner Peace, Healing Is Letting Go Of Fear (FEAR STIFLES OUR CREATIVITY AND CHOOSING TO EMBRACE OUR INTERNAL PEACE DISTRACTS ANY PERCEIVED FEAR OUTSIDE WHICH IS MERELY AN ILLUSION OF WHAT IS GOING ON)
3. Giving And Receiving Are The Same (AS WE INHALE WE ALSO EXHALE, IF WE LEARN TO ACCEPT FROM OTHERS AND GIVE FROM OUR HEARTS WE WILL FEEL THE SAME RECIPROCAL ENERGY FLOW THROUGH OURSELVES)
4. We Can Let Go Of The Past And Of The Future (LIVING IN THE NOW IS ALL THERE EVER REALLY IS. THE PAST IS GONE AND THE FUTURE HASN'T HAPPENED NOR DOES IT THE WAY AS WE PROJECT)
5. Now Is The Only Time There Is And Each Instant Is For Giving (ALWAYS RELEASING INTO THE UNIVERSE CONTINUALLY LETTING GO HELPS TO HELP US RECOGNIZE THE SYNCHRONICITY IN THE UNIVERSE)
6. We Can Learn To Love Ourselves And Others By Forgiving Rather Than Judging (WHEN WE LOVE AND FORGIVE EVERYONE IN OUR OWN HEARTS SO WE DON'T HOLD GRUDGES THIS FREES OUR OWN HEARTS AND ENERGY. JUDGEMENT OF OTHERS OR OURSELVES ASSUMES A POWER POSITION RATHER THAN ONE OF LOVE)
7. We Can Become Love Finders Rather Than Fault-Finders (WHAT WE FOCUS ON EXPANDS SO SEEKING LOVE WE FIND MORE LOVE AND IF WE ARE LOOKING FOR FAULTS WE FIND MORE)

8. We Can Choose And Direct Ourselves To Be Peaceful Inside Regardless Of What Is Happening Outside (WE ARE IN CONTROL OF OUR FEELINGS AND OUR THOUGHTS. WHAT WE FOCUS ON FILLS OUR HEARTS)

9. We Are Students And Teachers To Each Other (THE MORE WE KNOW, THE MORE WE REALIZE THERE IS TO KNOW AND WE ARE ALWAYS LEARNING AND TEACHING IN THE PROCESS OF TEACHING WE ALSO CONTINUE TO LEARN)

10. We Can Focus On The Whole Of Life Rather Than The Fragments (KEEP IN MIND THE BIG PICTURE IN THE SCHEME OF THINGS, "THIS TOO SHALL PASS" HELPS IN THE PROCESS. LITTLE THINGS ARE SMALL, LET THEM GO)

11. Since Love Is Eternal, Death Need Not Be Viewed As Fearful (WE ARE FOREVER WHO WE ARE. OUR BODIES ARE CARRIERS OF OUR ENTITIES. WHAT MAKES US.....US, FEELINGS, EMOTIONS, HAPPINESS, SADDNESS ARE NOT PHYSICAL)

12. We Can Always Perceive Others As Either Loving Or Fearful And Extending A Call Of Help For Love (AT THE END OF THE DAY, EVERYONE ULTIMATELY WANTS TO BE LOVED AND ACCEPTED FOR WHO THEY ARE REGARDLESS OF ABILITIES, RACE, SEX, RELIGION OR ANY OTHER PERCEIVED DIFFERENCE)

Lovingly,

KAREN SIMMONS

FOUNDER AUTISM TODAY

PS....We are here to help if you need us. Love is constructive and fear is a VIRUS