



Why the World Needs Neurodiverse People

by Elizabeth Jewell Stephens

Do you disappoint yourself because you don't seem to measure up to what other people expect of you, and then, as a result, you feel unworthy?

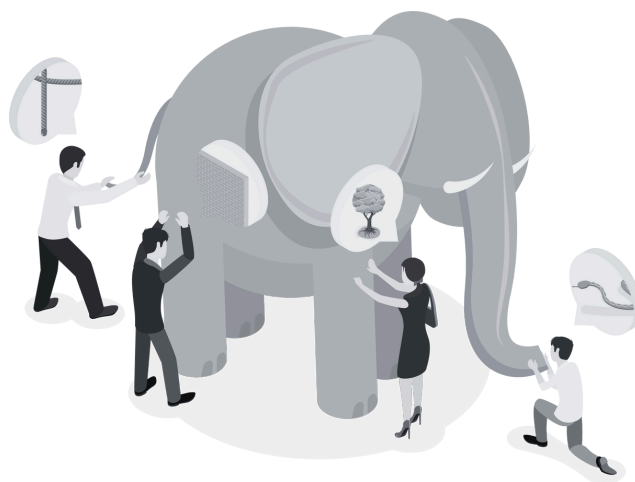
And more than that, because others expect you to be different, you've taken that on board for yourself. So even though you know you're different, and maybe very different, you're trying to compare yourself with a fake image.

Then you fall short, and judge yourself as a failure, maybe even hating yourself sometimes!

Do you know the parable of the six blind men who come across an elephant for the first time and feel different parts of its body and therefore form a limited view of what an elephant really is?

One feels the tail and thinks it's a rope; another feels the ear and thinks it's a fan of some sort. The one feeling the trunk thinks it's a snake. The tusk is taken to be a sword, the leg a tree trunk, and the flank a wall.

(Yes, I know this pic doesn't show 6 blind men, but it's the best I could get. Anything with 6 blind men was heavy and depressing!)



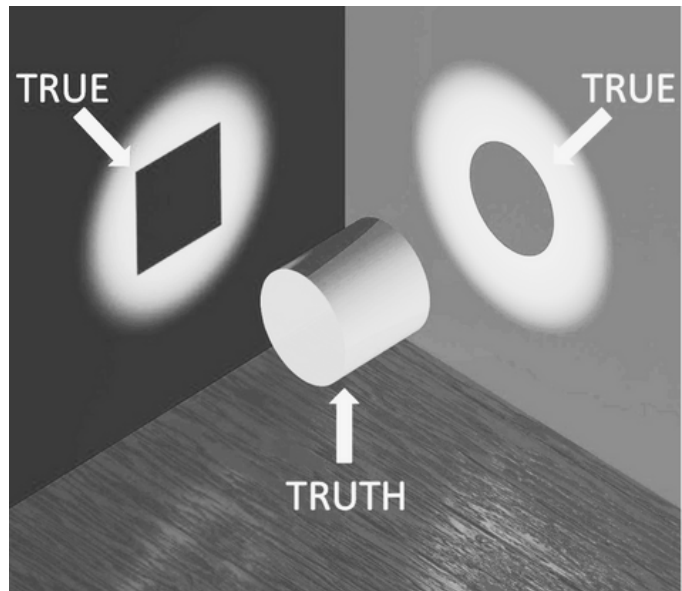
Apparently, that is a really ancient Buddhist story, and to me it just goes to show that humans have always formed the wrong opinions of things because of their limited viewpoints.

So don't fall into the 'same ole' trap yourself. Maybe this elephant picture will remind you to take a fresh look at yourself to see the beauty shining within your special gifts.

Here's another telling picture. See how the two different viewpoints show a completely different shape, and yet they're viewing the same object.

So, again, we can see how we look different, quite different, depending on the point from which we are viewed.

Let's enjoy our differences.



And now, **Steve Jobs'** wonderful statement below gives us the real reason why the world needs neurodiverse peeps:

Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes ... the ones who see things differently – they're not fond of rules, and they have no respect for the status quo. ...

You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things. ...

They push the human race forward, and while some may see them as the crazy ones, we see genius, because the people who are crazy enough to think that they can change the world, are the ones who do.

Is it time for you to think differently about yourself? I hope you'll open to the idea that you're okay. As Yoko Ono said:

You change the world by being yourself.

Some people want you to be cured of Asperger's. Not me. I want you to love it, love yourself, and relish your strengths and uniqueness, and see that you are a diamond in the rough. Sounds hard, but in my courses we start with simple steps for you to reach a state of self-compassion.

I'm on a mission to change the self-esteem of Aspies, to help them have a deeper spiritual understanding, to know that they do not need fixing, to offer them a community of like-minded peeps—if they want it—and to achieve a world where neurotypical people accept Aspies as they are, and don't try to cure them.



[Elizabeth Stephens](#) is the creator of short courses and other products to enhance the lives and happiness of Aspies & ADHDers, especially those who wish to scale up their spiritual understanding.

Many people have found her personality difficult to understand; often she's been labelled as having 'foot-in-mouth disease'.



It was not until she found — while in her 50s — that she had Asperger's, that she was able to relax about her foibles and see the gifts they brought with them. Subsequent to that she found she's also an ADHDer.

The founding editor, in 1989, of [LivingNow](#) magazine (Australia's largest holistic magazine at one time), and the author of the book, [Seven Angels Helped Me — They'll Also Help You](#), Elizabeth has developed a simple yet profound recipe for life, borne of many years of ups and downs in business and her personal life, and her experience of spiritual paths.