

Finding a place of Peace

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My friend Sandi shares this beautiful piece of wisdom in her newsletter "The World In You" Exploring the Possibilities Within (<http://theworldinyou.com/>).

This message is so applicable to loving and living well with autism as well as all the other challenges we face in life.

"We are constantly struggling with our minds in our quest to change the reality of any given situation, always in, as Stephen Cope terms it, a "War with Reality." If we deal with what IS, rather than what we think SHOULD be, we can find our stillness and sense of equilibrium. It is only by finding this place of peace that we can connect with our inner voice and tune into what we really want to do in a situation, where we really want to be.

Realizing that there is no hill without a valley, no up without a down, helps us accept a situation as it IS, without wishing it were otherwise, which is the cause of all unhappiness."