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# **Re-branding Asperger's**

(if you don't know what "Asperger's" is, click here)

One in every three hundred people is born an Aspergian Mutant (AM). You may be one them, and you may not even know it! There are an estimated 20 million AM's worldwide – enough to match the entire population of New York State, the state of Texas, or twice the entire population of Greece – and yet it is

possible that you have never heard of them!

At school they are often viewed as normal children, if a little awkward or introverted – but childhood and adolescence are such turbulent years anyway that many AM's are missed completely. Young AM's are inherently different to non-AM children, and they grow to be very different adults. From an early age they tend to be very focussed on a specific subject or succession of very narrowly defined subjects. Many of them start reading non-fiction titles at a young age, and mostly continue to prefer non-fiction informational reading throughout their lives. They have little or no time for long literary descriptions ("time wasting", "not to the point"), or the human equivalent: small talk. If you wanted to capture their

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imagination with a good story, a play will do a much better job than a novel. They will very much appreciate their concentrated brevity.

AM children often develop some "special powers" too. These are varied and sometime take years to discover. They may be far reaching memory skills (e.g. the ability to remember entire catalogues after one reading), extraordinary 3d simulating skills (e.g. the ability to visualise a whole building's infrastructural composition as a 3d computer program would do) mathematical abilities (e.g. the ability to perform highly complex computational wizardry in their mind), superior language skills and many others. Not all AM's have them, but those who do will be aware that somehow they possess a "different" trait. Often they will hide it, so as not to be the "odd one out".

When AM individuals combine their strong personal focus with their "special power", they have an extraordinary potential to contribute to society and develop new and striking inventions and works of art or science. Further research is required in the field of history to find out how many central innovative figures in human history did indeed have Aspergian traits.

When a person is gifted with one good trait, there is usually a trade-off in another, and this is evident in AM's lack of social-interaction buffers. These are the buffers which many of us call "social intuition". When you talk to group of people, you don't normally have to think about where your eye-contact should go. For an AM individual in a social situation, this is just one of many variables she will have to calculate if she's to get it right. There are a set of rules that govern human gazes, and whilst most people know those almost by osmosis, an AM person will have to calibrate and calculate them on an ongoing basis. This will also apply to conversation,

body language and any social interaction. Think of it as an alien living among humans, and having to think about every move and every single part of their body. With so many external stimuli to process, AM's will quite naturally become exhausted after interactions in situations involving several or many people (e.g. gathering of a group of colleagues in a bar), and will either develop sophisticated coping mechanisms to deal with these situations, or try and avoid them as much as possible. The latter is more common.

These are not all the traits characterising an AM person, but they already provide the main basis of the AM profile: a person with a very strong sense of destiny and focus, possibly a bonus special mind-function to aid her and a limited ability to socialise. This sounds almost as if nature created a brand of humans designed specifically for a task. Now why would evolution create a variation like that?

This is a strong statement and I think perhaps we need to dwell and reflect on it a little. We treat society and socialization as a defining element of our being human. Our pre-modern ancestors hunted and gathered in groups and used language to communicate amongst them. They identified their affinity and loyalty to their group through ritual, dress and language. In fact, their communal identity was essential to their existence, even before speech at this high form evolved in humans. Furthermore, even our primate relatives, apes and chimps, live in tribe-like

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groups, as did our extinct relative, the Neanderthal, and they do not use language, or at least not the same form of complex generative grammar. Being part of a group has always defined human behaviour. To this day, our whole social fabric is based on groupings and affiliations.

In our modern-world, family and tribal groupings are still very much a reality (instead of tribal, you can also read "national" or "ethnic"), as are continued cases of ethnic conflicts, wars and xenophobia. *However*, for the first time since humans started ruling the land, the possibility of a person being brought up, and living his entire life, as an *individual* with hardly any tribal context is a reality. Of course there will always be affinities such as language, nationality and one's favourite football team, but they are only groupings in a very loose sense, and you may not even be aware of them, let alone see them as a defining *social* context.

So this mutation, which keeps recurring, and is hereditary (many AM children are found to have AM parents) does it possibly have a role to play in the evolution of humankind?

Evolution and mutations are not, as science fiction films would have us believe, a sudden transition into a human who can fly and sees through walls with laser vision. It is a slow process, where strong traits remain and weak ones get relinquished. Nature also preserves a balance between energy and functionality, so there is also a "trade off effect": we can only have so many traits in place (or on one gene, or using one enzyme etc). When an AM baby is born, it is given a gift that is special to it, and as a trade-off it lacks some of the traits that others have. When it grows up, most of its difficulties are not because it is inferior, but because it is not suited for the society it is born into. It would develop much more fully if the world around it was tailored for it specifically (I will touch on how this environment might look like later in this article).

Could it be that this gene is telling us: focus on development, and stop grouping so tightly that you might war yourselves out to extinction? Could it be that this is the mutation that was there for a while but was discovered in our time, now that we are ready?

Wars are caused by strong emotions of affiliation. They are sparked by bravado, nationalism, religion, hatred and xenophobia – all products of group allegiances. I won't begin to suggest here how this barbarism can be changed by AM's. I will only say, that the potential exists, and ask whether the next step in our evolution would be that of a loose or looser affiliation to groups.

**Creativity and innovation** – many teenagers who finish their secondary education define their future outlook as "lost". They have some idea as to what to do, but not a very strong sense of destiny. A large percentage of people will end up in a profession almost by mistake, or to fulfil someone else's expectations. An AM person

would grow up quite differently. He will usually feel an almost endless need to "do things", not to sit still, not to waste time... His focus will be his main drive and he will dedicate a great deal of time to it, thus having a much higher potential of personal achievement on his specialised subject. The only thing holding an AM child back would be her inability to integrate into the non-AM social structures. So what sort of social structures will she fit into?

The Aspergia.com initiative is trying to address these sort of questions, by speculating how an AM only society would look like. An AM child, for example could be educated in an AM society in the following way:

- During her formative years she would be exposed to an exponential range of subjects to allow her to fixate on the narrow subject that really interests her, and to prevent her from growing up without the chance to find the right focus (AM's who cannot find a subject focus may become very frustrated).
- She will be helped to find any special skills she has and encouraged to develop those.
- She will be encouraged to combine her main interest subject with her special skill.
- She will be provided with a regular, predictable social context, to provide her social needs, without the strains of complying with non-AM conventions.

This last point may sound comical, but is actually at the heart of any AM society, if one were to attempt and set one up. An AM society would probably base itself on a set of pre-arranged social meetings, which would have very clear "rules of behaviour", and will probably be set up in a structured way. This may sound strange and foreign to a non-AM, but not more foreign than a cocktail party would seem like to an AM person.

As you can see, this is a very challenging perspective. It also challenges AM's to part with the establishment that defined, "diagnosed", and used various labels to categorise them. The help they usually require relates to the society that they live in, and the way their lives developed as a result. Perhaps it is time we started valuing ourselves as something completely different.? Perhaps it is time we treated ourselves better?

Perhaps you would like to think about how an AM society would look like, what sort of institutions it will have, how would the educational system work etc. Perhaps you would like to <u>contribute to the debate</u>?

The website that hosts this article deliberately avoids the old definitions of Asperger's. They are acknowledged as part of a natural process of seeking classifications and explanations, but if we are to move the debate forward and create something new, we *must* create a new language. A new terminology that moves away from the dictionary of the health care profession.

The above is a short description of where we begin our journey. Join us in making it a worthwhile awakening.

You are also invited to read our mythology: click here

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The Aspergian Mythos and Ethos

# THE MYTHOS AND ETHOS

# A forgotten civilisation

We call this land Aspergia. We pronounce it so because no one knows what its real name was, or the tongue spoken by its people. Aspergia; a land surrounded by oceans, as far as the eye can see. A land of sea-gazing people, Aspergians, who venture into the great waters for fishing, but never the great distances required to find others, although they fiercely believe they exist..

Many, Many eons in the past, this new civilisation was founded, building great towers and dwellings, and thriving in a social structure, very different to that which we observe today. The Aspergians



celebrated an individual's uniqueness and devotion to their cause. They taught their young that each and every person is born with a very specific talent, their "special gift", which they must identify if they are to live a full and fulfilling life. Because you are born with this talent you will excel in it and find it rewarding and enriching. Anything else you choose to do will not bring you as much happiness, and once you have found and attained this direction in life, you are respected by your people for achieving a oneness with your destiny. The Aspergians held an annual "destiny ceremony" to celebrate the transformation of the *Seekers* into the *Initiated*. This can happen at any age, and some Aspergians have found their destiny at 13 whilst others did so towards the end of their lives.

Despite being surrounded by oceans and no knowledge of another land, far or near, the Aspergians strongly held that there are others beyond the great waters. They had a social class of priests named *Gazers*, who were self-appointed, after finding their destiny was to serve their community in this role. They gazed daily into the blueness of the water, awaiting to record the every sign that life is there beyond. Each Gazer held records of every sighting and possible sighting. They have done so for generations, and were revered by their community for this important role.

There were ancient stories told of encounters with other peoples from beyond the sea, who landed on Aspergia and even took some of its residents with them. They were described as looking similar to the Aspergians, but having different customs, and producing very loud sounds, which were painful to the ears of the Aspergians. But these were old stories, and time has passed since there was a sighting of a tiny image on the horizon.

The Aspergians did not build their dwellings close to each other. They had a complex social structure which allowed individuals to invest most of their seeker years in searching for their destiny, and most of their time as *Initiated* in fulfilling it. This helped their culture to achieve great things.

Their weekly conventions and annual gatherings always obeyed strict rules of ceremony, and each member knew exactly what their ceremonial role would be. Although solitude is a central pillar of the Aspergian life, it can not be real solitude unless it is defined by "Communitude". Communitude allows for kinship, and relationship. It also ensures the continuity to the next generation. Communitude ensured Aspergians had a plentiful dose of company, in a defined and easy to manage way, and without complications. It also allowed them to spend their solitude time by themselves, observing the concept of Stillness.

#### The Aspergian dispersal

It may be that the tales of the great flood, all go back to the Aspergian story. After the civilisation of Aspergia survived for millennia without danger or strife, the ocean itself sought its own destiny and found that it had to take over the land on which the Aspergians lived. The water rose and rose, until there was no doubt that Aspergia would cease to exist within a short period of time.

The Aspergians were not ever faced with the task of building a boat that was bigger than for the purpose of local fishing. Other than the oft told story of the great Son of Aspergia, who set to sea in search of other lands, and was never seen again, they had not dared try and go beyond the borders of the visible waters, because they knew there were great currents there; currents which take you to sea and never let you return.

But now there was no choice and dozens of bigger boats were constructed in haste by the talented architects and builders of the land. As the full moon set into the sea, the Aspergian people had one last Communitude gathering on their beloved land.

They left at dawn, in utter silence, their minds were full of fear and focussed on the task ahead.

The boats reached the high currents and drifted apart, each to its own direction. The Aspergian civilisation started a journey into the unknown, and not all of its sons and daughters would make it safely to the world beyond.

### The Diaspora and accommodation

The boats that did survive had finally reached many a dispersed shore, and it was always the *Gazers* in every boat that identified the approaching land first. When they landed, they started by huddling together after the ordeal of the jouney, but this was against the nature of Aspergians.

The peoples they came across were very different to them: they valued a sort of constant Communitude, they were afraid of their destiny, and were afraid of being alone or pursuing their talents. But the Aspergians were a minority everywhere they went, and their nature dictated that they integrate, and learn the ways of the land.

Integrating was not easy, but they had a talent for it, and after a few generations any trace of Aspergians and their culture had all but disappeared. Their story was swallowed into the general mythology, and made a part of human heritage. They intermarried with the people of their new lands and their children would sometimes express Aspergian traits, and sometimes not. Occasionally their children were born with a severe Aspergian gaze that never went away, and an inability to speak or act independently. In early generations these were recognised as the results of intermarriage. Later on, even this realisation had been forgotten.

Nevertheless, throughout history, those who were born with a strong Aspergian persona, mostly knew that something was different. The sound of the ocean would calm them down, and they needed a great deal of solitude. They did not understand the practice of "constant Communitude", and did not know how they should behave in the social structure they were born to, with strange and taxing ways of interaction. They were mostly saved if they managed to seek and find their destiny-interest and excel in it. This was always revered by the people around them, and allowed them to be a little "different". Not all Aspergians immediately understood they had strengths rather than weaknesses. Being a minority always creates unease and alienation. It took great courage for those who did to tell themselves that they were different, and that it was fine to be so. Others spent their lives fighting it, and one who fights oneself always loses.

#### The heritage

The Aspergian civilisation has all but disappeared, but its biological and genetic heritage is still very much with us. Their genes are strong and persistent, reminding us throughout our history, that there were other ways of being, and other possibilities.

In some periods of history, Aspergian manifestations were hunted down and destroyed. Aspergian women burned at the stake as witches, Aspergian inventors and creative minds persecuted for daring to be different. There were Aspergians who discovered a destiny-talent for design and formulation, and secretly created ancient Aspergian symbols in crop circles. There are Aspergians that are *Gazers* to this day, watching for trains, planes, boats or searching for life in outer space. These traits are so different to "normal" human ones that they persisted through their genes.

And those of us who have, against all odds, found their destiny and their pride, are now ready to revive that notion that we have a proud ethos to relate to - and we can once again build a proud heritage. Aspergia lives on - and we will be the lost sons and daughters, coming home to our history, our heritage and our future.

see also: the scrolls of Dingir and Kmosh

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# What is Asperger's Syndrome?

This website moves away from the traditional definitions of Asperger's, but if you're coming to it "cold" with no previous knowledge, this page is for you.

Asperger's Syndrome was named after Dr Hans Asperger, a Viennese paediatrician who described it in a 1944 paper. It remained mostly unknown to the English speaking world, until it was picked up by Lorna Wing in an influential review and series of case reports in 1981. "Asperger's Syndrome" was made "official" in 1994 when it was included in the DSM manual used by psychologists to classify mental conditions.

Current thinking places Asperger's Syndrome on the "autistic spectrum", usually referring to it as a form of "high functioning autism" (HFA). It is believed that Individuals with Asperger's Syndrome tend to have an IQ ranging from average to genius, and there is much speculation that the likes of Albert Einstein and many other philosophers, scientists and genius musicians were "Aspergians" (as we call them on this site). Individuals with Asperger's Syndrome tend to develop excellent speech and language capabilities, but they do differ from the norm in various other ways.

The main characteristics of an Aspergian are often (but not always) a deep focus on a specialist subject or area (or consecutive areas), a difficulty in understanding human interactions and human social codes (almost like being an alien trying to understand a strange species) and thus also a difficulty with changing environments which need to be learned and adjusted to. Aspergians tend to have a normal to high intelligence, often coupled with a special skill or ability (e.g. extraordinary mathematical or linguistic abilities). In addition People with "Asperger's Syndrome" are sometimes hypersensitive to various stimuli such as light, noise and pain, and their motor skills may be less developed than the norm (e.g. they tend to play less sports). Many of them are partially face-blind (have a problem remembering faces), and are often clumsy. They have to invest a lot of energy in understanding interactions, and would often need to consciously plan their social behaviour in advance, including when they walk down a busy pedestrian road, and have to avoid running into people. That intuition - the innate ability to translate human body-language and non-verbal cues is something they often lack. Aspergians often describe their experience as that of "being on the wrong planet". They have to learn how humans interact and simulate it; it doesn't come naturally to them.

Aspergers's Syndrome is characterised by a neurobiological difference to the norm, which means Aspergians process information differently. This is an important point to understand. **Asperger's Syndrome is not a mental illness or a disorder, it is simply a neurological variation to the norm**. It is inherited genetically, and very often you will find it running through families. Thus it is a genetic mutation that persists through generations. This is why this site also refers to it as the Aspergian Mutation (AM). A variation of human genes.

Although interest in Asperger's Syndrome is rising, it is still a relatively new field, and one of the main roles of this site is to make sure it is not pigeonholed by default as solely in the realm of mental health profession.

If you are an Aspergian or think you are one, you are encouraged to read as much as possible about Asperger's Syndrome, but not to allow the terminology used by scholars to cloud your judgement. If you encounter terms such as "severe developmental disorder", "condition" and "disability", don't be discouraged. What you make of your life is down to you, and not the prejudices of others. And there is a sweet satisfaction is achievement despite and against all odds.

A good place to start is the <u>open letter by Edan</u>, followed by <u>our lead article</u> (entitled "re-branding Asperger's"), and our <u>Aspergian Mythos</u> (all accessible from the top navigation bar).

Welcome to Aspergia!



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