

Spirituality and Sense of Self



María Oviedo



- I think that women with Asperger might be the most **sensitive** human beings of our times. They still see the world with wonder, they appreciate the beauty of simple things or strange things that are not usually beautiful in the eyes of others.
- **Religion can be part of their spirituality or not.** Some women don't accept a religion because it says that they're a burden or that they might not be welcome; yet, they believe in a few aspects of it. It seems that some people take advantage of their ingenuousness to make them join their flock; an action that should never happen.
- Religions or groups with a certain way of thinking can put pressure on a person with Asperger and stress them; that's why some of these people avoid religion, and some parents want to raise their daughters without it.
- There are **wonderful minds and souls** inside any woman with this syndrome, and they try to let them out in different ways: art, writing, poetry, acting... It's true that many women are sensitive artists.



- Talking about spirituality is a complex subject. More indeed if we want to talk about the spiritual experiences of women with Autism; some of us are not spiritual in the sense of believing in god or a feeling of the infinite.
- Some women with autism, we just find **religion illogical**, but we have our own special sensitivity of the world, nature, animals, science or art. Others have a strong **belief in the paranormal** or **have specific mystic experiences**
- During the workshops we shared different experiences of our sense of the meaning of life - that we could call spirituality or transcendence. Some of us have personal experience of being connected to a larger reality, yielding a more comprehensive self, while other participants have no religious sense at all. So I imagine that in terms of spirituality each woman with autism has her own experience.



- **Transcendence through art** is like an extreme force that links us.
- The sense of transcendence is something important in the Spanish group of women with Asperger.
- We want to create something or **have an activity that brings value to our lives.**
- Basically we want to express our inner world through art.
- I think spirituality is also something that **allows you to give your life meaning**, communicate and know that there is something that transcends you.
- Overall we feel that **we are connected with our interests and our passions in a strong and spiritual way, like a kind of faith** in what we like.