



BAREFOOT  
AUTISM  
WARRIORS

## THE FORMULA FOR CHANGE

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*These are the elements needed to turn any situation around. This is the framework for the autism turnaround mindset technique.*

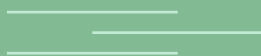


# INTENTION



Set an intention for the best possible outcome. For example: **I am turning my child's autism around. Visualize it. Feel how it would feel to BE there. Be specific.** The more detailed you are, the faster the future outcome can “find you” in the Quantum field. You are creating a new future. Feeling how it feels to be there, changes your vibration and sends instructions into the Universe to send you instructions to make this happen. You don't have to understand “how”. That's up to The Divine Intelligence greater than you to decide. **All you have to do is create the outcome in your mind and attach a positive, excited emotion to the visualization.** The meditations help you perfect this technique.

# ALIGNMENT



Your next job is to make sure that every decision you make, every meal you cook, every item you shop, every thought, every word out of your mouth is **ALIGNED** with the intention above. **It needs to match the intention.**

In other words, if your intention is tantrum free days or health, you can't go and buy nuggets and candy even though your child loves them. **This does not match your intention and it won't get you there.** Ask yourself every time you have to make a decision: “Does this match my intention?”

Bitching, moaning, feeling like a victim, negativity and habits will damage your ability to manifest the turnaround. Every time you do that, say “SHIFT” and get back to gratitude. **Gratitude is the state of manifestation.**

# LETTING GO



Let go of the “how”. It is not your job to know how this is going to happen for you. **It is your job to follow intuition and your soul’s guidance.** You will FEEL when it is time to take a leap. You will FEEL when you need to let go of something or someone. Do it! You will never know what the outcome will be, but you will always get to the right place when you follow intuition and soul’s guidance. Do not hold onto draining relationships, patterns or thoughts.

**Surrender.** Let the Universe and the vibrations guide you. You are collecting all the pieces of the puzzle. All you have to do is follow the soul-guidance (which you are learning in this course.). Does it feel good? **Go for it.** Bad vibes? **DON’T.** Trust the vibes and the guidance. The more you PRACTICE the meditations and the soul path & mindset, the easier it gets.

# SELF PARENTING



You can only parent your child if you parent yourself. **The more you neglect yourself, the more bitter, stressed, unconscious, negative and detached you become.** Treasure your sleep, nourishment, meditation, movement and rest. You can only inspire your child to do what you truly embrace and practice. You can only walk your child through the jungle, if you go first.

Your inner child needs as much attention, protection and care as your physical children. **Use the meditation for the inner child to learn how to connect to and care for yours.**

# STAY AWAKE. STAY CONSCIOUS.



Your levels of health, happiness, flow and healing power will always match your level of consciousness. **The less conscious we are, the more we struggle.** With EVERYTHING.

When we are in low levels of consciousness, we feel like victims, focus on problems and the past, experience many symptoms and conflicts with self, friends and/or family.

We ask a lot of questions and we think that as soon as we FIX all the symptoms and problems, we will feel better.

**The reality is that we ARE the symptoms.** We need to raise the vibration and consciousness to get to know ourselves better. Self care is key.

We can't change in a state of stress and low consciousness (they go together).

We need to prepare and mature when we are in this place, this course is designed to do just that. Through these audio teachings, visualizations and meditations.

Always ask yourself: **"I wonder if this is true?", "I am curious – what is this going to teach me?"**

That's the simple formula for change. **Follow it diligently and you will change rapidly.**



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AUTISM TURNAROUND MANIFESTATION AND MINDS  
ETCOURSE

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