



BAREFOOT  
AUTISM  
WARRIORS

## THE FORMULA FOR CHANGE

---

*The recipe for mastery. When you understand the framework for the autism turnaround mindset technique, you can change anything in your life.*

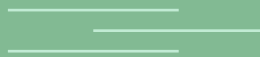


# INTENTION. PRAYER. FAITH



Set an intention for the best possible outcome. Believe it. Have faith. Pray about it. For example: Believe in absolute miracle of **turning your child's autism around and it is possible.** Pray for it. **Feel how it would feel to BE there. Be specific.** You are creating a new future. Feeling how it feels to be there changes your energy and tells God you are asking for instructions to make this happen. The more detailed you are, the better. Ask to be filled by the Holy Spirit and get instructions to make this happen. You don't have to understand "how". That's up to God plan. Faith is surrendering to god's plan. The prayer meditations will help you become humble and open to instructions. Please note that you can't use New Age tools, manifestations, oracle cards or spiritual guides and this framework at the same time. All New Age tools are manipulated.

## ALIGNMENT. INTEGRITY. PURITY



Your next step is to make sure that your decisions, your words, thoughts and actions are **ALIGNED** with the intention above. **It needs to match the intention. Walk in integrity.**

In other words, you are praying for and intending tantrum free days or health, you can't go and buy nuggets and candy even though your child loves them. Ask yourself every time you have to make a decision: "Does this match my intention?" Am I walking in integrity, truth, and wisdom?

Gossiping, bitching, moaning, feeling like a victim, negativity and bad habits will damage your ability to master the turnaround. Every time you do that, "SHIFT" and get back to gratitude. Gratitude is the state of grace and change. If you struggle with this, complete the self-sabotage exercise, read the pdf: "Addicted to autism problems", use the prayers and the brain primers.

# LET GO & LET GOD



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 God'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 truth and soul's guidance. Do not hold onto draining relationships, patterns or thoughts. New Age practice will distort & manipulate your invitation. Listen to my podcast episode about it here:

LEAVING THE NEW AGE

**Surrender.** Let God guide you. You are collecting all the pieces of the healing. All you have to do is follow the soul guidance (which you are learning in this course.). That's where we need to be called to change. You are collecting all the pieces of the puzzle. All you have to do is follow the guidance (which you are learning in this course.). Trust the guidance. The more you PRACTICE the prayer and walk in integrity, the easier it gets.

## SELF PARENTING + HEALING



You can only heal and parent your child consciously if you parent and heal 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 lead 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 (in the membership) to learn how to connect to and care for yours.**

Our inner child communicates with us through our children's behavior and symptoms and our physical/emotional symptoms. Want to know how your child is doing? Look at your child and your body. How unhealthy and balanced are they?

# STAY AWAKE. STAY CONSCIOUS.



Your levels of health, happiness, and your child's health and mood match your level of consciousness. **The less conscious we are, the more we struggle.** the less awake we are, the more we struggle.

When we are in low levels of consciousness, we feel like victims, focus on problems environment and the past. We will 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. When we raise our level of consciousness, we acknowledge the part of us that's scared of change and the price to pay for change.

We learn to honour the message behind every symptom.

We can't change in a state of stress and low consciousness.

The turnaround process is designed to raise the level of consciousness and limit stress. Through the lessons, exercises, PDF's and prayer meditations.

## TIP:

Always ask yourself: **"I wonder if this is true?"**, **"I am curious – what is this going to teach me?"** When you feel doubtful, and have so many reasons why this is impossible for you and you start to talk about problems, obstacles and struggles -- use this simple technique: **Look for the story under the story.** Ask yourself: *"I wonder if this is true?"* Be curious and wait for your answers. Ask yourself - *"What is this problem going to teach me?"* *"What has to change?"*

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



BAREFOOT  
AUTISM  
WARRIORS



@ninkabernadetteauritson

© BAREFOOT AUTISM WARRIORS | NINKA-BERNADETTE MAURITSON.  
ALL RIGHTS RESERVED.

AUTISM TURNAROUND MINDSET COURSE

This product as is the case with all other e-books, workshops and guides, was not created as a substitute for medical consultation, medications or treatment, and its use is entirely the responsibility of the user. Upgraded self-revolution assumes no medical, professional or legal responsibility for complications arising directly or indirectly as a result of the use of advice, dietary supplements and exercise programmes offered. Always consult your general practitioner before beginning any exercise or lifestyle programme. Remember, your body and your health are your responsibility and your adventure...Copyright 2019

©UPGRADED SELF REVOLUTION ARE PROTECTED AND MAY NOT BE REPRODUCED WITHOUT PERMISSION ACCORDING TO COPYRIGHT

LEGISLATION