

Being Here On Purpose

By Andrew S.

I think most of us want to believe that our life has purpose. I know that when I was trapped in my body as a nonverbal kid, I felt less connected to my purpose. Was it to teach my dad patience? Was it to teach my mom to trust herself more? Was I going to make a difference? Once we found the letterboard I found a greater connection to my purpose which is to remind people that love is above all things. (I thought I could communicate that without words but many people don't pay attention to nonverbal autistic kids, so I am happy to use the letterboard. Energetically, you can feel my purpose without words.)

Just being here means our life has purpose. We just forget. Of course, we all want to feel purposeful but our number one purpose is to be love.

So how can you show up as love in your life? Is it being loving to someone who you find hard to love? Is it by forgiving someone? What about to yourself? How do you need to love yourself more? How do you need to show yourself love? Are you happy in your work? Does your work need to change? Can you be more creative in your work? Can you be more creative in your life? Can you figure out what you love and do more of that because that is full of fun and joy and character unique to you? And that is what brings more love to the world. And that is your living your life with purpose.

If I can ride my bike, eat healthy good food, and share my words with the world, then I feel I am full of purpose and that I am being my purpose which is to be me.

About the Author

Andrew S. is an Autism Canada Youth Ambassador. He is 12 years old, and lives in Toronto with his family. He loves music, basketball, hanging out and riding his bike.

Andrew is nonspeaking autistic, and uses a variety of communication tools to interact with his world. His words and his family's journey have been chronicled in the blog, Life, Love & Autism.

When he's not busy spelling out his thoughts, he can be found out in nature listening to the sounds.

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Follow our family's story and more of Andrew's words at the Facebook blog: Life, Love & Autism