



If our early ancestors communicated through dancing, and if autistic people have their genetics, it is probable that these ancestors did a lot of twirling in their dances. From what I read on autistics, one activity they do is to spin around and around. I also enjoyed spinning around and around when I was young. The social worker told my mother that I would be disoriented, but I was sensible enough to hold on to the couch, switching hands one to the other as I spun around. I also know the Sufi mystics spin around and around as a way of getting in touch with the divine.

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Tetsuya Sellers, Autism, Mysticism, and the Natural Self