

Words & Hugs



Getting  
Results  
with  
Autism

YOFA® Unconditional Love  
Research Results

In this brief report you will learn the beneficial effects of  
the YOFA® Remote Inner Alignment Sessions  
on People Living With Autism.

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**DISCLAIMER- PLEASE NOTE:** I am not a medical doctor, psychologist, or in any way a specialist on the subject of autism. This service is offered for general well being and does not diagnose nor treat medical conditions.

# Words & Hugs

## Getting Results with Autism

I have a friend who is 12 years old. I've known her since she was two and she is very dear to my heart. I can probably count on my fingers the individual, deliberate words or phrases she has said to me in those 10 years. She is considered to be moderately to severely autistic.

Right before my birthday this year (2010), I felt a calling to offer the same remote Inner Alignment sessions that I do for the members of the YOFA jhe Sessions<sup>1</sup> to children who are having a life experience on the autism spectrum. I decided to structure these YOFA® sessions as an experiment since I didn't know if they would have a noticeable effect, or what that effect would be.

I wanted to find out.

Well, there I was on the day of my birthday. I had my eyes closed as I was making a wish on my birthday candles and I heard a little voice behind me say, "I love you." It was my little friend, who was mimicking my posture, hands in prayer position, eyes closed, joining me in my birthday-wish moment. Her pronouncement of love energetically launched the YOFA® Unconditional Love Project right then and there.

### **The YOFA® Unconditional Love Project**



I blew out my candles and the research began! For one month, I offered ongoing YOFA® Inner Alignment sessions for people diagnosed with autism. It turned out that there were not only parents signing up their children, but adults who have been living with autism, and in some cases a host of other psychiatric challenges and diagnoses, their whole lives.

People signed up and joined on a continuous basis. The sign up process was not perfect and sometimes it took a few days to get participants properly registered. Since people were signing up whenever they heard about it, sometimes well into the month, and since the registration process didn't always work efficiently, many of the participants were not involved for the whole month of the experiment.

As we moved along, I encouraged the participants to watch for changes in their child's well-being. I invited them to post their insights on the website. The same invitation was offered to the adults in the project. I did not make any distinction between these two groups and asked the adults to report on their own results in the same way that the parents were reporting on their child's improvements.

As usually happens with this sort of project, a handful of people were generously reporting on their experience with the project (and those results can be found on the “Parents’ Page” at <http://unconditionallove.info>) while many others remained silent.

At the end of the month, I was thrilled with all the feedback I had received. It was clear that something profound was taking place. But I wanted to hear from more of the participants. So, I created a survey.

## The Purpose of the Survey

The purpose of the survey was threefold:

1. To determine whether or not the YOFA® Remote Inner Alignment Sessions (also called the “YOFA® jhe Sessions” or simply “YOFA® Sessions” have a beneficial effect on children (and adults) living with autism.
2. To determine the *nature of the benefit* (if any) that these children (and adults) living with autism would receive from the YOFA® Sessions.
3. To determine the *extent of the benefit* (if any) that these children (and adults) living with autism would receive from the YOFA® Sessions.

This survey was posted online and the participants were sent several emails urging them to take the survey regardless of whether they saw results or not.

## The Results of the Survey

The questions and results of the survey are as follows:

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### Question #1

Note: Question #1 is the only question for which I will separate out the results for the children from the collective group of children and adults.

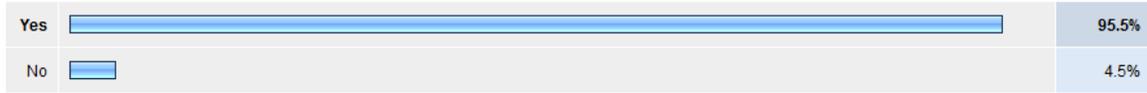
*Have you seen an improvement in your child’s well being since you signed up for the YOFA Unconditional Love Project?*

Parents reporting on children:

Yes	100%
No	0%

Total surveys including children and adults:

Yes	95.5%
No	4.5%



### Conclusions based on this question (#1):

One hundred percent of the parents who filled out the survey saw an improvement in their child’s well being as a result of the YOFA® Unconditional Love Project.

From the response to this question, we can conclude the following: The YOFA® Remote Inner Alignment Sessions are of significant benefit to children and adults living with autism. There are greater (or perhaps faster) beneficial results with children than with adults. Also, there are confounding factors with adults due to various other concurrent psychiatric diagnoses.

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### Question #2

*If yes, please check all the areas of improvement that you attribute to the YOFA Unconditional Love Project.*

The following percentages of participants reported improvement in these specific areas.

Total surveys including children and adults:

Eye contact	31.8%
Physical contact	36.4%
Expressions of love and affection	63.6%
Verbal communication	63.6%
Other (please specify)	81.8%

The comments that participants offered in the “other” category had largely to do with feeling more relaxed, calm, confident, aware, present, clarity of thought, and less anxiety, less restlessness, and less fear.

There were also more specific reports of improvement quoted here from participants:

- “Potty training - a lot less accidents”
- “I have noticed an all rounded response of my 8 year old son feeling better in his own skin. He has had a lot of feeling as if he doesn't belong, this has DRAMATICALLY reduced.”
- “There is more laughter now, I love to hear him laugh, almost daily we laugh about something. I also see a willingness to go and visit with friends”
- “Wanting to hug others more namely his teachers, is not normally like that he is just a toddler.”
- “Receptive language has increased, too”
- “Accepted food cooked by me (mother)”



**Conclusions based on this question (#2):**

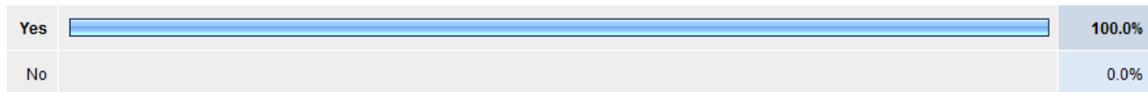
The YOFA® Remote Inner Alignment Sessions are of greatest benefit to children and adults living with autism in the areas of expressions of love and affection, verbal language, and emotional stability (confidence, relief from anxiety, etc.). These sessions are also beneficial, although to a lesser degree, for eye contact and physical contact, as well as other areas such as potty training, and more.

**Question #3**

*Do you see enough improvement to think it would be of value to continue this project?*

Total surveys including children and adults:

Yes	100%
No	0%



### Conclusions based on this question (#3):

The YOFA® Remote Inner Alignment Sessions are of significant enough benefit to children and adults living with autism to continue the YOFA® Unconditional Love Project.

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### Question #4

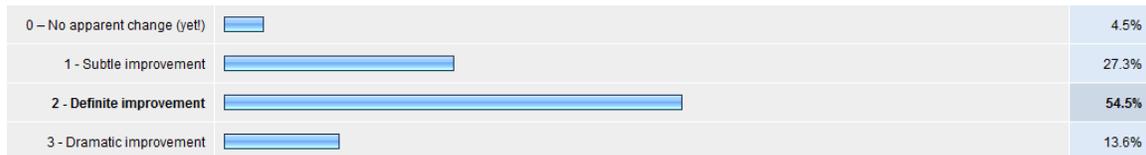
*Please rate the beneficial effect of this project as you notice it in your child's well being:*

Total surveys including children and adults:

No apparent change (yet!)	4.5%
Subtle improvement	27.3%
Definite improvement	54.5%
Dramatic improvement	13.6%

This question included a comment field. Most comments were expressions of gratitude and reiterations of general improvement. Some more specific comments of participants are quoted here:

- “[His] teacher says he's more verbal at school and he's had more success going to the toilet.”
- “My brother's speech was always slurred. It was difficult to understand him. It's much easier now. Also, he is more able to get his thoughts communicated to others with more clarity.”



### Conclusions based on this question (#4):

The YOFA® Remote Inner Alignment Sessions can have a range of effects on children and adults living with autism, with intensity ranging from no effect to dramatic improvement. The most likely effect of these sessions can be categorized as “definite improvement.”

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## Overall Conclusions



In the YOFA® Unconditional Love Project, I set out to see if the YOFA® Remote Inner Alignment Sessions are of benefit to those living with autism. And if so, how are they beneficial? And how beneficial are they?

The results of this survey demonstrate that the YOFA® Remote Inner Alignment Sessions are significantly beneficial for people living with autism. The benefits are diverse with the greatest preponderance of improvement in the areas of expressions of love and affection, verbal language, and emotional stability. The results are definite, significant, and noticeable. Since 100% of the participants who completed the survey expressed a desire to continue, I am extending the project and re-opening registration.

## About the YOFA® Remote Inner Alignment Sessions

### What is YOFA®?

The YOFA® Unconditional Love Project stems from the basic YOFA® premise that when you come into energetic alignment with your essence, everything in your life gets better...and...that the essence of who you are is Love.

YOFA®, or The Yoga of Alignment, is a comprehensive system for living a spiritual life in a physical body.

YOFA® Training cultivates:

1. Heightened spiritual awareness
2. Healing (joyful harmonious expressiveness or “jhe”)
3. Joyful manifestation of the heart’s desires (or living life as a joyful journey)



The YOFA® system reveals the intricate relationship between:

1. The ancient spiritual science of yoga meditation
2. The natural healing philosophy of chiropractic
3. The Abraham-Hicks<sup>ii</sup> teachings on Law of Attraction

For more information about YOFA® please visit [www.YOFA.net](http://www.YOFA.net)

You can begin achieving heightened states of spiritual awareness, promote your own healing, and enrich your personal life experience by practicing the YOFA® Inner Alignment meditations. Simply follow the step-by-step system in the book *Rooted in the*

*Infinite*. Recordings of the meditations are also available on CD and as mp3 downloads. For more information about the book and audio meditations, please visit [www.RootedintheInfinite.com](http://www.RootedintheInfinite.com)

## About YOFA® Inner Alignment Sessions

The YOFA® Unconditional Love Project is a branch of the YOFA® system called the YOFA jhe Sessions. While many people choose to practice the YOFA® system of Inner Alignment as a form of meditation, these YOFA® Inner Alignment sessions are different. They are offered as a form of spiritual “treatment.”

Unlike a meditation practice, which requires time and effort, the YOFA® sessions require no effort from the participant<sup>iii</sup>. That is one of the reasons why these sessions are perfectly suited for these children. There is nothing required of them. They do not have to do anything. They do not have to understand anything. They do not even have to know that I am doing this for them. This may be one of the factors in the success of this project. It is so simple, and these children are so energetically receptive, that the results speak for themselves.

## Alignment with What?

The purpose of YOFA® practice, whether as a form of meditation or as a remote session, is to come into alignment with your essence. You may call this essence by the name *soul, spirit, atman, Higher Self, the presence of God within, inner truth, Inner Being*, or by any other name. It is the pure essence of your being. As you come into greater alignment with that essence at the core of you, wonderful things happen. You begin to express your truth joyfully, spontaneously, and successfully. You fulfill the purpose for your incarnation. You *be* the *you* who you came here to be.

## What is the Connection with Autism?



When these sessions are offered to children on the autism spectrum, they respond by becoming more purely expressive. The YOFA® remote Inner Alignment Sessions provide an energetic template of alignment. When the children receive the session, they come into greater alignment with their own inner truth. The results:

- They interact more.
- They speak more.
- They hug more.
- They laugh more.

## How to Sign Up

If you have a child who is on the autistic spectrum, you can participate in the Unconditional Love Project. At this time, I am continuing to offer this project at no charge. All I ask is for your feedback. As you notice improvements in your child's well being, please post them on the website.

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Sign up here:

[www.UnconditionalLove.info](http://www.UnconditionalLove.info)

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You can sign up no matter where you live.

These sessions are done remotely and people have received benefit on almost every continent.

## Want to Help?

### How to Support the YOFA® Unconditional Love Project

I am not accepting any payment for this service at this time. Anyone with a child who has been diagnosed on the autism spectrum can sign up for free.

You can, however, help support this project in 2 ways:

**1) Tell Others** – Spread the word so that we can help as many people as possible. Simply send people to [www.UnconditionalLove.info](http://www.UnconditionalLove.info) or send them this report. They can sign up for free. Post a link on Facebook, Twitter, and in related forums.

## 2) Support the Project by Helping Yourself:



**Individuals** - Sign up for the YOFA® jhe Sessions to promote your own heightened spiritual awareness, healing (jhe), and joyful manifestation of the desires of your heart. By supporting the YOFA jhe Sessions, you support the YOFA® Unconditional Love Project.

[www.AlignmentforHealing.com](http://www.AlignmentforHealing.com)

**Business owners, authors, professionals in private practice, entrepreneurs, infopreneurs, etc.** – Help keep the YOFA® Sessions totally free for kids on the autistic spectrum. Register your business for YOFA® Sessions for prosperity when registration opens. You'll energetically fortify your business by being part of the YOFA® Alignment For Prosperity sessions. And at the same time you will be helping to keep the YOFA® Unconditional Love Project going.

[www.AlignmentforProsperity.com](http://www.AlignmentforProsperity.com)

## Thank You!



Thank you for taking the time to consider the power of Unconditional Love. My name is Rebbie Straubing. I am the founder of YOFA® and I consider it an honor to offer the Unconditional Love Project for your extraordinary child.

With Love and Appreciation,

## Notes

<sup>i</sup> You can find out more about the YOFA jhe Sessions at <http://AlignmentforHealing.com>

<sup>ii</sup> You can find out more about the Abraham-Hicks teachings at <http://www.abraham-hicks.com>

<sup>iii</sup> You can hear me answer a question about how the YOFA jhe Sessions work without effort from you. I discuss the difference between the meditation practice and the remote YOFA® Sessions here: <http://yogaofalignment.com/2010/03/01/yofa-jhe-sessions-q-a/>