

# Birthday 79

Romana 07-11-2021



So, as of today, I have gone around the sun 79 times. Since I have a photographic memory, I vividly remember a time when I never thought I would get this old. Today is also the start of Shark Week, so I'll have to avoid Sharknados.

I have to say that, considering my limitations of starting out totally autistic, I have lived a very fortunate life. I got a college education, despite not being mature enough. I survived an enlistment in the Air Force, I had two good-paying jobs, and I was married for 30 years. I successfully transitioned to live as a woman, became a Buddhist, and evolved to be a polymath. Now, I live with low anxiety, and I confidently go where ever I want. I have no consumer debts, and I do not suffer from heart disease, diabetes, or kidney failure. I do have leukemia, but I'm not being treated for it. What could be wrong?

I'm often the only autistic person moving in neurotypical (NT) circles. I'm also the only trans-woman many people ever see. While I'm very fearless, I have tended to lack discipline, especially since I never mask and I'm never in the closet. Being super-sensitive has often gotten me into trouble, since the majority of people are autistic-phobic and transphobic. It's a subconscious reaction that people view me as invasive. I have been banned from groups, and many more would probably like to do so. During my isolation during the pandemic, I have gained a lot of insight during the pandemic.

I now view many Buddhist teachings as relevant. I am autistic because have never been in this reality before. It was a shock to be born here, especially since this is a minor hell; however, it is a great place for Buddhists to get training. A grew up not believing in dogma, theism, or

atheism, and I never want to worship anyone or anything. This is exactly what Tibetan Buddhism teaches.

I also came to understand why I need to live an ethical and virtuous life, while paying close attention to basic scripture. I can fully describe why I believe this and will do so in future essays.

Dark angels are not in heaven, but are right here on earth doing their dirty work. They have little power, but people willingly vote for sin. While these angels do a lot of senseless damage, they seem to be basically incompetent. They pretend to be pious, but they are totally non-believers. They are driven by anger, so I'm learning to live without anger so I won't be bound to them in any way.

Isolation is the hallmark of life in a hell. Using the Buddhist concept of emptiness, I sense countless realities based on relationships. The presence of relationships means that laws of cause and effect are always in effect, so there are always consequences that can turn a reality into a hell. Relationships are arranged into stories. People keep asking if we are alone. My answer is hardly! I really dislike efforts to restrict me and to destroy my relationships.

I've had enough! I totally get it and never want to be born here again!