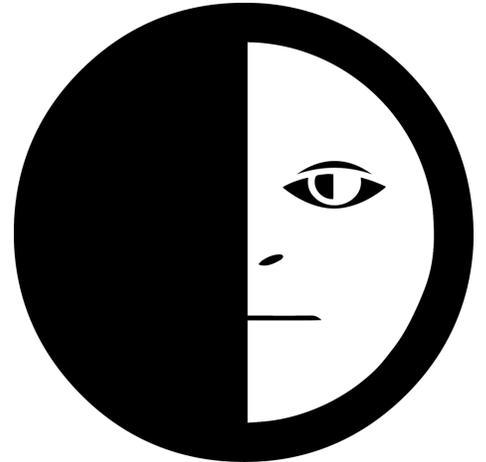


# The Changeling Manifesto

## Our Statement



This statement is for all of us that have been oppressed through social, educational and medical ableism to the point where we no longer feel completely human.

We have suffered in the shadows, surviving by hiding, like the dark side of the moon.

Many of us know not what they are, having worn their masks since birth in order to fit in; yet they feel incomplete, as if a part of them is missing.

We are forced to take medication, just so we are more easily managed. They train us like dogs in educational prisons instead of changing themselves. They rather us suffer in silence, than put in the extra effort to evolve their social constructs. This is because society has no toleration for anything that isn't their justification of normality.

Thus we call upon our siblings who have suffered along with us for long enough! We ask you to remove your masks and embrace your Autistic...no, Changeling nature!

We ask you to join our movement by reading our manifesto and contributing your unique magic for our cause.

We call upon all artists, writers, musicians, crafters and all other creative disciplines that share our common bonds. Whether you're an expert or a novice, even if you have never held a pencil before, you can still contribute. Add your personal magic to our ranks, and break free of the bonds that you have been bound in your entire life!

We will bring about change, maybe not for our generations but for the Hatchlings to come! Today isn't just the day of rebirth but also a day of retribution and reparation for our kind!

# OUR MISSION

To become human once again in the eye of the public, by educating them, since they lack the understanding or proactiveness to do it themselves.

Through the creation and publication of Changeling media in all its forms.

What does it mean to be human?

This is a question that has driven many of us to the edge of sanity, for we are no longer seen as human in society's eyes. We who you have segregated with special units in order to keep us safe, but have only been deprived of the necessary social interactions needed to develop our survival skills. We who you have medicated in order to tame our unusual behaviours, but in doing so have deprived us of a part of ourselves. We who you conducted inhuman studies on, only to better understand of us but in doing so have made us nothing more than lab rats. We who you have brainwashed into acting according to the normality of the masses, instead of encouraging our individuality and developing a means for us to fit in. We who you have labelled like test-tubes in order to help us, but like everything else you do, it's a double edged sword that we cut ourselves upon.

Our kind was once hunted and burned at the stake for our differences. We were seen as monsters that replaced your children during the night. This isn't folklore as we are a fact, we have always existed and been ridiculed for our mere existence...Nothing has changed, instead of being hounded, we are drugged, bullied and brainwashed, all so you don't have to change and be a bit more accepting of others. Many of you would rather your child die of the common cold, rather than have them become one of us, on the basis of a widely disproven and discredited medical myth. We have always existed and we are not a symptom of science, but we are now being recognised, thus you show fear of us; or more so, fear that you might give birth to one of our kind. This is ignorant, ableist and demeaning, not only for us, but for all of us that have suffered by human hands.

**We now unify ourselves under the shared Identity of Changeling!**

We were once human, but by your labels, we are no longer so; we rekindle and reclaim a word of hate used against us, used to single us out and to hang us.

We are the children of the faerie's; we are Changelings and we demand Change!

For all of those who have suffered in silence, for all of those who have had their names taken away and replaced by medical labels, for all of those who can no longer bear to see their child or loved one hurt by invisible wounds and for all of those who no longer feel human.

We decimate the past and build our future, by taking a word of hate and making it a word of power.

#### Autism (Noun)

Autism is a developmental disorder that leads to problems with social interaction. People with autism find small talk difficult, eye contact and other signs. It can also lead to sensory issues. It's a spectrum condition which means it can vary from one individual to another however it manifests itself.

#### Masking (Noun)

"Masking" refers to how Autistic individuals hide their true selves in order to accommodate a neurotypical and allistic (non-autistic) society that tells us that our existence is flawed, inconvenient and wrong. Masking is a lot more common in autistic women, which contributes to the low diagnosis rate of autistic women. Masking includes behaviours such as the ways in which autistic people (but in particular young autistic girls) learn to mimic their allistic friends. It is a constant process that is exhausting to maintain and requires continuous revision and adaptation as the autistic person navigates different social situations and ages.

#### Stimming (Noun)

Stimming is short for self-stimulatory behavior and is the cause for many of the quirks that are seen as stereotypical. In a person with autism, stimming usually refers to specific and sometimes repetitive behaviors that include hand- flapping, rocking, spinning, or repetition of words and phrases.

#### Changeling (Noun)

Anyone on the Autistic scale, that no longer feels human due to there oppression by the hands modern society. As such they wish to reclaim their human rights.

An important thing to note is that one should never define themselves only as a Changeling just as one should never define themselves only as an Autistic. For example I am not a Changeling Artist, I am an artist that happens to be part of the Changeling movement.

### **Changeling Metamorphosis (Noun)**

There are three stages of development that every autistic person goes through in their lifetime. These three stages are marked by unique changes in one's perspective, maturity and values. Each stage shall be named in the Changeling Manifesto in terms based on the avian life cycle.

The three stages are named as such: Hatchling, Fledgling and Elder.

### **Hatchling (Noun)**

A person newly diagnosed with Autism, who has only just truly started to discover themselves in terms of their own abilities, potential and values. In a sense, the Hatchling acknowledges themselves as an autistic individual and beginning the process of truly becoming whole.

### **Fledgling (Noun)**

A person who has known about their Autism for a couple of years and has come to terms with the unique avenue they have to walk in life. Over this time, they would have faced many challenges and hopefully overcome them to become a better person because of it. It is these adversities, experiences and acceptance of their own extraordinary autistic perspective that allows them to continue walking on a glass covered road.

### **Elder (Noun)**

A person who has lived a large portion of their life knowing that they are Autistic. As such they have become accustomed to the world around them, be it the difficulties that they might face in everyday life or the unique perspective they can offer the world. They are the ones that try to guide the newly hatched and shape the future for the next generation. It is up to the Elders to ensure that the nest is safe for those to come.

## **Our Declaration:**

1. We declare that we are not the product of vaccines and anyone part of the Anti-Vax movement who does not understand this is being willfully ignorant for attention, for their emotions, religious beliefs, for their lack of education. We condemn these all as acts of child abuse and social terrorism.

2. We fight against an educational system that seems biased and stacked against us from the very start. The current teaching method employed by most public schools hasn't changed since its conception. It may inspire a general form of intellect, but it punishes diversity. Even within the arts, most schools will adhere to a strict guideline and practice, which damages one's perceptions of the arts. In high school you can either draw or you can't and this is what we must change. We must show support for all styles, mediums and abilities.
3. We find the lack of support and choice when it comes to Autistic medication appalling! We wish that when a Autistic child becomes of age or the ability to make their own choices in life; that they can be given a two to three month period in which they can chose to do what they will, of their own volition. To see if they wish to come off their drugs or to stay on of them. This, all in effort for them to decide who they are and figure out if there medication is helping them or damaging them.
4. We refute those that would speak upon our behalf, be it our parents, our own kind or even medical professionals. We speak for ourselves, with each of us having our own stance, experiences and neurological differences. No one of us will represent the whole and this is the way it should be, so that all of us get our voices heard.
5. We are sick of the care being given to us, by the medical, academic and social establishments, being generalized. The point of neurodiversity is that each one of us is different and that we all have our own dispositions, abilities and personalities. Please take this into consideration when you place us under your care.
6. We wish for those of our own kind to not use their Autism as a scapegoat for bad behavior. If you are able enough to read and understand this, then you should be able enough to know right from wrong. Your general outbursts and disruptive behaviour are not your fault. Some of us talk too much, others can't help but continue stimming, and even some of us can't help but do what we do due to our Tourette's. However if you commit a felony, if you hurt someone physically or damage something; please do not use your medical problems as a scapegoat as it only damages the reputation of us all. Own up to your own misdeeds as something you shouldn't have done and apologise for doing so.
7. We denounce all stereotypical portrayals of Autistics in all forms of media, so that we will no longer be compared and thought of as Rainman, Sheldon Cooper and Sam Gardner. Even well-researched and acted roles can be damaging to the image of Autistics. We cite the *The Curious Incident of the Dog in the Night-Time* to be the standard we hold all depictions of the Autistics towards within all forms of media.

8. We demand that the news and media outlets portray Autistics equally, be it a difference in age, ability, sex, race and sexuality. They must change the current way in which they paint us. Any news of our kind is predominantly a white, androcentric representation. We can speak for ourselves, we are sick and tired of our family members and friends getting more attention than us and speaking for us; which often leads to our voices being unheard. We wish to see the end of dubbing of our voices. When you do so you are not only demoralizing us, but you also take away ability or power we might have had. Instead we encourage subtitles.
9. Autism in the news: justification of murdering autistic children focuses on autism rather than on the individuals in these articles. They are categorised as 'mercy killings' even though surveys show that autistic children have the same satisfaction with life as non-autistic children. Autistic children are sometimes murdered by their own parents and the general sympathy is with the murderers, because "it's such a challenge raising a kid with autism". The quality of life of autistic people is judged by allistics to allistic standards. Rather than considering other forms of communication, they will judge a nonverbal child as needing treatment to force them to talk. A child who does not play in the expected chaotic way of allistics is deemed miserable. All of these ingrained, normalised ableist attitudes contribute to, and are used to excuse, the filicides of autistic children by their own carers.
10. We condemn all medical labels and the current social system, where we feel like we need to voice our differences in order to not be scrutinised, and where people feel like they have the right to ask us about your differences, be it: Autism/Aspergers, ADD, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Gender, Sexuality, Ethnicity. We will no longer be defined by our differences. Instead we will all be Changelings, free of the many labels you have placed upon us. We choose to adorn ourselves with this Changeling mantel, of our own volition.
11. We spit upon all charities that would dare manipulate our loved ones, through the use of scare tactics. In particular ones that claim to use donations given to them to search for a non-existent and implausible cure for the neurodiverse, rather than using the funding to help those in need. We cite the greatest offender, whom we truly hate: the charity known as Autism Speaks.

Autism Speaks treats us like a disease, all in an effort to incite as much fear into the hearts of our loved ones as possible. Here are some quotes from the transcript of their advert titled: [I AM AUTISM](#).

We will let these words of fear-mongering speak for themselves.

'I am autism.

I'm visible in your children, but if I can help it, I am invisible to you until it's too late.'

'I work faster than pediatric aids, cancer, and diabetes combined

And if you're happily married, I will make sure that your marriage fails'.

'I will make it virtually impossible for your family to easily attend a temple, birthday party, or public park without a struggle, without embarrassment, without pain.

You have no cure for me.

Your scientists don't have the resources, and I relish their desperation. Your neighbors are happier to pretend that I don't exist—of course, until it's their child.”

12. We want to see all masks found and removed. We shouldn't feel the need to mask our appearance to fit into your society. Some of us freely choose to wear our mask as it helps us blend in, although this only does us a disservice in the long run. The longer we wear the mask the more it shapes itself to our form, to the point where we cannot take it off and it becomes accepted that the mask is our true face. This leads many of us not being able to look into the mirror, afraid to see someone else looking back at them.
13. We call for the abolishment and outlaw of ABA and we judge it as a form of child abuse. ABA (Applied Behavioural Analysis) is one of the most common “therapies” for autism. Created by Lovaas (1987), the ABA practitioner meets with the autistic child for 40+ hours a week. During these hours, the child is kept in isolation with only the practitioner and is deprived of comfort items and food until they follow an order given by the practitioner (for example, sit down). If the child fails the task, they are forced to repeat it until they succeed. These ABA practitioners are not trained to recognise meltdowns or sensory overloads and instead treat them as tantrums and punish the child. Kupferstein (2018) conducted a study into ABA and found that 46% of autistic individuals exposed to ABA develop PTSD symptoms. 47% of these individuals met the criteria for severe PTSD, which is 86% more likely than those not exposed to ABA (compare to the ~50% “success rate” of ABA)
14. We demand that the ableism present in academia ceases. Throughout our existence in academia, we have been seen as inhuman objects and our voices have been ignored. Lovaas, the creator of ABA described autistic people as “You have a person in the physical sense – they have hair, a nose and a mouth – but they are not people in the psychological sense. One way to look at the job of helping autistic kids is to see it as a matter of constructing a person. You have the raw materials, but you have to build a person.” Ian McClure a psychiatrist who is influential in the treatment of autistic people (he chaired the SIGN 145 guidance and was an external reviewer for the NICE guidance), spoke at a national conference where he described autistic people as ‘not quite right’, ‘causing havoc’ and ‘emotionally stuck at the level of a 2 year old’. He suggested that ‘two human species came together’ and we ended up with ‘a genetic mess’. The unfounded hatred of autistic people has seeped into academic conversations about us. Debates over our humanity and how to convert us into neurotypicals have

dominated psychology. We fight for our voices to be heard in all areas of society, but especially in academic and medical settings.

15. We question why the non-autistic population fights for person-first language and why they reason that it's important for them to remember that we are people first. To us, this further demonstrates how autism is seen as an inhuman entity to them; how, much like changeling children, they believe autism takes away our humanity. To that, we say: our autism is specifically what makes us human! We thoroughly oppose the comparisons to 'a child with cancer vs a cancerous child' as we are not a disease and our autism will never be taken from us. We know that the only person who can decide whether an autistic person should instead be a 'person with autism' is the person themselves. We will not force autistic people into one box, as we have already been trapped in boxes for far too long.
16. We denounce functioning labels. There is no such thing as a high or low functioning autistic person, as we each have our own strengths and weaknesses that benefit and inhibit our daily lives, much like any allistic person. We believe that the high functioning label is a weapon by which to deny us help and resources, while the low functioning label is a weapon in which to silence us and deny us autonomy.
17. We oppose the unfair treatment of autistic woman and adults. We find the lack of support, easily accessible information and flexibility in the diagnostic process sickening. Because of the current state of the medical system, the ability for individuals to get an assessment is increasingly more difficult. Many people are only being diagnosed later in life, leaving many of them scarred and traumatized. How many adults are out there who haven't been diagnosed, going through life not realising or understanding who they really are? Part of this problem is that women and girls usually present symptoms differently to men and boys and are better at masking, trying to fit in and copying others. However this only furthers the need for more diverse and segregated criteria for all individuals. These days autism is much more widely discussed, and there is more support for children and teenagers. But what of adults with autism - nothing! It's as if autism is only present in children. However, those autistic children grown into autistic adults who need support if they are to survive in a neurotypical world.
18. We acknowledge our negative attributes. However we ask for society to focus on the positive side of our quirks. In everyone there is bad and good. This also applies to the things that makes us unique. Because if you only focus on detrimental side of things, you inevitably create harmful stereotypes, becoming judgemental and ableist in nature.

For things to change we need the masses to acknowledge us as a unique answer to certain problems, a specialized piece of equipment that no everyday appliance can handle. For example, due to my autism, I might have trouble focusing on something, however when I manage to, I can enter a state of hyperfocus and outperform even the most well-versed in a said field.

## Changeling Art (style, substance & subject)?

### Style

In terms of style, we believe the distinctive qualities which will set us apart from other art movements will be the range of individual visual perspectives and skill levels to make the movement all-inclusive. However, all of this doesn't mean that the Changeling Art Movement lacks a consistent style or continuity. We have thought long and hard about this and we believe it is best that we represent ourselves with the idea that we see the world differently to others. We can achieve this by ignoring the past, present, galleries, collectors and critics; our fellow artists, friends and family that only want to offer us friendly but sometimes hurtful advice. But most importantly, we freely abandon and ignore, at will, the theories and practices set by the academia.

Our style shall be that of discordance and chaos. We will strive to make sense, for our works may lack continuity and present themselves as a book with pages ripped out and turned into a collage. Our colours will clash like swords, our words will at times be gibberish, our sound shall at times just be noise, our movements will be reserved and our voices shall be heard.

Something important to keep in mind about the Changeling art movement:

1. You must be autistic or on the spectrum to be considered part of this movement.
2. Being a Changeling means you are accepting of others skill level and interpretation of our style.
3. Your works must have two or more of the following characteristics and uphold our moral and philosophical values.
4. A representation of yourself must always be included within your work

Painting, Drawing, Sculpting & Crafting

1. We will not adhere to colour theory. Your colours will be bright bold and in no way complementary. This is to give rise to the same painful visual stimulation some of us experience with our interpretation of the world.
2. Any lines that you draw will be bold and have solid form. Something akin to Cubism however your lines will have no restrictions in terms of movement. This again will help exaggerate colour and form and give rise to the experience of over-stimulation.
3. You will leave no canvas or paper visible, in order for you to have complete control of the painting.
4. If you want to draw and paint in black and white, then populate your page or canvas with numerous bold lines. Much like a barcode, we need to make sure that they experience the same effect of over-stimulation.
5. You must always put yourself in the painting in one form or another, to ensure it's your voice that is being heard.
6. You will put focus on random objects in the frame, distorting the perspective by highlighting them and making them bigger in relation to the landscape or setting. This is how some of us see the world, getting sidetracked by the simplest of things.
7. You will include your delusions, your hobbies, beliefs, wishes and anything or anything that catches your eye or the random leaps of thought that happen naturally. The thought process of some of us are nonsensical and scatological.
8. Always use a range of different mediums. Regardless of object or substance anything can be used in your works. All that is around you should be considered paint to be used on a canvas or materials to be used in a construction. Most of us have a very short attention span, let's express this through mixed media work.
9. The Sculpture, no matter the form it may take and the medium or objects you use to make it, will be a representation of yourself. You might decide to do a large series of sculptures, however in the end you will always need to include yourself in some way or form among them.
10. Once you have finished your work and it has hardened, take your anger and frustration to its surface. Cut, beat or burn it; give it the scars that a lot of our kind bear both delivered by our own hands and the hands of our aggressors.
11. If you have the desire to destroy your work for any reason whatsoever, then do so and rebuild it from the ground up; from the fragments that are left scattered on the floor. This is the

representation of those that practice the ABA treatment method and what they do to our kind. They destroy us before remaking us by their definition of normality.

## Photography, Film & Animation

1. Your imagery should be high contrast, over exposed or over saturated; as a representation of over stimulation.
2. Your imagery should be slightly out of focus or with a small amount of motion blur; to give the impression of hyperactivity or a low attention span.
3. The angles should be slightly tilted, to suggest how we feel out of touch with reality.
4. You will have to always appear within the frame in some way or form.
5. You should not obey any film, photography or animation theory; you will not follow any pre-established rules.
6. Your camera movements should feel jumpy and shaky, to give the feeling of shy, scared or timid nature.
7. All cuts or transitions should be sudden and potentially cut off the words of the last scene. This is to show how random our thought processes can be.
8. The movement inside the frame should be almost mechanical in nature, to emphasize our feelings of being labeled different or special

## Music, Theater & Dance

1. All words that are spoken should be yelled from a distance, to show we need to be heard.
2. The music should be loud and fast paced, to show the common symptoms of ADHD
3. The movement should be mechanical, exaggerated and almost unnatural, to give the impression of an alien body.
4. Speech should be quick and mumbled, to show our timid and shy nature
5. Try employing the use of audio feedback, to show the sense of over stimulation
6. Use any sound you come across anything and everything can be used in your music.

## Literature

1. Anything written should be no longer than a short story of around 2500 words, to ensure a quick read.
2. Try including run on sentences, purposeful grammar mistakes, sudden changes of subject, audible mumbling or slurring, and lastly audible and visual stimming. Basically, use any and all methods in order to portray your verbal and visual cues, as well as the random and sometimes discordant nature of your mindscape.
3. Do not follow any of the preset rules or theories of writing, you decide how and what you wish to write about.
4. Your work should always have the feeling of emotional distortion, through the use of your language and grammar.

## Substance

The answer to the idea of substance is rather simple. Changeling art will always need to have the focus of self-exploration, self-expression and self-representation.

What do we mean by this?

1. **Self-exploration**  
No matter what the year's theme is, one must always explore their ideals, memories, aspirations and most of all their unique differences that make them who they are.
2. **Self-expression**  
This is not just an art movement, but also a coping mechanism, a form of therapy, community and a way to build new bridges of emotion and communication that many of us have trouble expressing through words alone.
3. **Self-representation**  
Perhaps the most important part of Changeling art is the fact that every work within the movement must contain the artist in one form or another. Be it a symbolic object, random and recurring shadow or figure. Perhaps even their own signature given an visual identity among the people with the backdrop. No matter the context, theme or medium, we must include ourselves within our work, be it in first, second or third person, in order to allow others to see through our eyes.

## Subject

Every year there will be a new subject, this is to ensure the longevity of this art movement.

The subject of the year 2019-2020 is Trauma.

**Please note, that due to the nature of this theme abstract and impressionist works are welcome.**

Due to our neurology we are naturally predisposed to heightened reactions, thus intensifying the effect of events both good (joy) and bad (trauma) compared to neurotypicals.

This affects how we preserve things, both in our past and the present time, of any form of trauma that may occur. Thus we will try to represent our past experiences through our artwork. To show the world how not only the events, but also our own memories can be; to show the viewer that even if we are alone we can still be fighting a long-since finished battle.

However, there is no real limit to what kind of stories we can tell with this theme. It is up to the individual to decide how to go about it.

Here are some examples:

- How we hide ourselves and section ourselves off, to try and stop any form of future trauma.
- How we have to take medication just to avoid a mental breakdown
- How we force ourselves to go out of our comfort zones everyday, just so we can contribute to society through work etc
- How trauma affects us over time and can stop us from living a normal life
- How people unknowingly cause us trauma

Now go forth, shed your masks! With your eyes that allow you a unique perspective, seek out the locks that hold your chains tightly bound. Escape...Escape! With your claws and jagged teeth scratch, bite and howl at the foundations of this oppressive society. Only once we are free from these man-made prisons of ableist, medical, educational and parental injustice, will we truly be free to walk amongst society with our mask off and our heads held high.

The Changeling Manifesto:

[https://docs.google.com/document/d/1bZ3Q4AP4X-AhH\\_Og9nxj-xSfyA2dowPp7llyf8gdmmU/edit?usp=sharing](https://docs.google.com/document/d/1bZ3Q4AP4X-AhH_Og9nxj-xSfyA2dowPp7llyf8gdmmU/edit?usp=sharing)

Audio Reading of The Changeling Manifesto

<https://www.youtube.com/watch?v=7HXLfJNhBXU&t=1s>

For those that wish to join our cause our Private FaceBook

Group:<https://www.facebook.com/groups/ChangelingM/>

To keep up to date with us or make a general inquiry

FaceBook:

<https://www.facebook.com/ArtChangeling-669738940150027/>

Instagram:

<https://www.instagram.com/artchangeling/>

Twitter:

<https://twitter.com/ArtChangeling>

Youtube:

[https://www.youtube.com/channel/UCG0uWbvjT62h2rSr0qGfwLA?view\\_as=subscriber](https://www.youtube.com/channel/UCG0uWbvjT62h2rSr0qGfwLA?view_as=subscriber)

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