

The Monotropic Mind:

The Sacred Quality of Immersion

The Monotropic mind is a mind that thrives in a high-concentrative state. Monotropism is interest-based and interest-specific according to the individual.

For me, throughout my life, art and meditation have been my core Monotropic points of focus. As early as I can remember, art wasn't just something I enjoyed — it was something I needed in order to survive being neurodivergent in this world.

As a child, I immersed myself in art projects without understanding that my mind was wired in a Monotropic, interest-based way. In school they said I couldn't concentrate or focus properly. That was never the case. The real issue was that I didn't have adults around me who understood the Monotropic mind and its need for special attention and support in order to have a fair chance in society.

Art became my sanctuary — my refuge from trauma, confusion, and the pressures of adults who didn't know how to support my needs.

In my late teens I was introduced to contemplative meditation. Immediately, I recognized it as another Monotropic avenue — a deep, concentrative space where I could engage fully and begin healing in a way that felt intuitively right. Meditation as a Monotropic interest has been one of the most demanding undertakings of my life. A blessing, but one that only unfolds through dedication, discipline, and a willingness to understand oneself beyond the sense of self and beyond the cultural illusions our society clings to.

Monotropism and Neurodivergence

For many neurodivergent individuals — especially those with ADHD, Autism, or both — the Monotropic mind is the golden thread that connects us. We thrive when we're able to dive into our interest channels and creatively spiral into the depths of what calls us.

When given space to live authentically as monotropics, we're capable of producing work at remarkably high levels. Often the level of mastery touches on what some would call savant-like abilities — and in truth, many savants are likely Monotropic as well. It is astonishing what the Monotropic mind can achieve when placed in the right environment. But in the wrong environment, the Monotropic neurodivergent individual may appear depressed, agitated,

overwhelmed, or reactive. These are not character flaws — they are allergic reactions to being deprived of our natural way of living.

Even with time in our interest channels, transitions are extremely important. Moving from Monotropic immersion back into basic self-care requires intentional support, gentleness, and understanding from those who care for us.

The Challenges of Transition

Being intensely Monotropic, it has always been difficult for me to transition out of creating. I may attempt to put the tools down, but the current of the Monotropic mind is strong.

If we are pulled away from our interest abruptly, it can trigger emotional upheaval, shut-down, or reactive behavior. This isn't because we lack emotional skills — it's because the Monotropic mind is deeply, neurologically wired for immersion, and interruption creates internal dissonance.

So yes, the Monotropic mind is extraordinary in what it can achieve, but it can also be equally challenging when misunderstood.

A Note of Appreciation

A deep appreciation is in order —

for those of us who live with Monotropic minds,

and for those who support us on our sacred journey of immersion.

The Monotropic way of being is not a deficit.

It is a path, a gift, a frequency,

and for many of us, the most authentic way we experience a meaningful life.

With Gratitude,

Corey