

EPISODE 10: PATIENCE

- Speaker 1: [00:00](#) You're listening to the bipolar now podcast, episode 10
- Speaker 2: [00:05](#) Welcome to bipolar now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show, Mike Lardi.
- Speaker 1: [00:19](#) Hey there, Mike Lardi in the house and today is a deep one. I really did not anticipate this one going so far in such a short amount of time. Daniel joins me once again as we talk through a point of contention in our friendship and that's the point of patients specifically how we strive to work when we have different speeds. Patience is disappearing attitude in this culture, which is incredibly unfortunate, a lack of patience with ourselves and with others. It leads to all kinds of problems and friction and problems like that are what drive bipolar episodes. As you already know in this episode, you'll find out how we work through the limitations of time and also how we get past the various passions that fuel our inpatients. I can't wait to get into it with you, so let's not waste any more time. Here we go.
- Speaker 3: [01:16](#) Yeah.
- Speaker 1: [01:26](#) All right, Daniel, you're back. It's been several weeks. You helped me launch the podcast. Yeah, we had a ton of fun doing it and I'm actually just a little disappointed I haven't gotten back sooner cause we had so much fun together. We did. We did. But things got a little crazy for you. You bought a house, bought, I had bought a new house, kind of a big deal, didn't move far away. Stayed in the same state in the mountains. Just actually there's only like a 10 minute drive from our old house to our new house, but excited about that fits our family better and in the community we're ministering to now. Yeah, it's perfect. Yep. And once you're in love with the mountain, you just can't leave. That's absolutely right. When it grabs you, you stay. You know, just before this episode I was here by myself waiting for you to come over and I got a phone call from a friend and she's a local business owner and she said, Mike, are you home right now?
- Speaker 1: [02:16](#) Which is not normal. I'm usually at my construction job. And I said, yeah, actually have the day off. And she says, well, can you come over? I really need you to come over and talk to one of our employees. She's having a terrible time today and I have no idea what to do. And she's told me that she is diagnosed bipolar. And so I thought of you instantly and I, I just really, really need you to come over here. I have no idea what to do. So I said, oh wow. Um, yeah, let's go for it. So I jumped in the car, head over there. I meet this, this Gal, she's a little younger than me, you know, probably 30 years old and she works at the flower shop and she was just having a terrible time communicating her

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thoughts. You know, I sat there real quiet and just asked a few questions, how did it get to this point?

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And you know, where, where do you belong? What do you need to do? Is the hospital the right, you know, move for you right now? Do you need a place to reset? And she says, no, I don't trust the psych ward. It's a scary place. And you know, there are terrible things that happened inside of psych wards and fortunately, um, people, staff at these places can take advantage of our compromised mental state when we're in there. Really? Yeah. I've talked to several people who are like, I can never go in there again. Even if it gets that bad, I can just never go back there. Like they're permanently scarred. And you know, whether it was real or imagined is kind of up for debate because when you're severely mentally ill, it's hard to separate fact from fiction, but you believe that it was real. Definitely.

Speaker 1: [03:45](#)

And that's what matters. And she said, I can't go back there. And honestly, I was like, well, I can't change your situation and if you can't open up to me about what's going on, I can't offer any real concrete like advice and maybe in this moment that's not what's needed. So, um, she said, yeah, and I just needed, I need to think this through. She said there was just layers and layers of problems going on. And so I said, okay, well, you know, good luck with that. I'm around, you know I live up here, I'm nearby. Yeah. If you need someone to just talk to this. Is that how that, is that how it ended up? Just kind of sat there and listened, listened and said I'm here for you if you need somebody to talk to. She was really shaking. I mean I've been there where that kind of anxiety like cripples you and actually confines you to where you're at.

Speaker 1: [04:29](#)

You can't leave, you can't stay, but you're stuck in this body that is shaking. I could see her hands, you know, trembling on the cigarette and she, she was just waiting there in her car and I thought, wow. Like, you know, I've, I've been right there where I can't, I'm a mobilized. Yeah. I can't do anything. Yeah. Know there were, there were times where I sat in the car, like at our old church and I couldn't go in the door to go to work and I couldn't leave to go home and I just sat there shaking. You know, I think this story, Mike, is really a good example of how far you've come in your mental health. Cause I, when you're telling the story, I'm actually proud to hear, proud of you to hear that you actually got in your car and went because the Mike that I've known in the past wouldn't have allowed an opportunity like that to railroad what's happening with you.

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Like the Mike that I know probably would have turned that opportunity down in the moment just to protect your own self and your own in your own mental health. You know, and I know

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just over the years of working with you that I've had to be careful about asking you to do things last minute or sending you an email and demanding a response within hours or you know, needing you to do a small job for me and not giving you a good runway. And so, uh, as we're talking through this story, I'm interested, you know, what, how have you been able to deal with the stress in a situation like that? Like, what's changed now that when you're put on the spot that you could actually get in your car and go, what want to do is show up wherever possible. And I allow the situation to tell me what I need to do, which just comes with experience.

Speaker 1: [06:07](#)

You know, I sat in that girl shoes a dozen times. I know what panic and anxiety and probably great amount of depression happening all layered in there. You know, with bipolar, with bipolar, it's like an awful rainbow. It's an awful rainbow of emotions, which is different than people who have regular depression unit. The unit polar, one side of depression. It's mostly they feel sad or empty or or hopeless. But with bipolar you can feel a complete rainbow, like terrible rainbow of emotions within that. And so I sat in the car there knowing that I'm not going to fix her, knowing that I'm not here to rescue the situation. She's going to have to figure it out and the illness will lift. And you know, she kept talking about how her meds need to be adjusted and things like that. And I just said, you know what?

Speaker 1: [06:52](#)

I have, I have 30 minutes till I have to get on this interview with Daniel. So I'm going to run over to the flower shop and I'm going to listen to this situation. I'm going to have no expectations and that has really helped me a lot. It helps me outside of mental health too, when people just ordinary friends, ordinary family members have these crises and they need me to show up and pray or be there or offer some kind of counsel. I just set no expectations. I, I, I'm nobody special, you know, I, I get in there, I entered the situation and then I look for the way to offer real help, which is empowering somebody to do something themselves. And that's really all I can do. And I think the freedom for me is inside of that acknowledgement that you're, you are limited. You can't change this person.

Speaker 1: [07:40](#)

You can't change their situation for them. Like the business owner, she's like Mike, she was shaking, she was crying. I don't know what I did. I don't know if I did it right. I don't know what I can do. I don't know how to offer help. I don't know how to schedule her for the rest of the week. Like I don't know what to do. I feel confused. And all I could say was, well what did you say to her? And she said, well, I told her that I loved her and that I wanted to see her get well and then I was going to support her when whatever that looks like. And I told her, you did it perfectly. That's good. I like that tip about just walking into a

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situation like that. And not that that tip can play across all kinds of ranges of situations, but they, you just enter a situation, not expecting to be the saver or the rescuer or the fixer, but that you're just going in it to see how you would be led to play a part in this yes. Journey. Yes. So there's patients in that situation, which is the point of today's show. We're examining patients, we're looking at stories of patients and where we get it right and where we don't quite get it right. And for me, I thought it would be funny for our listeners to hear sort of a contrast in our approach to how we do things.

Speaker 4: [08:56](#)

You talked to back in episode one about how we're both so driven. Yeah. But how that plays out so differently. So right in the patient zone, you know, I look at myself as kind of the patient farmer, you know, I'm out there like prepping the field, putting everything together, waiting for the rains and the rains come and then you harvest and it takes all year, you know, to have a harvest. And that's how I view, you know, kind of myself. And then I contrast that with you. And I thought this, don't take this the wrong way. I see you as like the genetically modified farmer. Can you and I'm off on that. No, you're not. And I take offense to that. No, I'm kidding. I'm kidding. Um, the genetic genetically modified farmers is humorous, but um, there's a lot of truth to that because actually I was thinking this through.

Speaker 4: [09:44](#)

I realized that my impatience leads me to forcing results. And oftentimes when you're impatient and you force results, you might receive the results you want, but it's going to come at some kind of great costs that you don't, that you don't want to incur. And I think when you are the patient farmer that tills is land, waits for the rains and then waits for the crops to grow naturally you end up with something that's much more healthy than a forced results. I can remember there was a time when we first started working together and it was a brand new project for us. It was a brand new ministry. We were up here on the mountain. We were deciding how we were going to take the, you know, the direction of this new church together. Um, you at the lead and me as your assistant. And we, um, early on like began searching for a new model.

Speaker 4: [10:37](#)

Right. You know, and we wanted to take something that was working and implemented it and that's just how we knew how to do things. And so I was devouring books and looking around at different people who are doing exciting things. And we landed kind of on this church in Idaho who is getting discipleship, which is helping people find and follow Jesus. And so we looked at their stuff and we looked at what was happening there and the stories that were coming out of there and the way people's lives were changing and all the biblical things that were happening for them. We were stoked on that. And so we actually, you

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know, went up there. You and I took a trip to you, remember this? Of course I do. And how did it go for you? Uh, well that, that takes us into a whole interesting backstory.

Speaker 4: [11:15](#)

But you know, I, I oftentimes go into conferences or classes, uh, like that with a very skeptical mindset. And I think I even shared that with you on that trip that going into anything like that where somebody is going to try to teach me their way or their strategy, I often times have a very hard heart with it. And one of the key points of this church's model is having strong relationships, relationships as they're teaching people how to follow Jesus. And, um, I was very hesitant and hardhearted to the relational side of this churches of this church is strategy, if you want to call it that. But I remember three days later, at the end of it, my heart being completely broken and completely changed that not only did I need to go back to our church and teach people about relationship, but that meant I had an, I had personally had a ton of work to do on, on the relational, on the relational side.

Speaker 4: [12:10](#)

Yes. And the driver of relationship in that church was groups exactly like that. We had never done groups before because we had nothing like that, never seen anything like that. And so we brought it home relationally based groups. And then I quickly got to work on assembling all of the different content materials and teachable lessons and stories and all of those things that we were packing together for the weekly experience of a disciple group. Exactly. And so can you kind of like share with us like how you had to wait? Like for me, I was producing a week at a time. What was interesting about that is, uh, this story, our two stories work in this concurrently and it's really interesting cause you worked on this process of content and creating stuff for these groups over about a year, if a year and a half correctly, 10 months, a year and a half. And so during that whole time I'm waiting and waiting and I'm waiting but not very patiently while at the same time I'm waiting for you patiently to finish what you need to finish.

Speaker 4: [13:06](#)

I on the other hand, am trying to drive the church towards these shifts and these new relationships and this new understanding of, of uh, living in relationship to one another and following Christ together. And I was, I was stuffing it down the churches throat and this is a perfect example of the difference between being the patient farmer and the impatient farmer farmers. I was trying to force a crop of fruit before I tilled the soil and watered it, which is kind of what, what you are doing behind the scenes. And, uh, what I found was, is that when I was forcing that, that vision, it actually really turned people off. So as I'm forcing this vision of discipleship and relationship and trying to create this new culture, instead of allowing fruit to grow naturally in this

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New Vision that we were taking the church, the church actually was very turned off to it because it was something that I, I forced instead of letting it grow naturally.

Speaker 4: [14:02](#)

Right. And part of that was you and I, we were kind of at odds with how to communicate the value of this. And we were kind of at odds and we were actually a little stuck, you know, up a creek waiting for this new vision to overtake everyone else. Right. So you and I had been touched personally. Exactly. And we were waiting for that vision to catch, you know, in the hearts of the people. Can you help us like understand how that's still playing out in your life right now? Like as this term is coming to terms with having to wait for a vision. Yeah. Well, this is a con going conversation between, between you and I and you know I have a vision for people, but what I'm learning about the vision that I have is my vision is in the present. So my vision at this very moment, like I can look across the table at you right now and say, I have a vision for who I want Mike Lardy to be, but it's only this in this moment, right?

Speaker 4: [15:00](#)

And what I'm, what I'm learning is, is that the journey of vision for PR personally for a personal vision or a vision for an organization like I'm kind of talking about here is something you have to be incredibly patient with. Because vision isn't something that can just be created or pulled out of thin air. It's something that grows naturally over time as, as I'm personally acquiring an identity than the organization can acquire an identity as I grow in the identity that I'm, that I'm becoming right. And we've had a lot of back and forth on this because I will actually kind of open up and say, all right Daniel, like think we're getting it right in this area. We actually really lost. Right. And that frustrates you. I know because you come back to me and we have these texts that go back and forth and they say like, Mike helped me with this.

Speaker 4: [15:47](#)

I, you're great in this area and I'm telling you, it's not something that I'm talented at. Like vision is not a talent, it's just, it's a force. It's, it's a, it's a way of seeing things that are yet to come. You know the text, the Bible says that there, if there's a vision, you've got to wait for it. It's waiting, but it's for an appointed time, but God's going to bring it to past speedily. It's just that our notion of speed isn't the same as the eternal. Right. And so you get frustrated with me, like share a little bit about that. Well, I get frustrated with you because you almost like a fishing lure. You, you know, you throw this lure out in the water suggesting that you have a vision that you want to share with me. And then I feel like you almost start to give it, you know, get it, give it to me.

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- Speaker 4: [16:34](#) And then you really didn't know a little bit. And then me as the fish, I can't quite catch up to it, you know? And then you'll give me a little bit more than reel it in and I can't, I can never get to it. And what I, what I want from Mike and, and this is the process that Mike is trying to help me go through personally, is I want Mike just to give me anything, something gets a piece of it. Give me a taste, give me a bite, give me a little bit of your dough so I can make my own loaf because I'm the type of person that needs, needs someone else to give me a little bit of something. And if they'll just give me a little bit, I can take it and run with it. But what I found is I'm not personally and naturally a creator from the ground up.
- Speaker 4: [17:12](#) I consider myself more of a tinker or maybe a better word as refiner like give me something that works or give me something of value and I'll make it work a lot better or I'll make it something of even greater value. But I have a really hard time creating from scratch. And that's why I get frustrated with you. Cause I'm like, well just give me a taste of what it is that you see. And what's exciting about this conversation is we are actually working this out in real time cause you're always pressing me, let's have a conversation. Let's not let this die. Like let's get on top of this. Yeah. And I'm, here I am pulling the lure away and saying, well that's not how it works. It's, you know, it's like, it's a little bit by little bit and then it has to be given to you and then
- Speaker 1: [17:50](#) you have to have like a, uh, uh, encounter. You know where it's, it's like, oh, okay, this is the vision because now you're starting to see how it pans out. I guess the only way I could help you today in, in terms of working through this on the show live and real time is saying that vision flows out of identity. So for me, I know you've seen me that I have a vision for bipolar now and where it's going and who it's affecting. And I know that you crave that for Woodlands Church. And I'm saying I can't just hand it over to you, right? Like I can't go before you know, the altar and having and receive the vision and hand it to Daniel. I want Daniel to take, you know, you're saying you need me to give you something and I'm saying work into your identity, like examine that.
- Speaker 1: [18:42](#) You've always told me you're an exhorter and what that means, it's a Bible word. It did. S it means that it's your somebody that stirs people up. Okay? You like to get in front of people and open the word and stir us up and move us into action and get us going. And you know, you've always craved this active and dynamic, you know, place where people can come and experience God and then be sent out onto the, into their own mission. But corporately we're looking for a vision for that. For me, my vision results from my identity. So I have multiple components of my identity, personality, whatever you want to

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call that. For me, operating in this show on, you know, what I do in this business is I'm a liberator. And so my archetype, you know my, my, uh, example is somebody like this figure Moses, he's this massive towering figure in the Bible.

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He led the people out of Egypt when they were enslaved there for 400 years, you know, and they had these promises made to them by this God. And he says, I'm going to be a different God. I'm going to show you what I'm going to give you. I'm going to take you into a new place and make you my people. Like I, I compare myself to that kind of a liberator or like I'm going to lead people out of the tyranny out from underneath of the tyranny of mental illness. I want to set them free. And so because I'm a liberator, my vision is freedom for my people. And that's why I'm obsessed. My obsession will always be with my people and to see them set free. I mean, you know, work with me here, I'm talking like a crazy person. I'm saying I'm Moses, you know, I'm crazy.

Speaker 1: [20:16](#)

But the, the vision flows directly out of the identity. So for you as an exhorter, that's what we're going to have to examine is what does that result in, in people's lives and the people that we're leading and the people that we love. Yeah. And I think that's the, I think that's the part that I have such difficulty with is, again, I can see what I want someone to be today, but I, I can't, I don't have the vision for what I want for them in five years or 10 years even, or even one year. And I think that, I think where,

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I think that's why I just struggles the whole cause as I'm sitting here thinking this through and we're, we're talking about the farmers and the gardening and the watering. What I'm, what I'm realizing is, is that I'm always trying to force the rain. So like when we start having these conversations about vision and I want to meet with you, well let's, let's get together. Let's meet Mike. And then you kind of, you kind of say, well, now's not the right time or yeah, in the future or whatever. But what I'm realizing is I want to get you in a room or at a coffee shop or whatever and I'm going to twist your arm until you give me what I want and what you've, what you're trying to do is you're trying to lead me to the place where I've tilled the ground. I've planted the seeds, but Mike doesn't bring the rain. God brings the rain. And so, uh, that's where you're trying to lead me to help me understand is that you can, we can prepare everything. We can prepare the farm in the land. But we have to wait for the natural rain to come, which is where vision ends up. Yeah. Into being birthed from in that patience of waiting for the rain. It is in the waiting room

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- Speaker 1: [21:48](#) because what you don't see is that me getting to this realization of a vision took years. I mean years ago I remember having encounters with people who told me they want to be set free from bipolar disorder and the liberate are inside of me, which is just how I'm naturally wired up. Liberator inside of me said I need to do something but it took years of me coming back to what do I do and then trying to do it and then being frustrated in my attempts but not letting go of that initial vision from all of those encounters of people saying I just need to be set free. There's so much I want to do that my illness prevents me from getting and having and being am sick of it and I want to be set free and I mean you think I'm patient and I am.
- Speaker 1: [22:39](#) I had to be extremely like patient in those moments where, cause I just wanted to help that person right there in the moment. I wanted to lift them out of that situation and put them into a new reality and show them a different way. And I didn't have the ability to do that back then like I do now. And even now I have to wait because here I am, you know, I'm getting in front of people, I'm meeting people all the time through the show, through the different materials that I produce through the programs that I teach. You know, I'm, I'm meeting people and it just takes time and I've had to wait and wait and wait and wait. You know, I'm a faulty individual. Um, but I have a perfect calling and it does fit me perfectly. And that's what I want our listener to hear is when you wait, that thing will fit you just right. It'll be the perfect workload and having patience unlocks this perfect perfection. So Daniel, I know this show has been about us so far, but this truly isn't just about us. I mean we have all these curiosities, but today's show isn't about our needs. So help our listener understand direct connection
- Speaker 4: [23:46](#) between patients and mental health. What could you share? Well, you know, you're, you're more the, the voice on mental health. But I can tell you just through this exercise, in this conversation we've had, you know what I, what I'm learning is that patience is a virtue that has to be developed in every human beings. So that vision for life or for an organization or both, you know, depending on where you're at in life, um, can be birthed in our hearts. I can only be birthed through patients. And then when it's birthed in our hearts, we can refine it in our mind. And when it's refined in our mind, we begin to work it out in persevere action. And that's what I've seen. And I've seen it. You, I've seen you wait patiently. I've seen God birth a vision in your heart. You've refined it in your mind literally for years and now you're working it out in persevere and action.
- Speaker 4: [24:34](#) And I can tell you that, that is an example to me. And something that I'm, that I'm learning. Awesome. Awesome. And what do you think is one thing we can all expect when we practice this

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patient's ongoing patients is something that doesn't happen immediately. It's something that takes time to grow. And I've, I've been learning that personally over the last year. Uh, I don't know what, uh, I don't know what it is. You know, when you guys hear me speak on this podcast who speak a lot of God, cause that's where I just feel like God does miracles in my life. And uh, and so I think patience is one of those, cause I used to be one of the most impatient people you'd ever meet. And that's kind of what you've been alluding to or we've been alluding to through this whole, this whole show, but just miraculously over the last year maybe to God is his birth to new patients in me and it, and jokingly it reminds me of that saying in the Lion King, the Disney movie on a Matata, they literally one day God birthed Hakuna Matata in me and like, like stop worrying so much about forcing the crops to, to grow in your fields and take a deep breath and allow the timing of life, the timing of God.

Speaker 4: [25:43](#)

If you're a believer too, to work things out perfectly. And that's something I've learned about patients is that once you learn patients and patients grows in you, you sit back and watch how time has a way of working things out or from a believer standpoint, God has a way of working things out that you could have never worked out if you would have forced the vision instead of waiting for patients. Right? And patients is so vital because the weighting actually instills a very deep connection to what is going right and what is peaceful. And what is going to be okay. Like how you talked about things will work out like the waiting is key to that. I say the one thing I can expect when we practice patients ongoing is expect that piece within expect to have peace while this hyper busy world carries on and on and goes and makes war on our minds.

Speaker 4: [26:38](#)

Expect peace when you practice patience. Is there anything else you wanted to add? I do. I want to add one more thing cause there's a really important piece of this, right? Let's hear it. That you can't miss in this. Is it in your journey towards the vision in your life or the direction in your life or the organization that you're, that you're working in, you have, you absolutely have to have patients through that, through that whole journey, but you cannot miss the connection between patients and obedience because you cannot live a life of making poor choices and poor decisions. Allowing poor words to come out of your mouth and expect that and expect that on the back side of that journey. Everything's going to be okay. You have to live the life you have to walk the journey obediently, whatever that means for you, for patients to be fulfilled. Absolutely. Yeah. Well, this was an incredible show for us. I'm sure we'll do a little more justice to the topic in the future, but for now we can agree that patients

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just works. It doesn't follow it. Yup. All right. We'll see you next time. Next time

- Speaker 1: [27:50](#) [inaudible] just works, whether that's in the grocery store line or for your spouse to make a positive change. Patience holds the keys to a stable quality of life. Daniel could have hit it any harder just now when he said obedience to the vision is absolutely essential to having things work out. Whatever you see of yourself in the future, lean into that. Don't be caught walking away from that. Take hold of patience until it's your default attitude. Patients for an episode withdraw or patients for a life dream to mature, decide to live in the natural exchange between working hard and waiting for the fruits to come. Just like that patient, hardworking farmer that we talked about, you will be rewarded. And speaking of rewarding, I've set you up with a discussion guide for this episode. Find that consistent time every week to call up your life for or pay a visit, crack open these questions and you'll find that they have a lot to share about patients and they'll even learn better how to support you in your pursuit of steady mental health.
- Speaker 1: [29:02](#) Those questions are in the show notes for this episode at www.MikeLardi.com/10 that's Mike lardi.com and then the forward slash and then the number 10 take advantage of the tremendous growth of these weekly questions. Produce when both you and your life are honest and transparent. If your lifer loves you, you're going to be hooked on these conversations. So take advantage of that. Also, take advantage of our tribe over the bipolar now podcast group on Facebook. That's where we go farther into each episode and I'm there personally to help you with your questions, so stop by and say hello. Those are your two action steps for today, MikeLardi.com forward slash 10 and the podcast group on Facebook next week is one that I've been personally looking forward to for a while. We're going to talk about how to stop feeling lost and aimless, which is something that happens to pretty much everyone in this disorder. My friend Lou joins me on the show and she has got a ton to share. It's going to be amazing, so you don't want to miss it. I'll see here. Again, same time, same place. Adios.
- Speaker 3: [30:18](#) [inaudible].
- Speaker 2: [30:24](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmikelardi.com).