

EPISODE 11: ON HOLD

- Speaker 1: [00:00](#) You're listening to the bipolar now podcast, episode 11 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. Hey there, it's Mike with you back at it with this week's show and I'm super pumped because today is a special guest episode. You know that typically so far I've had my regular lifers on the show. You know Daniel and Phillip and even got my sister in there on episode seven and you know, if she's not a lifer for me then ain't nobody going to get that title. But today's guest is a special lifer. She is someone who not only carries the banner for me and gives me real counsel, but she also shares the same diagnosis as I do, which puts her in a special category of peer support. Now when it comes to support, you know that I am not knocking the role of, you know, therapists, counselors and caseworkers or anyone who deals with the more technical side of our illness.
- Speaker 1: [01:11](#) You know, these are all important people and they do play a role. What I am saying is that the work you do with the professional is only amplified by the weekly relationship that you have with your lifers, what you learn and what you're challenged with in a professional's office that can grow a much stronger inside the field of relationships where you're already planted. And that's why you always hear me trying to champion relationships. So now that you've heard about my little philosophy, we've got a fantastic episode to dive into. Lou has got some incredible insights and I can't wait for you to be wowed. So here we go. So Lou Lou, Lou Lou, Little Lulu from Queens. You are finally on the show with me and I just love this. Thank you for being here.
- Speaker 2: [02:19](#) Oh, thank you for having me. I appreciate it.
- Speaker 1: [02:21](#) This is going to be so much fun, man. We have such a history already. Well, help me introduce you to our audience. You know, give me a snapshot maybe of your families, some things you've done in school, maybe your work life, you know, give us the highlights.
- Speaker 2: [02:35](#) Um, well, let me see. Um, my background, I'm a Hispanic, I'm Guatemalan, Puerto Rican. Uh, I grew up in New York. That's where I'm from. Uh, you know, my, uh, my school, uh, I have a master's degree in finance. I have a bachelor's in business management. Um, and the work life lately hasn't been, you know what? I thought it would be. Uh, I think, uh, I think, uh, the homeless conception of, of being bipolar is you can do everything when you're manic, but, uh, when it comes down to stress or anything like that, uh, he tend to be less in here in, at work. So my work life hasn't been that great, but we're all trying to find our silver lining that at work.

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- Speaker 1: [03:37](#) Yes, absolutely. And do you remember how we first met?
- Speaker 2: [03:42](#) Oh yeah, we, uh, we met on soda and, uh, it was a beautiful friendship at first. Yeah, no, it,
- Speaker 1: [03:51](#) yeah. Yeah, definitely.
- Speaker 2: [03:53](#) So, uh, you know, I left Twitter.
- Speaker 1: [03:57](#) Well, you were pretty busy at the time. And I think that's not, I don't me because I was using hashtags for bipolar and, um, again, you know, Twitter is something that I don't use right now at the moment. I'm like, you, but I'm, I think that's how you must've found me because you commented on one of my posts and then we just fired it up right from there.
- Speaker 2: [04:16](#) Yeah, it was, it was unical out how we first met. I think we both had the same passions. Then we both liked talking to each other about bipolar and finding this little niche and online to talk about all of these, uh, these issues that arise when you're, you know, you have a mental disability. And I think it, it's very fascinating how our friendship works, you know?
- Speaker 1: [04:47](#) Yeah. And we've been able to stay in touch, don't you think?
- Speaker 2: [04:50](#) Oh, yeah. Oh yeah, definitely. I don't think I, you know, I think, you know, my, uh, bipolar support group right
- Speaker 1: [04:59](#) now. Yes.
- Speaker 2: [05:03](#) Uh, you know, I, I seem to like that, you know, I think everyone needs someone to kind of push them in the right direction and, uh, you know, I'm grateful to have you as a friend.
- Speaker 1: [05:18](#) Thank you. And I'm equally grateful and I think it's been extremely beautiful how this friendship has developed and how we've been able to support each other in the highs and lows and everything in between. It's, um, you know, a lot of countless hours spent on the phone talking through issues and problems and desires and all of that. Yeah, it's been great. So, you know, I feel like you've said at least once that, you know, Mike, I feel like I've lived such a long life. I feel like I've had lifetimes in me already. Uh, how would you say that this bipolar disorder has shaped your life so far?
- Speaker 2: [05:55](#) Well, you know, bipolar is the good, the bad and the ugly. That's how I think about it. You know, when you're manic, you're, you achieve a lot. You know, I got into Berkeley College of music because I was manic.

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- Speaker 1: [06:13](#) Yeah, I remember.
- Speaker 2: [06:17](#) Yeah. It's, it's fascinating. I'm still trying to go. Um, you know, and uh, you know, the bad is, is when you realize that you're not manic anymore and you know, you want to not achieve, you know, owning the whole world, but you want to, um, you want to try to put wheel realism in your life. And you know, the ugly is when things get so bad you can't manage your, your episodes or you can't manage being bipolar. And that's when, you know, you have to go to the hospital to get re medicated. And I think that's, that's what happened to me. You know, it's, it's a combination of everything. It's shaped your life knowing that your mind can play tricks on you and you know, you don't, you don't want your mind to play tricks on you anymore, so you have to be compliant with your medications. And that's what I've been doing so far.
- Speaker 1: [07:30](#) Yes. And part of the bad too, or maybe even the ugly, depending on where you go, are these mental institutions that are created for people like you and I, um, but do you think, do you think they're really a good option? Are they a healthy place?
- Speaker 2: [07:46](#) Uh, yes and no. I think, well, I was verbally abused in the one of the mental institutions that I see in and uh, and uh, it, it was, uh, you know, not as good time for me. You know, I lost my scholarship. Right. Um, and, uh, the thing is, you know, you, you want to get better. And these institutions, I mean, I'm from New York, so it's completely different how it is in California I assume. And um, everything is more institutionalized. I'm very bare bones, you know, uh, you, she, you get what you pay for basically if you can pay for the day. But these mental institutions that I always had a problem with them because you, you don't trust anyone going there. Right. And these doctors, they just want to diagnose you for five minutes after they see you. And you know, that's, that's a conflict of my mind is how, how do they know, you know, what type of bipolar I am, this and that. And you know, they, they do do their job. And I think I was very lucky for my last day that I had a wonderful doctor, um, who was able to listen to me and listened to what I had to say. And now I'm on a strict regimen and uh, you know, I think my, uh, I take my, uh, mental, uh, health more seriously now than I ever did. Right, right.
- Speaker 1: [09:54](#) I think I do the same thing because being institutionalize, um, hospitalized I should say, you know, multiple times that happened for me and really by the end of it, what it produced in me was, okay, this is a real thing. This is, uh, this is something that other people go through as well. And your time in here, you know, seems like a failure. It seems like you couldn't make it on the outside and so you had to come in here and get a reset. But it made me, like you said, take it more as to take my mental

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health more seriously. And I'm really grateful for that now. You know, at the time it felt like I was being locked away somewhere where I was going to spend the rest of my life because up until that point, I had no concept of what, you know, uh, a mental ward was, you know, and May, aside from maybe some pop culture references or moving,

- Speaker 2: [10:52](#) yeah. A lot of people do have, you know, um, in inner loco of what a mental ward has to do with, with your stay and your wellbeing. I think, um, people are often, um, missing, misled, uh, to believe that this is a Hollywood type of thing that you're going to get institutionalized forever, you know, um, or this is, um, this is, this is not real, you know, and, uh, you know, it is every, every institution is different. And, um, you know, you have some good apples and then you have some bad apples.
- Speaker 1: [11:43](#) Definitely.
- Speaker 2: [11:44](#) Um, and, and, uh, this is what makes you say, you know, really well worth it. You know, can you, can you understand what the doctor's trying to do for you? And, and you know, my, my perception of things where it was very askew at the time, but I, uh, I was able to get the health setting in and to definitely manage my medications. Right. Um, in a real realistic way, you know,
- Speaker 1: [12:22](#) so positive things can happen because of a statement. And that's a word. Can you think of one positive event or something you saw that happened while you were inside?
- Speaker 2: [12:32](#) Um, well, it's like a small community inside, you know, um, I was able to, you know, communicate with my father about my treatment even more so, uh, with the household of my doctor. And uh, I was able to definitely get my medication very manageable. So now I have an injections that is biweekly and it's helped me manage my, my systems and um, put everything at bay, you know, it, it really helped me. And I think that that's the positive that comes out of, of, you know, when those days is that he, you know, you realize that bipolar can, can what, what bipolar can do to you. If it's not marriage. And I am owning up to every mistake or every everything that I ever did wrong while I was manic. And, uh, that's one of the things that I can, you know, take away from, from one of the sciences is that with the help of a doctor, I was able to, you know, go and then, you know, be managed with my, uh, medications.
- Speaker 1: [14:03](#) Yes. I think I remember my very last stay, um, you know, it was summertime. I had been in and out of hospitals for weeks and it wound up in this really good place and it was a positive experience, um, that the staff was a lot more available and like

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just ready to listen and they were kind and uh, that was not my experience in the prior to hospitals. And, um, so it was really a breath of fresh air to, you know, kind of get to the bottom of things at that hospital. And I remember, um, being impressed by the fact that people, even in their most broken state, they want to connect and they want to find healing. And I can remember, it was like late afternoon, there was a bunch of us sitting around in the little rec room break room and there was a little bookshelf and it had a couple of random old books on it.

Speaker 1: [15:07](#)

And um, and this woman asks me, she says, Mike, doesn't it say somewhere in the Bible that God comforts, you know, the downtrodden and the overwhelmed and the weary or something like that. She's like, doesn't it say that somewhere? And I don't know what happened, but in my mind I was like, yes it does. And I remembered exactly where that passage was at. Like, I mean, there's thousands of pages in the Bible, right? And I remember exactly where it was. And so there happened to be a little torn up Bible on the shelf and I grabbed it and I just flipped through the pages until I got to that area. And there was, and like by that time people were gathering around me. It was so beautiful because I started to read those words and it just fell so gracefully upon that room. And I thought to myself, wow, this is like, this is a moment that I don't want to miss.

Speaker 1: [16:01](#)

This is magical. You know, like that was such a positive thing. And another positive thing was there was a guy in the room who was like detached from the group and he was like laughing and like shaking his head. And I remember going like, what is this guy's deal? And he said, by the time I finished, he says, ain't nobody here to comfort you. There's no god and all this stuff. You know, he's just going on and on. And I have thought to myself, that's amazing because even in the hospital there are like downers and haters. And I kind of went through an outpatient program, uh, for a few days before I tapped out and couldn't make it any longer. But I remember he was in that group and he would do the same thing to the people teaching the classes. So I was like, okay, it's not crazy.

Speaker 1: [16:42](#)

It's not just me. But, um, but, you know, that's a positive to me cause it reminds me, it's like you're always going to have the doubters and the haters and that, and I just laugh at that. Um, you know, it doesn't bother me at all. So yeah, false positive things can actually happen inside of a place where lots of, you're surrounded with brokenness and you're broken yourself. Well, you know, everybody with this disorder seems to have some kind of fantastic manic story or stories. I mean, how about you Lou? Like, what's the funniest thing you've ever done while you were manic?

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- Speaker 2: [17:14](#) The funniest thing that I've ever done while I was not, um, a lot, but, um, you know, last day in the hospital I was wearing, uh, a fake wedding ring and I was acting like I was naturally.
- Speaker 1: [17:33](#) Yes.
- Speaker 2: [17:35](#) And, um, you know, I, uh, I, uh, I mean it, uh, I, I told everyone that I was engaged or married and hi. I was, I was living in dream, have a dream man, and I couldn't seem to grasp the glass two months. No one was there to, no husband was there to visit me. Um, nope fiance, this is from the romance book that you can perceive that this whole la La land, uh, adventure was coming to? I think, uh, everyone has their, uh, their manic Mondays, but I, I everyday was a Monday for me.
- Speaker 1: [18:26](#) Yes.
- Speaker 2: [18:27](#) And you know, just the perceiving, um, that I was married, I think. Um, one of the social workers said, oh, we kind of touched with your husband. Uh, and, uh, we're trying to get your insurance information. And so, uh, just a couple of weeks ago I went back to the hospital and, uh, they had in my, uh, in the system, they have an assistant that I'm married.
- Speaker 1: [18:57](#) Oh, did you change your last name?
- Speaker 2: [19:02](#) No, they did not. See, you're laughing, but, but, uh, they were very convinced that I was married.
- Speaker 1: [19:10](#) Okay.
- Speaker 2: [19:10](#) And what about you? What about you, Mike?
- Speaker 1: [19:13](#) Oh, okay. A good manic story. Oh God. Um, Geez, you can beat me on this one. I don't think I, I highly doubt it. Let's see. You know, I remember going down to the beach, uh, I went to Huntington Beach, I took my nephews and we went and spent the day down there. And it just so happened that it was the day of the u s open of surfing, which is something they do. It's a big competition and there's just crowds everywhere and it's nuts. There's like music festivals and like skateboarding Demos and the guys are surfing on the big screen and off the pier and it's just nuts down there. So it took the kids down there, you know, I, um, to find parking. I like off road, it it through some fields or off the highway, like just took the car right off the road and went straight through this dirt field, like park parked the car and we went to the beach.
- Speaker 1: [20:02](#) And um, you know, cause if you know Huntington beach, it's like there's just, um, there's nothing but concrete everywhere. It's

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all built up. So I like blaze the trail and we got out there and I was like, you know what? We're going to do something different. And so, um, I went into the festival and I bought him skateboards and, um, you know, I took myself into the surf shop across the street and I found, you know, this just killer, killer surfboard. And I bought it. And I don't know how I did that. I must have had my credit card because I don't have any, any cash whatsoever. And, um, you know, when you're manic, your money, just like your concept of money just flies out the window, you know, and I bought this \$900 surfboard. I don't surf, I don't even like the ocean, you know, as far as swimming goes, I'm kind of, it's like terrifies me to get, get sucked into the undertow and I'm become not a great swimmer, but I bought this surfboard, like I was going to be the next Kelly Slater and you know, and so, um, I paraded through the crowds and I got back to the kid and I'm like, let's go surf.

Speaker 1: [21:03](#) And you know, we, we tried our best to surf and we threw this surfboard in the car at the end of the day. And that was my, that was my manic, uh, weekend, uh, in Huntington beach. And, and, you know, the, just the, the money thing, I mean, I probably ended up paying for that for the next, you know, half a year trying to pay that off. And so, um, I mean, you've brought this up, you know, a bunch of times how, how money has been a factor in your bipolar experience. I mean like how does it really get to you? Like what happens?

Speaker 2: [21:34](#) Well, with me, um, we have two stores called TJ Maxx and Marshall's over here. I don't know if you have them in California. Yeah. Um, that's where I would spend most of my money. Um, I would buy beauties plies and beauty products and stuff like that. And um, I would spend whatever money that I had that I made for the week, um, um, uni products and I'm still cleaning up. And this was after the death of my mother. I went into such a frenzy with the money that, that I made. And you're burning money more often, more often when you're manic, this is when you feel good, you spend more money,

Speaker 1: [22:23](#) yes. Or you

Speaker 2: [22:24](#) spend money. And when you feel awful, you just stay at home and you sit in bed and you just lay down and you know, do anything. And I rather be, you know, in bed laying down, not doing anything, then sending money. I realize, you know, I don't have a 401k. I don't have the things that I should have when I'm in my thirties. And, you know, I'm thinking about the future and I'm scared. And every single day I have a panic moment. And here, two of the things that, that my mom shielded me from and you know, now my father is, is, you know, helping me take care of myself and I realize, what have I been doing for all these

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years? You know, I haven't been putting any money away in a savings account or anything like that. Right. And I think, I wish there were more, uh, financial, um, education for people like us.

- Speaker 2: [23:35](#) So, so that we can learn how to save money. And even though now I have a message for me in science, I'm not saying that I'm a Wiz, that everything is the dairy. There are moments where you're, you're bipolar clouds your mind and clouds your judgment and you want to so think clearly and you don't know how everyone else is doing this. They all have houses, they're all doing well. I have clothes and I have beauty products and those things, they won't last long. Yeah, they don't know. And that's my frustration with, with my, my bipolar is how can, can I be living in such a dream? And here I am just, you know, I just want to donate all of my clothes right now because I'm not, I'm not using this. So I think, you know, when, when you're bipolar, all of a sudden your judgment on, on, on money really, really, really hurts your, you know, your, in your thinking and your judgment. And I think the more money that you spend, the happier that you are in that moment. But when it comes down to all the time, you're miserable. You have all new things that are just, you know, just in, in, in your home and you're looking at these things and you're like, oh, I bought that one. I was mad at, I bought that one. Right. And I spend \$300 on clothes and at a store. Right. You know, and that's a lot of clothes.
- Speaker 1: [25:29](#) Totally. And I think what it comes down to is, you know, now you and I have learned our lesson with money and were building for the future. And I think we see less value in what we purchase. Like you're saying, you know, you would rather be, you would rather not be spending money and not be up in like, you know, happy and Giddy to, to open your wallet for anything that comes, you know, on the shelf at TJ Maxx. And so, you know, now we're looking at life as like what's more valuable. And I think really what you and I have discovered is that these, like this friendship is more valuable. And I think maybe the value of having a real friend who gets you is something that I like cherish about what we have, you know, like, do you feel, do you feel similar? Do you feel like I get you? Okay. I,
- Speaker 2: [26:24](#) yeah, I think, I think we're both here for each other. I think, um, when it comes down to priorities and, and, and seeing, you know, how our friendship has grown, I think hands down, you know, we're, we're good. We're man when we talk to each other about our problems and about our lives, but when it comes down to, you know, bipolar, we're dead on when, when we talk about these things and if we're very supportive to each other. Um, and there are times when I just mean a simple prayer from you and you gave it to me.

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- Speaker 1: [27:08](#) Yeah. Love that. You know,
- Speaker 2: [27:11](#) I think you definitely,
- Speaker 1: [27:13](#) I think so too. And I know you get me because sometimes you, like, you launch into these discussions and you're like, you gotta listen to me right now. Just shut up. And you, you tell me about something like very practical that I need to know and you're very aware of, you know, my plans and my vision and, and what I'm doing in life and in business and in ministry and all of these things. And I just, I really did that cause I remember when we first met and you are so aggressive and you were telling me you gotta be more aggressive in your marketing and you've got to get yourself out there and you gotta like pound down the doors. Do you feel like you've become more gentle? Like even in just the last year?
- Speaker 2: [27:53](#) Oh, most definitely. I think everything has slowed down. I think since I'm not manic anymore. Um, I think I've been gentle, but, um, you know, I think there's still a long way for me to go. Yeah. I think it, it's going to take a couple of years for me to recover from everything that no I was doing. Um, then I think now I'm just gonna Save, Save, save, Save, save. I don't know when that rain day is going to come, you know, I'm scared. I really am. I say that to myself every single day. I'm scared. I don't know what to do. I'm scared, you know?
- Speaker 1: [28:40](#) Yeah. You know, speaking of recovery, you're in this new season, you know, you had a massive, um, event occur within the last year and now you're, you're in, you're in a new season of life. Can you help our audience maybe understand how you feel, maybe lost or maybe like maybe just like life has been put on hold right now?
- Speaker 2: [29:05](#) Most definitely. I think that with bipolar your life is on hold. Um, you know, until you get past, you know, this mental anguish. I think a lot of people need to understand that. With bipolar it comes a huge responsibility. Yeah. I think we mentally lose it, but when it comes down to, you know, having things done and wanting to do more with your life, you have take it in small steps. Not In big leap because you know, you just don't know how everything's going to turn out. And with no mania, it really puts your life on hold. No, you don't want to be there. You don't want to do that. I think, I think everyone's life is on hold when they start truly understanding how important your small goals are. And that leads to the big picture that leads to the big, you know, goal of, no, I want a family. I want to get married for real.
- Speaker 1: [30:23](#) Yeah. For Real. Yeah.

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- Speaker 2: [30:25](#) For Real. And uh, you know, that why is, this is not a circus. It's not a circus. You don't have to prove yourself to anybody but yourself. And that's, that's the thing that I take away from, from my bipolar diagnosis is, is we're all, well, we're all here together trying to do the same thing. Not pushing the limits, but making sure that maybe our life cannot be hold on, cannot be, you know, on hold. Right. But to manage your small symptoms and, and make the best of whatever you got right now.
- Speaker 1: [31:13](#) Absolutely. And I totally resonate with that because you know, I have a very specific picture of myself five years from now, 10 years from now, but at the rate that I'm going, I feel like I'll never get there. So I do feel like I'm on hold. I'm with you there. You know, there's, there's like, there's like benchmarks and milestones that I have never hit in my life that people are already blowing past. And if I start playing the comparison game, I'll get totally depressed.
- Speaker 2: [31:39](#) Yeah. And I'm playing the comparison game for a month and I, I am scared. I am in my mid thirties and I don't have anything for me. The, my, my worth except clothes and beauty supply products and, and I'm wondering what happens between getting to a, to z when they stuck on B c d e n s you know, um, it's scary. It really is. When you're wasting that much money and you're wasting your time, what is happening to you? You don't know. Your mind is being robbed and your judgment is being made fun of because you can't seem to grasp, you know, your own reality until after the fact that all of these things are gone. Right. And that's what happens to me.
- Speaker 1: [32:48](#) Totally. You know, to wrap this show up, Lou, we've kind of arrived at this place where it's like, should I be worried about feeling lost or should I be worried about feeling like I'm put on hold? And I would love to just maybe conclude this show and you know, this isn't the final word on this, but um, I would love to just encourage, you know, our listener, like if they feel like they're in those shoes, you know, and they're with us right now, I would just say that, you know, if you're living a nightmare at the end of the nightmare starts with waking up and you've done that and I can clearly hear it in your voice. Um, you're speaking so powerfully and clearly and fantastically. It's just, it's amazing to see how far you've come in what seems like forever probably for you. You know, I've, I've mentioned that it seems like it's taken me forever to get where I'm at and, and I feel like I'm making no progress, but you know, somebody else looking in like the way I'm looking at you, I see tons and tons of progress, probably much in the same way that people in my life look at me and say, Mike, you gotta be kidding me.

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- Speaker 1: [33:55](#) You can't, you can't say you're on hold. You know, it feels like you are, but you're making so much progress. So you know, it all, it all, it all ends with waking up and you're seeing a new day. And I mean, you even said like, think about this. You're like, Mike, Think about the incredible variety of things that we get to learn for our futures. And I thought to myself, that is the luxury of being on hold. It's the luxury of learning. Do you know, I remember you telling me like picking, you're picking up books, you're picking up things to study, you're going to the library. And I did the same exact thing and that really helped me turn the corner was learning about, okay, I don't know what to do next, but I'm going to pay attention so that when it comes I'll be ready. And you know, we're, we're, we're here now, we're, we're doing, we're doing the things that we need to do to take care of ourselves first. And that is the, that is the ultimate like understanding of prioritization. Because when we're sick, we don't take care of ourselves. We're doing every other thing, you know, under the sun and we're not taking care of ourselves. But what do you think about all that? Is that encouraging?
- Speaker 2: [35:03](#) I think it's very encouraging. When your life is on hold, you serve and wheel are like, you're given a second chance. So to, you know me. And I think that's the beauty of being bipolar. I think, you know, we all get tired and we were all getting so often from our mind running 24 hours a day, seven days a week, you know, you don't get a break. But we manage all these incredible things, you know, like arts or, or like, you know, just anything that that's remotely creative. Yeah. And we, we learned from, from our mistakes more so than anyone else. And you know, the, the good thing is we have family and friends here for us, you know, to make sure that, you know, we're doing the good thing. Yeah, no. Yeah.
- Speaker 1: [36:00](#) Well that's a perfect way to end it. Lou, I love you. I would lay down my life for you and I think you know that. Yeah. I think you know that.
- Speaker 2: [36:10](#) Yes. Same.
- Speaker 1: [36:11](#) Yeah. Oh, I know that. Yeah. And you know, with bipolar, we're like those who are on hold for today, but we do have a tomorrow worth fighting for, so let's leave them with that. And Yeah, I would love to have you back on. So thanks for being with us today.
- Speaker 2: [36:25](#) Thank you so much for having me. All right.
- Speaker 1: [36:39](#) So powerful. What I'm continually impressed with in Lou's story is that she's come to a place of clear thinking. She has legitimate worries about the future and especially financially, but she's

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resting in the knowledge that she's taking care of herself and she's growing stronger. People like Lou show that optimism. It isn't something that you can manufacture or fake, you know, she's very aware of the challenges. When we get together and talk, I always see a big smile crack up on her face and that is not fake. So if you're worried about the future, if you're lost and alone, if you look at your life and you feel it like you are on hold, then do what we described and take time to learn new things. The luxury of learning is never greater than when your life is on hold than when you're waiting for the next breakthrough.

Speaker 1: [37:43](#)

You can be that patient explorer. Remember how last episode Daniel and I talked about being the patient farmer, how to work and how to wait for a new vision of your life to show up. That is exactly what you will need. You need to get through the discouragement of things not being the way you want them to be and it takes patience. It takes patience to learn it. And so that's why I'm saying you need to be an explorer. You need to get into that mode. Explorers observe and they take notes and they make drawings and you know they map their journeys. Explorers are endlessly fascinated with making discoveries and and they are alert when they get stuck because they need to make conscious decisions about how they're going to get out. So in today's discussion guide, you'll find a handful of questions that you and your life can use to get unstuck, to make new discoveries.

Speaker 1: [38:41](#)

Because remember, your lifer might feel just as on hold as you do. These are wild. They're regular seasons of life. We're not meant to stay on hold forever though. So don't be embarrassed to open up this discussion. You can find the questions inside the show notes for this episode at [www dot mikelardi dot com](http://www.mikelardi.com) forward slash 11 and that's the number 11 and you know, in future episodes, I want to show you how this works with my lifers. It's something that I always look forward to because I crave real conversation and that conversation needs to send around the things that matter. I love knowing that I can be a support and a pair of wings for my lifers who, you know, they seemingly have it all together, but it helps my mental health to be a giver, to be a giver in my relationships and to watch that reciprocate.

Speaker 1: [39:38](#)

So always remember that the one who waters will be watered in return. And I'm using a metaphor, but this life can be like a dry desert, can it? The secret of the desert is being able to flourish. It's when you take the little water that you have and you offer it to someone else, you find that there's always more water when you do that. And so speaking of flourishing, have you dropped by the bipolar now podcast group on Facebook? Inside we are a

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tribe of desert dwellers, but we're determined to water one another and thrive in the face of hardships and challenges. So head on over there. Join me every week as we do more justice to these topics on the show. And ask me a question. Anything that's on your mind? It's a place of freedom because we all carry baggage and weights from various places and persons.

- Speaker 1: [40:37](#) What I'm saying is come by and drop that baggage off and find a tribe of people who get you. That's the bipolar now podcast group on Facebook. Well, that does it for this episode. Next week I've got a mini training for you, so we'll spend a good deal of time getting practical about our energy. Because if you have bipolar, chances are very high that you struggle to maintain natural and healthy energy levels. And I've got a daily pattern and a few special tactics to give you, and they're ones that I know you're gonna love, so I'll see you here. Same time, same place. Adios.
- Speaker 3: [41:20](#) [inaudible].
- Speaker 4: [41:26](#) Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com).