



## EPISODE 51: A SLOW FORMULA FOR AN AMAZING EXISTENCE

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the bipolar now podcast, episode 51
- Speaker 2: [00:40](#) 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. "Michael!" "Michael!"
- Speaker 1: [00:57](#) Oh my gosh. Are any of you old enough to remember The Office as a TV sitcom? When, when was that? Early two thousands maybe. It was huge and I completely missed that craze probably because I was too mentally ill in my twenties to even watch TV. But for those of you who are just joining us for this episode for the first time, I want to welcome you. My name is Mike Michael to my buddy Jeremy, who whenever he sees me, he makes sure to shout out Michael. And of course I don't really have too much to laugh about cause I don't know that show. Um, but I guess there's a character named Michael and he must get yelled at by his crazy boss. I don't know. I dunno. Anyways, if you're new to this show, welcome to this show. This is a place where we explore a life better lived with mental illness, specifically with bipolar disorder and all that comes along with it.
- Speaker 1: [01:50](#) So my job on this show is to help unravel all of those pieces and to build an identity around mental health, not mental illness. So that's what we do. We're here to learn and grow together. We, um, I have to apologize ahead of time. I'm, I'm probably going to have to speak a little more slowly on this episode than usual. Um, I have a like a tongue sore, like in my mouth, like my side of my tongue is swollen. Um, probably because of all the stress that I'm under. And so I'm, I'm here to say that I'm going to talk a little bit slower today. Um, I always wonder in the back of my mind, you know, how do people who, like I do this every week, once a week I get on the air and I record this show for us. What about the people who do this every day?
- Speaker 1: [02:36](#) Like they have lives, they have stress, they probably have mouth sores, they probably have fevers and flow and flus and, and the cold and things like that. Like how do these people do it? Um, I don't know. It's a mystery to me, but I'm sharing that because come Friday, I'm going to be on Sharon Olson's show the

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brilliant conversationalist and it's a mini series that she's doing. She's a published and she talks about how to live your life in a way that leaves a legacy to the next generation. And so she picked me as part of her a 21 day episode launch. And that's the brilliant conversationalist that's coming out soon. And I hope to just have a, a really good interaction with her about what it is that we're doing on the show, that people that I'm meeting, the issues that we're confronting, there's all kinds of things going on.

Speaker 1: [03:24](#) And I just, I love, like, I actually love having these sort of, I would consider what you and I have here. For those of you who know me, I would consider these like basically naked conversations. I would consider the whole bipolar now podcast to be a big naked reveal of like what goes on in my life as I attempt to jump to the next level. You know, I've, I've explained in many previous episodes that I got comfortable living where I was at, but it was a very small existence and I just know that personally Mike is wired up for bigger things. He likes bigger challenges and even though these things are threatening to his mental health, um, he's going to chase it. He's going to go for it. He's going to do everything he can to blend into his life, his family, his community, like blend into these things with the handicap of a mental disorder.

Speaker 1: [04:16](#) So it's a naked conversation. I hope she lets me have one of those with her. I'm sensing that she really digs these kind of like eyeopening, revealing conversations and that's why she's titling this whole series. The brilliant conversation is. So all I'm saying is I hope my mouth sore goes away. I'm really struggling right now not to bite the side of my tongue as I speak. So you might catch a few. Uh, fudges for me today. I am here, uh, at just as a way to talk into this episode topic today. Um, I'm here today adjusting to a sudden chaos in my life. Um, so I went from the chaos of not having work, which is alarming and I've, I'm switching to and now am adjusting to, I'm adapting myself to the sudden chaos of having so many clients with so many similar deadlines that I'm juggling.

Speaker 1: [05:13](#) Multiple conversations, multiple email threads, multiple project deadlines, multiple mini deadlines, um, new teams. Like, wow, I just got thrown into the mix and I'll tell ya the probably the most rewarding was um, reconnecting with an old friend. She's got a, uh, she's got an agency that develops um, web design for people who need to sell products on the internet and she has this specific platform that she uses to do that. And she, her and her team are very good at delivering websites to particularly clients in the health food industry. And so I'm learning not only in

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industry but I'm learning like an online remote team management style, which is something that I'm eyeing for my own business, which is my coaching business. And so it's just cool, like to see that how like all of these things are lining up for me. Not in a way that I thought that they would line up, but they're still lining up.

Speaker 1: [06:16](#) Isn't that amazing? I mean like here I am. I am, the work that I do in mental health allows me to be in emotional support. Even I can offer emotional support to a business owner who is under the gun with deadlines for clients. And here I am to say like, Hey, we're doing everything. They're going to be impressed no matter what we're going to deliver. And just to hear her like take comfort in that is so extremely cool that it's like all this time I've been growing as a person of like comfort and peace and like a sounding board and now I'm able to offer that to my clients. It's just, it's blowing my mind. It's exactly what today's topic is about. It's, I'm doing double duty here, I'm working for clients and I'm also building my own business. So I'm pulling double duty and that's pretty easy, right? Or maybe not. Today's topic is one that I really wanted to get into because it just hits me so close to home and I'm hoping that you can identify with it as well. So here we go.

Speaker 1: [07:26](#) Episode 51 is about going slow. It's about taking your time. It's about building things, right? And this is going to challenge conventional practice today. So bear with me if some of these things that I talk about like fly in the face of our culture. But over the years I've talked, especially on this show since episode one, I've talked about how I've had this eight year runway to where I've gotten to right now. And so eight years from me sitting in a doctor's office inside of a mental ward lockdown, hearing the term bipolar disorder type one from that moment til now has been eight years. And I'll tell you what, like if at first just how devastating it was to try to like clear the confusion as to what this illness was. Cause it's not like they have time to sit down with every patient and sit you in front of a two hour movie that's going to show you how your life's going to play out.

Speaker 1: [08:31](#) Like that never happens. So you have to go and figure it out for yourself. So it was terrifying and it took forever and I was depressed for the next two years after that huge manic, psychotic meltdown that completely leveled me of friends and finance friends and finances. Like it completely leveled me and it took me eight to feel like I blend into my community. I'm no longer Mike who had a meltdown. I'm not that way in the family. I'm not that way to my employers. I'm not that way to anybody who knows me. Nobody knows me. As Mike who had a

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meltdown that's gone. It's not gone from me. It's in my heart forever. But like as far as other people are concerned, they're looking to me for stuff like my new clients are like, we know you have the goods, let's see what you can do.

Speaker 1: [09:28](#) It's taken me time, but I've built it. Right? And so today I'm going to challenge conventional practice and I'm to give you my super slow formula and it's a formula for what I can confidently say before you on this show. Like I have an amazing existence and it's not to brag and it's not to hold myself up and it's not to put a shiny badge on my jacket. It's none of that stuff. All I have is an amazing existence and I have a super slow formula to thank for that. And that formula is something that I market. Like that's what I base my business around. Like I, my super slow formula is the peace plan for bipolar. It's, it's my group coaching membership. And so I, I use that as a way to move people into the practices that they're going to need the knowledge they're gonna need, the steps they're going to need to take in the specific order to build out their lives and to do it right so that they too can blend into their surroundings and not think like, Oh, everybody sees my bipolar disorder.

Speaker 1: [10:42](#) Everybody sees it. Everybody sees it. I'm broken and fragile. Like that goes away, but it doesn't go away right away. So of course I'm marketing like I'm marketing this whole, this whole concept that I've landed on, which is now my life's practice. Like it's an amazing existence and I'm here and I'm not hiding any of this stuff. I'm here to sell it. I'm, I'm here to sell you on the reality that you can change your circumstances. You can grow up and develop in the way that you do life with the bipolar disorder. I'm totally here to sell that every single episode of this podcast. I'm here to sell that. Like nothing's for sale outright, but I have to slow pitch this enormous game changing life altering idea and I have to make it as accessible and realistic as possible, which is why today I'm telling you that it's going to happen really slow and you're going to have to fly in the face of our culture says it needs to be now. It needs to be everything. It needs to be perfect or else it's not enough.

Speaker 1: [12:00](#) I'm here to tell you you got to trash that. If the culture hands you something and it makes you a slave to it, you gotta trash it, it's gone. Throw it away. I'm here to do a different, I'm here to go slow and so I've got a formula for this. I shared this months ago on the, on the bipolar now podcast group, which is on Facebook and that's kind of my sketch board with a community of people who want to hear things, you know, from this show on like tell it to me another way, Mike, I didn't quite understand. Or like let's explore that a little deeper or I have a question about

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something completely different. Could you help me with this? Like that's, that's a great place to explore. It's, I call it my sketchpad because I termed this months ago responding to a completely different episode, but the, the theme comes back now today as far as taking it slow and the formula for my amazing existence is just this, it's called active patients, active patients.

Speaker 1: [13:07](#) Can you feel that right now? Can you, can you feel that there's a tension there? The activity is a driver, right? Like the activity is in motion, the activity is buzzing, it's shaking, act activity is dynamic. Patients is more stable, grounded. It's reasonable. It's waiting and longing. Like there's, there's a longing for things to come about, but there's the waiting for them to come about. So to have active patients for all of these things and I'm going to share with you on this show to have active patients in these practices in my life and these are major, major areas of life that you're going to know right off the bat what that feels like to have active patients in these things because it's like you've got to start somewhere, okay, you've got to activate. But once you get moving into it and once you start working, the patients is in returning to the start and making sure you didn't leave anything out.

Speaker 1: [14:17](#) See this is how you build it, right? You're not just moving on, moving on, moving on, continually moving on without accumulating and packaging together. All of the things that you're getting right as you go. So you start, that's the active part and then you return. That's the patience and as you pursue active patients, you become a new person, you become a finisher and that's everything because in bipolar disorder it functions like adult ADHD. It. Maybe some of you, maybe you right now listening to me, you have been diagnosed in the past for adult ADHD and then they went to prescribe you something for and it totally whacked out and then somebody along the way figured out that it wasn't just ADHD. Maybe it was something completely different. Maybe it was a bipolar disorder and the manic features function very similar to the hyper activity disorder.

Speaker 1: [15:18](#) The attention deficit. Okay, so I'm talking about with active patients is you get to move beyond that. You get to move past the ADHD symptoms of bipolar disorder. Active patients means what you start, you come back to and you keep rolling with it until you finish your finish are now active patients means you're a finisher. That's a really good thing by the way. It means you deliver. Okay. It means you finish and you deliver or if it's something that you have to keep doing, it means that you

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maintain like your health. For example, when you start a health project, like a physical health project, like we're going to talk about, you keep coming back to it and then eventually instead of becoming a finisher, cause you're never really done. Physical health is an act of maintenance, but you have to have active patients for it.

Speaker 1: [16:18](#) And I'll explain that in a minute. It's, it's phenomenal. It's phenomenal. It's focused activity. How could I put this? It is active patients is, it's, it's a focus. It's focused activity, but the patients makes you gentle and that's a really good thing. That's taking it slow. So you're focused and you're gentle and the whole thing just adds up to a brilliant reward. It's so brilliant. It's brilliant for work. Let's just start right there for work. Imagine going slow in terms of rebuilding your financial health. Okay. Bipolar disorder puts you on Rocky ground, doesn't it? I had not a penny to my name. I was in debt and I was being taken to court. Uh, when I, when I first received my diagnosis, all, all these things cooked up by manic illness. So my work life is the ticket to financial, rebuilding financial health. But my work life didn't happen right away when I was recovering.

Speaker 1: [17:31](#) When I first rebooted my work took, it just, it was on pause. It was like on, it was on permanent disability. I remember getting a couple hundred bucks a month from some government source that I can't remember cause I just, it just bothered me so much that I had to be on disability. And the fact that I had worked that I had been so poor and worked such minimum wage jobs up until that point of my disability that my disability check was like, you might as well just, you might as well just laugh at how tiny it was. That was my life for the first year. I tried to go back to work to things that I was great at and it was overwhelming. Uh, could not work. I could not rebuild my financial foundation.

Speaker 1: [18:25](#) So with work, the thing I've learned to do is I've learned to do it fast. I've learned to be an effective and, and very fast worker. Um, my, all my employers and my clients now, they love this. I feel like I'm learning. I'm learning how to do things fast, like get a, get a task done fast. But I get to the destination slow so I move quickly in my work day. Now it's taken me a long time to get to get to this point again, but I do it fast in order to get there slow. I'm looking at these clients that I have right now. I'm saying, all right Mike, in three years, what space do you want to occupy on this team? Who are you the go to person for? How are you shaking it up? You know, going back to Sharon Olson in the show, she's putting me on on Friday.

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- Speaker 1: [19:26](#) Like the legacy, right? Like what is my legacy going to be if I can stick it out for three years at a job where I just need to make money and contribute to the growth of a creative company. Okay. That's, to me that's more slow. That means when I encounter a problem in a project and they're like, can you make this work? Can you make it do this? And I'm like, I've never done that before. Well, I'm hustling fast to find a way to do the task, but I'm keeping in mind and I write this down and it's on my board, which is in my office. Get there slow. When I first rebooted my mental health, I had no idea that I would be sitting in the position that I'm in right now. But I built it right. I went slow, I bucked the conventional wisdom of rush, rush, rush, and nothing's ever good enough. You know what, for a recovering perfectionist, the work I do is pretty dang good and that's good enough. So that's my financial health. What about other things? Like I just jotted down on a piece of paper here real quick, some notes of some major areas of my life where I have built it right? Because I have gone the slow route. It's, it's a slow formula. It's, it's active patients. And the second area that I just have to call out,
- Speaker 1: [20:59](#) and I hope this makes sense because it's a soft topic. Um, the topic of work is more of a hard topic. Like you can imagine the work you've gone through work, you felt work, you know what work is. But this next topic is something soft and it's just going to require a little bit of a buildup. But the second thing that I built that I had to accept was going to be a slow build was my wisdom. And I know that this hasn't been a mistake because I've launched this show. I've structured it around wisdom, having the wisdom to live skillfully with a mental illness and to treat your mental health as the ultimate project of your entire life. So the wisdom is there and the wisdom, I know it's not a mistake. Like I know I've attracted wisdom with my wisdom and this has not been easy or fast to develop, but I know that I've done it because I look at the bipolar now podcast group and I see a tribe of people who are, it's, it's like, it's um, it's an amazing mixture of people who have wisdom.
- Speaker 1: [22:08](#) They have the practical wisdom, they have the hands on wisdom. When someone asks a question, I'm just, I'm, I'm shocked at how amazing the quality of the responses is. It just blows my mind, but I think that's because I have attracted what I am and I would like to believe that I attract wisdom because every day I seek it out. I ask for it. I, I'm looking for it. I wisdom. If you don't know what wisdom is, wisdom is, I've heard it put this way. Wisdom is, it's mental health, but it's like, it's the, it's more of a practical mental health. Wisdom is like what guides decision making and that's why I've heard this phrase years ago,

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never forget it, but someone said that wisdom is the practice of skillful living. Sorry for the silence, but that makes me choke up a little bit.

Speaker 3: [23:14](#)

[inaudible]

Speaker 1: [23:14](#)

when I first rebooted, I felt like a fool. I felt like I was the stupidest person on the planet and that hurts so bad because I wanted to be intelligent, wanting, build an identity around intelligence. It was fun to be intelligent

Speaker 1: [23:52](#)

and then it all fell apart, which is probably why as soon as I came to assemblance of normal thinking again, as soon as the depression and just the cloud of hopelessness lifted just immediately I S I started consuming like books and other materials, drinking from the fire hose of wisdom cause I wanted it so badly I wanted to step out of the confusion and I wanted to know what I was doing and I needed wisdom to help me find the way, which is why I can recommend 100% that even though it's a good idea to drink from the fire hose, if you're looking to acquire wisdom, drink from the fire hose, but just realize you're going to drink every day. It's a super slow formula you have to have, you have to have this active patients. So the, the active part is seeking the sources, finding the voices that you want to listen to.

Speaker 1: [25:18](#)

There's plenty of amazing voices and we live in a day and age where pretty much you have access to any amazing author or teacher. So actively seek them out. And then as you drink from the fire hose, just be patient for some of that water to actually go in your mouth and hydrate. You can, you can, you can, you know, it's like drinking from the fire hose. Nothing actually goes in your mouth and you can't swallow it. So that's why you have to have patience to acquire wisdom, but it's amazing. 100%, a hundred percent recommend just, you know, prioritizing your mental health around acquiring wisdom. Okay. That was heavy. Um, speaking of heavy, we have work and wisdom. I found another w word. Forgive me for being silly, but like I wanted to make all of these words match because they, they really do depict these, these heavy lifters in my life.

Speaker 1: [26:18](#)

So speaking of heavy lifting and just heavy subjects hitting the weights, so we've got work wisdom in weights. What I'm really referring to with weights is my physical health and it's worth, it's just worth like sharing with you that it takes time to build it, right? To build out your physical health. You know, you try and clean up your diet. That doesn't happen from one day to the next, you gotta go slow. It like for an amazing physical health,

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you gotta go slow and you've got to learn like in the style that suits you. So physical health, it's, it's so important. You know when I rebooted, when I got that do over, I looked at my body wasting away with all of the appetite that these medications bring on. Like your, your brain, the switch that gets flicked on when your stomach is full. There's like an interference there.

Speaker 1: [27:21](#) With these two medications that I'm on is totally, it's just totally typical for people on these particular medications. They gain 15 2030 I gained 30 pounds. I've heard people gain as much as a hundred pounds on this particular combo of medications that I'm on. And it's like, you know what? I saw myself slipping, I was fading and it made me more and more sad and it contributed to my deteriorating state of mental health. And I realized, you know what, if I'm going to reboot my life, I got to reboot my physical health in the process. Now, a lot of people will tell you, you know what, I just did this one thing. I started exercising and I've never had symptoms again of my bipolar. Just what happened. I started exercising and I've never been sick ever again. Or I started, I cleaned up my diet and now all of a sudden all I'm doing is eating meat all the time or whatever.

Speaker 1: [28:15](#) I'm vegetarian, you know, I'm, I'm strictly this diet and now I'm all good to go. And so I'm just preaching it, man. Just have this diet. You don't need pills. Like I'm here to tell you, try it if that appeals to you. But the research is not on your side. And I wish it was cause I wish, cause I mean I eat amazing now, but it took me a while. It was super slow for me to arrive at eating these amazing nutrient dense foods in calorie quantities and macronutrient counts that are like making my body look and feel amazing. It took me so long, it took me years to build it. Right. So if anybody says that you can just all of a sudden eaten meat and nothing but me and that's gonna you know, give your brain all the healthy proteins that it needs to displace whatever bipolar does in the brain.

Speaker 1: [29:13](#) Like okay, try it. But the research is not on your side. Relapse is coming. And it could be really harsh and definitely so I don't give any, any, any medical advice on this show. But if you're taking medications right now and they're in your bloodstream, you are taking a massive risk. If you go off of those meds without the help of your doctor, you can go off, but let them taper you down so that they can come out of your bloodstream in an acceptable manner. So with physical health, the thing that I want to just stress is that this having active patients is going to give you so much success in your physical health, like being active in seeking out like who are the experts here? Who are the people who

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have done the science, who are the people who look and feel amazing and they actually do like who are those people?

- Speaker 1: [30:13](#) How can I listen to them? Can I read their books? Can I watch their videos? Like what's, what are they doing? Is that realistic for me? You know, you're actively seeking out wisdom for physical health and then you're going to need the patients you're going to need to return to whatever advice you've been given and keep working on it until you realize, you know what, this works for me or you know what? This doesn't work for me. Who else? Who else has something cool going on? Who else seems to be like fit and doing it right? Like who is that person you need to hit the weights with your physical health and I'm saying that metaphorically as far as hitting the weights. Like you need to treat it like something that just deserves to be built right? You need to find your preferred body. That's what I'm getting at here.
- Speaker 1: [31:06](#) Like when your body is functioning on a high level and it's rewarding you for all of the like just beautiful things that you're feeding it with physical activity and fantastic foods. Like when you do that for long enough, a couple of years is going to go by and if you're like me, you get out of the shower and you look in the mirror, you're like, dang, that's cool. Like I, I'm, I'm digging what's happened. I found my preferred body. It's not exactly like what I thought it would be years ago, but I'm also 38 years old now and I'm not that little stick figure artist. I'm not that little stick figure guy anymore. Like I'm a man that's got some, some size on me now. It's like I'm in my preferred body. It changes over time. But your physical health, like it's worth going slow. It's worth going slow.
- Speaker 1: [32:04](#) Don't get in a rush over looking like somebody's Instagram feed. That ain't real. That ain't real. You've got, you've got to start your health and you've got to keep returning to it until every day. You're like, I can't wait to feed my body with foods and exercise. I cannot wait for my physical health to be the glowing version that I know it can be that I've always wanted it to be. And then sure enough time by a year goes by, two years goes by, you're staring at your preferred body in the mirror. How many people are dying for that? Right? Dying for that. So I'm just saying when I got to reboot, it was a chance to do it slow.
- Speaker 1: [32:56](#) Okay. This next part is for those of you who have a spiritual practice or religious practice, um, where you use the term worship as, as a way to describe like a lifestyle, a spiritual lifestyle. So this is, um, this is amazing. This goes along with my w words, right? Like I'm, I'm totally preaching it up here. We got

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work, we got wisdom, we got your weights, and now we got your worship. And so one of the things I love about this show is it's not a Bible ministry. It's not Bible teaching. I read the Bible daily, I consume it. I love like seeing myself in the characters and all of their mistakes and failures and the things that they got right? And so one of the things that I love about this show is I get to share a little bit of that. And you know, it's super cool to me is people will write to me, I even got, this is amazing, I even got a podcast review on iTunes.

Speaker 1: [33:53](#) It must've been like just in the last week cause I just saw it and I read all of those by the way. And so this person was like, you know what, this shows rockin like it's keeping me going and I'm an atheist, but I can really get a lot out of the religious teachings on this show. And when I read something like that and like my heart just dances, right? Like that's some huge trust to listen to a guy who holds a completely separate spiritual worldview than you and to say, you know what, I'm, I'm benefiting enormously from what I hear on this podcast. And I just look at that trust and I say, you know what, I protect that with everything that is in me. Like I protect that trust. And so spiritual health, like yes, we're going to talk about it as appropriate on the show and as necessary and I'll give you my views on that.

Speaker 1: [34:50](#) Um, but I just, I want to like make sure that I want to make sure every single person everywhere knows that like all of this health, all of this mental health that I'm building up, all of these things, practices and habits and routines and like relationships, all these things that I teach anyone can do. You don't have to be a follower of Jesus to do all of the things that I'm talking about. And that's why I love it. It's for everybody. I mean it's for everybody. So when I talk about your worship, when I talk about taking it slow, for those of you who have a worship practice and worship is not just the music you sing along to at church. Like worship is an all encompassing lifestyle. It centers around God. And so for those of you who worship, like your spiritual health gets a reboot in, in your recovery, right?

Speaker 1: [35:47](#) Like you get to now go slow, build it, right? Put in the parts, only the parts that belong, right? Like now, now it is on you to put together like the, the true life that you want. Like spiritually. Kate, my old life wore out. It just wore itself out. It was done. I was dead. I, there's, there was just, there was no spiritual life in me. I was dead. And then I got to reboot spiritually. So what I'm saying is I have had a chance to go through so many tests and so much loss and so much pain and heartache, heartbreak, like so many things in my spiritual life that now like I'm standing in an amazing place where I'm resilient. I'm dependent on God. Like

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I'm looking to him for everything. He's everything for me. Like I finally came to a place where I don't have to be anybody because I just belonged to him.

- Speaker 1: [37:00](#) That's like, that's my version of building it out, right? Like that's my, my new amazing existence was because of this super slow formula, this active patients. It was so slow. It was so slow, which is why like I don't recommend, okay, so wisdom drink from the fire hose, but like spirit, spiritual teaching, I would not drink from the fire hose. Um, it's overwhelming. It's just completely inundating and overwhelming. Like I would suggest go slow. Like I'm not an advocate of these Bible apps and reading plans and authors that are like, you can read the Bible in a year and it's like, man, I don't know, maybe other people are just fast readers, but I'm super slow. Like I, I, I approach slowly the things of God and I take very, I take in very slowly the things of God and I really like that and it really works well for me.
- Speaker 1: [38:01](#) And that's how I've been able to just go slow and not be like in a rush to like not be in a rush to become. And that's so hard for my natural personality. Cause my natural personality is like you got to rise to the top, you got to dominate, you got to take over. And in my spiritual, like my, my whole anchoring in my life is to God. And he's just like, you know what I mean? Turtle. I'm not worried about you doing this all so fast. If I want you to do something fast, I'll give you a task. But I want Mike to develop into the likeness of me, right? Like choose, whom you will emulate. That's your worship life. People worship all the time. People who aren't even religious, they worship all the time. People worship money, right? Maybe you don't look at it that way, like they're not bowing down to it.
- Speaker 1: [38:56](#) But in all other practical sense of the matters, like how many people, like do you know, or do you feel like when you see rich people, you're like, Oh, rich people. Right? And why is that? Soccer's is rich. People are evil. It's just because rich people are focused on being rich. They're there. They're God is money and all they need is more of it because we can't get enough of God. The rich people worship money, which is different than wealthy people, by the way, depending on how you define it. But rich people are engrossed in the pursuit of money. And you know what? You become like what you worship. So
- Speaker 4: [39:43](#) part of why if
- Speaker 1: [39:45](#) and saying this is you. Um, but part of why I just, I have friends who live in Los Angeles and they're always like, Ugh, that girl with the numerous eighties, you know, uh, what is she 22 years

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old driving a G wagon? Like, Ugh, you know, and um, here I am like, I'm curious about that. Why, why does that irk you so much? And so, but it's because the money you become likey if you worship something or someone Kay, either or if you worship something or someone you become like them or like it. And what is money?

Speaker 1: [40:24](#) Money is cold. Money is impersonal. Money is flashy, right? Like, am I way off here? I don't know. What I'm saying is if you're gonna build a spiritual practice, build it, right. Build it slow and choose whom you're going to emulate. For me, that's like choose whom you're going to radiate. Okay. If God created the universe and he's capable of creating massive energy sources like the stars, like I want to radiate like that. Like if I'm going to worship this, God, I want to radiate. That's just how it is for me. That's why. That's why they like, you know, they, they look at people that are like, you know, super spiritually and gross and they're just like, Oh yeah that person's on fire. That person's on fire. [inaudible] it's cause you want to radiate this intense life force. That's just, that's all it is. Okay. Let's wrap it up.

Speaker 1: [41:25](#) Do you notice, do you just take in and see that the world is short on people with these slow built qualities? K D do you see it like the world is short on people with an exciting work ethic and I know this from experience because people tell me all the time, it is such a, just a relief and a dream to work with somebody who works hard. Okay. The world. I didn't create this world. It's just I'm observing it. The world is short on people with an exciting work ethic with the wisdom. I believe the world is short on people with wisdom, especially wisdom for daily challenges. Let's just say it's like people, that's the reason people look to certain people. If it's like, let me just hear what so-and-so has to say. Okay. The world is short on people with wisdom. The world is also short with people who have their weight under control.

Speaker 1: [42:39](#) And I would never put somebody down for this because there's so many factors that go into somebody being overweight like me when I was 30 pounds overweight and it happened in a single month. Okay. But the world is short on people who have their weight under control. And that's because the world is short on people who are exercising self-control. It's self control that keeps our weight under control and you're never going to find your preferred body if you don't have self control. And then finally, of course, with the worship, I'm just looking at the world and I am seeing it as desperately short on people who have a worship that they have a worship lifestyle that ignites, that that ignites the people around them.

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- Speaker 1: [43:33](#) When one of the very, uh, humbling realities for me doing this new kind of work that I'm doing here with you and, and the people in the podcast group and the people in my, in my paid groups, like just the humbling reality is that it's like, I, I like if, if my flame goes out, if my light burns out, that's why I can't get burnt out. That's why I have to go slow. You know, I'm, I'm doing double duty in life right now, building a business and working for clients and just juggling everything else plus normal life. Like I can't burn out because I recognize that if I burn out then somebody else's flame is going to go a little lower and I can't accept that. So I just look, I look at our world who would like we're, we're suffering because people are short on the kind of worship that lights up everybody in proximity.
- Speaker 1: [44:37](#) And so going back to my whole formula, active patients is just a formula for an amazing existence. I'm living proof of that. Like I can offer value to anyone. Anyone, whether they live on the streets or maybe they live in the Hills. I don't know. Like each of these people, whether they're rich or poor, they find me dependable. [inaudible] it's incredible. Like, like you're just going to meet great people when you do this formula, like when you stick it out at work through thick and thin through your illness, you're going to meet great new people. When, when you search out wisdom, you're going to meet great new people, right? Like you're going gonna you're going to learn from them. When you, when you take your physical health to a whole new level, like you're gonna meet new people. It's cool. And then for those of you who worship, I don't care where you worship, you're going to meet some great new people, great new people.
- Speaker 1: [45:56](#) Like you're going to meet people who are going to have you come over to their house. They're going to have you have, you know, they're going to cook dinner with you. You're going to spend time with their kids. Like for those of you who are in my stage of life where you're younger and all your friends are having kids, like you're going to be around these people and they're going to say things like, Mike is so dependable, we can just give him the code to our front door and you can come in any time. Right? Like I've helped people move from one place to the next and to, to, to move from a place they didn't, you know, this just wasn't serving them anymore into a neighborhood where they could flourish. Like, and, and to be like, call that guy. Like, I'm so glad that I knew as soon as I asked you, you would show up. And I do. I, you know, I showed up depressed sometimes helping people move, but that doesn't change how they see me. You have to see this. It doesn't change how they see you. You're still dependable. So what if you took it super

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slow, what would happen if you suddenly identified as dependable?

- Speaker 5: [47:15](#) Would it change your world around? I mean, would it,
- Speaker 1: [47:38](#) I know, yes. It's a lot to think about being dependable and having a bipolar disorder. I mean, being dependable. Am I wrong on this or is that just something that human beings are just basically failing at? Nevermind having a brain disorder that drives all this illness chaos. Uh, um, well, I'll tell you what, not being dependable is one of my recurring nightmares. Pretty much any dream I have where I'm sweating bullets is when it's like somehow I can't deliver. For me it's a nightmare. It's cause I can't come through and I'm not alone. Several people have reached out to me and shared with me that they're like this. They're, they're living in a nightmare where they can't come through on the things they're supposed to, to and they're like, I look like a complete fool right now, Mike. And it's real. And maybe, maybe this is a good thing, but we live in a world where we don't get an excuse card if we want to participate, if we have a mental illness and we want to participate, I get it.
- Speaker 1: [48:55](#) That there are plenty of people that they just, they don't want to participate. They want to just chalk up a loss, call it a forfeited life and mental health. This whole thing is just, it's way too much. But people like that don't listen to this show like you do and well I know they just don't cause it's like this show is ice coming down their back. That's why when I share a resource, like the growth plan, they see it and they're like, that's crazy. There's just no way that can be done. Here's the thing, it is being done. People just like us are going through it right now. The growth plan is what I show to anyone who wants a bigger life in spite of their bipolar disorder. My students tell me that it looks like a mountain to climb when they first see it and they're like, yeah man, it really is crazy.
- Speaker 1: [49:57](#) But then they experience it piece by piece and step by step and just one little focus at a time and they say to me, Mike, this is exhilarating. It's exhilarating. They say things like, I've had so much confusion, so much loss in my life up to this point. But now I finally know where I'm going and what's possible. And I'm referring to these students of mine, they're in my group coaching membership and I'm going to tell some of their stories very soon because enrollment opens up again in April. So there's going to be plenty of details and I'll link you to that in the coming up, you know, the next episode next week. But for now you can see this exact model that I use and you can do that by downloading your copy of the growth plan for bipolar. And I

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built it so that you can understand each step and know with total certainty as to where you're at right now.

Speaker 1:

[51:04](#)

And that way it's hard to feel lost, which is cool. I'm just saying it saves me from drowning so many times. So to get that guide, just go to [MikeLardi.com/growthplan](http://MikeLardi.com/growthplan). It's just the cost of an email. So that's [MikeLardi.com](http://MikeLardi.com) and that's Mike Lardi with an "i" cause you know I'm Italian. No, but uh, people, seriously, people did ask. So it's Mike Lardi with an "i" Mike Lardi dot com forward slash growth plan. And that's your guide to give you a plain view and a powerful visual for all the work we'll do together if and when you decide to jump. So that's all I got for today. Next week we're sticking with this whole theme of daring to be greater than our illness. It's something very counter to common sense. But since you did this show, I know you can handle some more. So next week's show, we're going to get close to the one big scary giant in your life and I'll let you find out what that is. So I will see you here. Same time, same place. Adios.