



EPISODE 53: GOING NEAR WHEN FEAR SAYS “RUN”

- Speaker 1: [00:00](#) Hey, it's Mike and just like last week, I want to take a minute up front here and remind us that this is a show that can grow and evolve and respond in response to massive and sweeping world events. And I've got a great reminder for us today. Oh, it's such a good one. It's, it's about being brave as the lion brave when the courage of the world is absolutely melting and I'm also going to share some fascinating little stories that just came to me while I was mostly at home on a restricted way of living. I guess that's a nice way to put it. So before we jump into all of that, I just have to say all of this legal stuff right up front so you know the drill. 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.
- Speaker 1: [01:23](#) You're listening to the bipolar now podcast, episode number 53. And I usually jump on with a little jingle about how this is all about doing life on your terms and this is the show where we explore how that's actually accomplished. And I just want to kind of skip through that and let you know that this is a, is I consider this a special time to be living in, to have a show like this continue, um, in spite of just so much inside of me. Just wants to be distracted and um, and, and not worry about it and just push pause and come back to this later. It was a nice project, Mike, but you can come back to it later. And I thought to myself, no, you can't do that Mike. Like this whole thing, like this whole Corona virus, the CV 19 pandemic is, is so parallel to my story with bipolar disorder because it's the story of having to adapt, right?
- Speaker 1: [02:19](#) Like now that you've possibly been like home quarantined or whatever they're having you do in your County or your state or maybe in your country if you're not in the United States like I am like maybe, maybe you've had to adapt as well and maybe you've had to be strong. And that's my, like that's my story of mental illness. It's just interesting that the ways that I have adapted in the like techniques that I've used and multiplied in my life to become strong are the exact same techniques and adaptations that I'm using. You know, on my home corn team, it's pretty phenomenal. Like it's pretty phenomenal. The stuff that serves me well during times where I have to be prepared for my mental illness to strike at literally any moment. I mean

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any, anything it seems like could trigger my bipolar disorder. And yet here I am going strong, no symptoms, feeling good, getting work done, sitting here with you for yet another week.

Speaker 1: [03:27](#) And I just, I find myself like completely in awe. Like this is who I am, how I respond is who I am. And I love it. I love it. So this is week two for me. This is the second week of a mandatory self quarantine. I don't know the exact language that the state of California is using for this right now. I've, I've read um, several documents every day. I have a friend who sends me things from the County and things from the state and I've read the letter from the governor to the president about needing to declare a state of major catastrophe and all that stuff. Like you read through that, it's just, it's extremely serious. And you couple that with the fact that I have friends who work in local hospitals and they're like, just stay away, you know, like they're already overwhelmed and we haven't even reached what, you know, what they would consider the apex of the curve as far as the amount of cases confirmed positive for the coronavirus.

Speaker 1: [04:26](#) So it's like they're already overwhelmed and these are just like, these are just, all we have is the only hospitals in the region that we have are these half dozen hospitals anywhere within an hour from me. And it's just, you know, I'm pretty blown away at the situation of how calm and reserved and like forward thinking I can remain in the face of hearing so much news like that just, I mean it hasn't let up. It hasn't let up. And one thing I wanted to just share and to encourage you with, if you've listened to earlier episodes of this show earlier this year, I declared 2020 the year of project mental health. So if you've never considered your mental health a project, this was the year to get it going. And I talked about how inside of that project I had a milestone and I wanted you to have one person in your inner circle, one close, super buddy, or very familiar family member, like somebody completely on your nonmedical nonmedical professional support team.

Speaker 1: [05:46](#) And I call those my lifers. And so I'm encouraging you to have the same ad, multiple lifers and I'm learning how to network them together so that they're all working together when I don't even realize it. Pulling for me and helping me overcome obstacles and helping me predict problem areas and hazards and triggers. Like they're helping me anticipate all of these things to help me stay ahead of the curve. It's just phenomenal. So here, here I am saying, look, you guys like find that one person this year and I wanted to let you know something really amazing happens as you build out that team. Cause I look at all of my guys and also my, uh, my mom, my dad and my sister,

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they're on that team as well. But I'm looking at my guys, my friends, they have no obligation to me. You know, they're not family, they just love me and care about me.

Speaker 1: [06:46](#) And I get on the phone with them and we check in and this is something that I do weekly through text and now I'm starting to just reach straight out and get on the phone. And here's the thing that, that, here's the thing that I don't want you to miss in all of this because going forward from here, we've all got some work to do. But here's one of the things that I love that I'm noticing is that right now, none of my inner circle, none of my lifers, none of them are cluttered or freaking out or wasting time or are being unfocused. None of that is happening. None of these guys are like are having a panic attack. It's it's, it's, it's amazing. Like this is the testing time, isn't it? This is when we need to help each other smile. This is when we need to impart courage to one another to tell stories of overcoming. This is testing time. This is when we need to remember where we're headed. Remind ourselves of our destinies, okay, we've declared where we're, where we're going in life. This is just a temporary circumstantial emergency. This, this whole pandemic is a temporary emergency. We can't forget our destinies.

Speaker 1: [08:22](#) It's like this is the time where I'm starting to recognize that all of the effort that I have spent editing my inner circle to look like this, to serve me like this like it is right now. There's just this phenomenal place that I'm at where like my temperature isn't getting pulled down by a bunch of lifers who are getting pulled down. Like every single one of them is resolute. And that really, that really rubs off on me in a, in the right way. Right? Like that's good influence right there. I can only imagine how much harder of a time I would have right now if my inner circle were melting, we're falling away. We're having breakdowns on social media. Like I can only imagine if that's what I was looking at, but it's not, it's not. It's incredible. You know, this, this brings to mind for me personally, just the amount of stability I have right now.

Speaker 1: [09:42](#) And um, I don't say that I have stability to brag about it because I know that's just next to impossible for millions and millions of people in this state. Even when I'm reminded of a dear friend, she's in the bipolar now podcast group on Facebook. She gets in there and she, she kindly reminds us, those of us with anxiety disorders that we don't have anxiety in emergencies. Isn't that ironic? I find that to be so ironic and I actually, I get encouraged by that quite a bit actually because when push comes to shove, I'm going to be okay. It's, it's the downtimes, it's the blank spaces. It's the unknown where the anxiety gets tripped. But, but when, when push comes to shove and things need to

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happen, boom, we're on it. I think that is so cool. I, I hope you can see that if that, if that's your particular bent is to go towards anxiety.

Speaker 1: [10:52](#) Like notice how you're dealing in the face of this emergency today. I want to bring up kind of a, uh, gosh, it's, it's, it's going to be difficult to talk through this topic, but I think if I tell you some stories that'll help make it a little more clear, I want us to go near to the things that we find to be intimidating. And it's interesting that I put this down on the calendar. This is something I wanted to talk about right around this time and when she know it, the most intimidating of circumstances in an entire generation is now upon us. And here I am saying, all right Mike, are you going to commit to that? Is that really what you do? Do you go near? Do you draw near to big, intimidating, gigantic problems? Do you, and so the whole idea of this show is like there, there's just not going to be any great, any greater measure of your ability to pass a test than when that test is really big.

Speaker 1: [12:14](#) K the, the daily tests are one thing. This once in a generation test, I think it has so much potential to bring out. And what I'm seeing is as I'm hearing stories and I'm getting little bits and pieces of the news and I'm looking, you know, if you do a search for good coronavirus news, you'd be amazed at what you find. But here's what I'm seeing. I'm seeing people, I'm seeing greatness pulled out of people because of such a great problem. So that's the big idea today. There can be no greatness apart from big adversity. There can just, there can be no greatness in your life if you aspire to do good, big, powerful things with your life. If you're the kind of person who gets on a show like this and you hear me talk week after week how your illness, your mental illness, your bipolar disorder, it's merely an obstacle to overcome or to navigate around on the way to your greatness.

Speaker 1: [13:27](#) And so today what I'm saying by going near to the adversity is you have to have a big adversity in your life. It's gotta be huge. It's kinda be need buckling. It's gotta be courage, melting adversity and mental illness. We'll certainly do that. But here's what I want to bring up in the stories that I'm going to share today. You've got to have optimism in the face of that adversity and you can totally do it. It's, it's totally realistic to think and to expect that I could maintain optimism in the face of the Corona virus, just like I can maintain optimism. And then I proven 53 episodes deep. I've proven that I can remain optimistic in the face of my bipolar disorder. Like that's what I'm making a reputation. I'm building out my name on the fact that I can stay strong in the face of these big, enormous challenges.

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- Speaker 1: [14:39](#) That's, that's what fuels my greatness. So got a few stories to share to actually, and actually just thought of these stories. I was, um, I was just, you know, going through the motions of a new reality of being stuck at home and only going to the store when absolutely necessary and taking, you know, distance precautions, you know, socially and, and all of these things are like completely just me adapting to a temporary situation while meanwhile, you know, people are suffering like crazy. And so all of this is going on, all of this is like bubbling on the surface and I'm just like, I'm trying to, you know, continue to work and continue to remain productive, continue to keep up on myself, you know, still getting dressed every day even though I don't have to. And so all these things are going on and I was just thinking of stories and these two stories came to mind and they're both stories of immense courage, courage to draw near to a very big adversity.
- Speaker 1: [15:52](#) And the first story that I thought of, which is really interesting. I have not thought of this movie in maybe, let's see, 25 years. I mean I was probably eight or 10 years old the last time I saw this movie. Have you ever seen the classic musical and it's called the sound of music? Have you ever watched that? I think it's from the 60s. It's, this is back when musicals were huge and this was definitely one of like the top musicals, top grossing film, musicals of the 20th century. So the sound of music, it's, it's based on a real life story. It's based on, uh, the story of a family and they live in Austria and this is a time periods set when Nazi Germany is beginning to expand and take over and, um, extend its reach in Europe at the time. And so, um, that's going on in the background of this, what is essentially a, a beautiful love story between a young woman who thought she should be a nun and then she's just too wild and free spirited to be, you know, cooped up in, in the monastery or whatever it is you call the place where nuns live.
- Speaker 1: [17:15](#) I'm sorry, I don't know Catholicism very well. So she's a Catholic nun and she just, she's not cut out for it and they release her to go serve this family. And it's a, uh, family's a large family, seven children. They live in a, a beautiful Lakeside home and, uh, in the story anyways, and she goes to serve the family and to be the keeper of the kids and to help, uh, with all the household chores and, and, and their schooling and all of that. And they're very regimented and they're very militaristic the way that they're being brought up by their father because he is a Admiral in the Navy and he's very hard nosed and he's, um, still dealing with the loss of his wife. He's been widowed for a few years and has gone through just person after person, after person looking

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after the kids. And, and so, um, it's a, it's a love story that evolves between this, um, this caregiver of the kids.

Speaker 1: [18:20](#) And then, uh, and then this, this captain, this, this Admiral, and it's just, it's beautiful to watch. Like her free spirit begins to infect everybody inside the home and her love of song and music. And she, she's a, she's a song teller, like a storyteller through song. And she teaches the kids how to sing while the father is away, uh, on a date. And like, he comes back after a week and they're all having fun together. And it's just like, this is something that just is so completely out of character for this family. They're very buttoned down. They're very regimented. And she comes along and she teaches them how to sing and they don't even know how to sing. And, and when, when the man comes back, when mr Von Trapp returns, he finds this, this young woman has, uh, Maria has, has taught the children some songs and they're singing to this man's, um, current girlfriend.

Speaker 1: [19:19](#) And it's just amazing to watch him like change how, how literally this heart of stone inside of him starts to soften and then he begins to sing and remembers how to sing again. And it's just incredible to watch him like be completely brought under the beautiful spell of this young woman whose spirit cannot be broken by all of these hard pressed rules. It's amazing. And then of course in the, in the background, I never caught this as a kid, so I was, I was remembering the story pretty well as a, as a kid now watching it as a grown man and I'm remembering how Nazi Germany factored into the story, but I didn't understand what Nazi Germany was. I just [inaudible] when you're a kid you're like, okay, bad guys, right, like bad guys. And so it's interesting watching it now, how it was just sprinkled in at the beginning.

Speaker 1: [20:16](#) And then there was like a guy that was harassing mr Von Trapp about not flying the German flag. And then it gets like more and more harassment and then he gets like pulled and summoned into active military duty once again. But he's, he's serving, having to go serve Nazi Germany. And so they eventually, you know, in the midst of all this pressure to, um, to, to change and to declare, you know, that like, Hey, we're still Austrians, even though Germany is invading this country. And, and, and rapidly taking over our government and our military. Like there they were, they were still insisting on freedom. And eventually towards the very end of the film, they do escape, um, Nazi oppression. They escape and they flee through the mountains into Switzerland. And it's just breathtaking to watch them as a family pursue freedom. One thing that I want to relate to this story of the sound of music is that I, I kind of look at mental

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health in general, just like the amount that it's taking over people's lives.

- Speaker 1: [21:41](#) I look at it like the Wayne, the Germans were invading in this story and it just kinda took over more and more of the story until by the end of it. They were like completely surrounded and trapped. Mental health to me is like it's heading in that direction. It's almost like this Corona virus if you think about it like this virus spread across the globe, but it did it person to person and I look at like I look at mental health in a very, don't get me wrong on this, like I'm not downplaying the situation with the virus, but experts have been saying that mental health, like the casualties of of mental health as far as poor mental health, deteriorating mental health, evaporating mental health. I get this is this is a condition that is like overtaking more and more of the population is spreading.
- Speaker 1: [22:44](#) It's spreading. And one thing that I, one thing that I would be remissed to say is that you and I can stop the spread, maybe not globally because there's just so many cultural influences that are driving this problem and spreading it and deepening it. Like there's so many, there's so many things that point us towards poor mental health as a culture, but I'm saying I would, I would be completely remissed not to point out the fact that when it comes to your space and your life and your sphere and my space and my life and my sphere, when it comes to those things, we have control. We can push back the tide.
- Speaker 1: [23:40](#) The one thing that I always try to, I try to emphasize, I tried to, I tried to drill this point home and maybe you get sick of it from time to time, but I want you to be made, but I want you to be who you were made to be. K I. w I want you to be who you were made to be. You are made to be free. Remembering the story of the sound of music. They, they escaped Nazi Germany which was taking over Austria. They escaped to go be free. That that's important and what I love about the story is that even in the midst of this swelling problem, every scene had a little bit more of this problem creeping into it. It was all, it was just in the background building throughout the entire movie. What I love about the story, the way they chose to portray it is that this couple built a romance. Anyways, they knew what they wanted.
- Speaker 1: [24:54](#) Okay? The captain, he found himself falling in love with a young woman and the young woman, she felt extremely convicted, conflicted, I should say. She felt extremely conflicted and embarrassed about her feelings for the captain, but she fell in love with him anyway. They knew what they wanted. They pursued freedom. They let it happen. They got married. It was

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so, it was awesome to watch that all over again. Listen, that's you. Mental health as an epidemic is spreading it. It's spreading at an enormous rate. The amount of breakdowns that people are experiencing in the workplace have never been higher.

Speaker 1: [25:44](#) Well, I'm saying that's not who you were made to be. Okay. You need to establish the fact that you were made to be free. You were made to be free. Yeah. You know, I, I hesitated to tell this second story, but actually this is the, this is the story that is driving my whole, like my story of drawing near to the giant in my life, which was bipolar disorder, which had completely uprooted my entire life and exposed it and left it cracked and dry. Like I, I was totally empty of desire after bipolar disorder had gotten a hold of me. And this is totally common. Like I read stories from people just like you and I read them all the time. I read them in the podcast group like I, I'm well aware that a lot has been taken from you because of this illness.

Speaker 1: [26:51](#) And so I actually, the way I faced my illness, the way I adapted and got strong and the way I, I kept wounding my illness so that it couldn't grow bigger and bigger and intimidate me more and more the way I did. That has a lot to do with this little story I'm going to tell you. It's a Bible story. It's the story of David and Goliath. Maybe you've heard of it, you've definitely heard of it. If you've ever spent any time as a child in church because they tell this story pretty much endlessly, but David and Goliath is an incredible story of courage. It's an incredible story of optimism, optimism in the face of big adversity, and remember this whole show, the thing I'm driving at is your greatness depends on you having a big opponent and probably there can be no bigger opponent than a lifelong opponent, which is bipolar disorder.

Speaker 1: [27:54](#) It's lifelong. This Corona virus, you know, who knows? Six months from now, a year from now, will it even, will it even be killing people? I don't know. I don't know. Nobody really knows the impact and the reach of this illness, but I can guarantee it's not a lifetime, not like your bipolar disorder. So if you've got a giant in your life, you can have to become skilled at taking it down. And this is an interesting story because it's very atypical. How this enemy is defeated. So you got two armies fighting and they meet in the ILA Valley of Israel, which is a place that I've actually been. And on one side you have Israel. On the other side you have the Philistines. And these two armies have been historically at odds, um, for pretty much whenever you see them in the Bible, they're always at odds.

Speaker 1: [28:54](#) They're always at war. So the Israel army has a King and this King has all of his armies assembled to him and they are drawing

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near to the battle line. And the Philistines come down and draw near and they basically just shout the war cry at each other twice a day, morning and evening because that's when the sacrifices are. Cause anytime you have a battle in ancient times, it's always a showdown between the gods. So whose gods are stronger? The gods who are stronger are going to win. The war, are going to win the battle. So they come down, they shout, they give the war cry. It's morning, it's evening. Well, from the Philistine army, a man of the people emerges. He's known as the ish Hubba nine, if I can say that right, the [inaudible] and the [inaudible] name is Goliath. And some, uh, translations of the Bible, we'll call him the, the champion of Gath.

Speaker 1: [30:00](#) And so this is no ordinary man. He comes down from the people to represent the people. And this man is nine feet, nine inches tall. So he's kind of a big dude. And when soon as he comes down and he's fully armored and he draws his sword and he has his, his shield bear in front of him and he comes down and he defies the armies of Israel. And he says, give me a man that we may fight. And whoever wins, that person will be each other's slave. So if, if I am able to slay your man, then you will be my slaves. And if you're able to slay me, then we shall be your slaves. And so he comes down and the armies of Israel are so afraid they, they retreat and their courage melts within them when they hear all of the insults that he hurls at them.

Speaker 1: [30:57](#) So meanwhile there's a little shepherd boy, his name is David, and he's tending sheep and his father's flock. And he goes to check on his brothers who are serving in the army in there at the battle front right now. So his father sends him back and forth to check on them and to bring back some token of their wellbeing and to learn what has become of the battle and so on. And so one day the little shepherd boy, David, and the word that the Bible uses for boy makes him to be about eight to 10 years old. So a little boy, a youth runs to the battle line, finds his brothers, asks him why they keep retreating. And then at some point Goliath comes down during your, the morning or the evening sacrifice comes down and to defy the ranks of Israel. And he comes down and he shouts his insults and this little shepherd boy can't stand what he's hearing.

Speaker 1: [32:00](#) He's, he's kidding. Absolutely pissed. And so the little boy says, well, who's going to shut this guy up? And they're like, nobody can do it. Like the King has promised that if you can run down and kill this man, that you'll get his daughter in marriage and that your family will live. Entire family will live tax free in Israel for the rest of your lives, but nobody will draw near to do it. And a little boys like, I'll do it. I'll take them down. And they just

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laugh at him, right? Like they're like, get outta here. A little kid. And he know, he says like, no, I'm serious. Like he's getting really upset. He's like, he's hearing this tear down the God of Israel. And he's like, I can't take it. You're not going to let this guy get away with it. So they take him to the King and the King's like, you're going to do it.

Speaker 1: [32:49](#) Well here's some armor. And they go to put some armor on the little boy and he's like, this armor doesn't fit me like I'm a little boy. I can't wear a grown man's armor and go out and, and, and fight a grown man's battle with this Goliath, this giant. He says, let me take care of it the way I know how. And so the little boy, when the giant comes down out of the ranks of the Philistines and the giant comes down and he takes his place at the battle line, the little boy runs down into the Creek bed. He takes five smooth stones. He puts them into his little Shepherd's pouch. He has a sling, a little Slingshot, and the giant is like, who? Who do you think I am? Like he's yelling at at the army like, who do you think I am that you're going to send a little boy out to me?

Speaker 1: [33:41](#) And so he's like, come here little boy. I'll feed you the birds. And so the little boys says, it's amazing how much courage this little boy has so much guts. He says, you, you, you defy the God of Israel. But I will come and I will take your head this very day. And so he runs up slings, the very first stone, it lands right in the middle of the Giant's forehead and the giant falls face first dead and the little boy, not even having a sword on him, takes the massive sword of this giant and cuts off his head. I know gross gross cuts off his head and brings it, brings it back, and the enemy flees and it says that Israel pursued that enemy all the way back to their home and plundered them the entire way. Isn't is that a wild story? Isn't that a wild story? I look at this story and I consider how terrified I was of mental illness.

Speaker 1: [34:58](#) I was completely terrified of having to think through an entire rest of my life with depression, mania, anxiety, and PTSD. I was staring, I was staring at not one giant, but like a multi-headed, like a four headed giant in my life. Couldn't escape unless I went straight up and took it down. But mental illness is a giant that doesn't just fall with the typical, like remember in the story, the King wanted to put his armor on. The little boy, was that how it was going to go down? Think about this for yourself. Maybe you have to get a little scrappy and an Orthodox to win out over the giant to take it down. Maybe the, maybe the typical sword and armor and shield of, and I'm not, he don't hear me. Don't miss hear me on this. I'm not calling the, the medical approach to treating and managing bipolar disorder.

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- Speaker 1: [36:28](#) I'm not calling that worthless and heavy and cumbersome and like personality draining. Um, but what I'm saying is maybe you'd be well suited to learn how to swing your stone and it's, it's comes from a place where you already have practice. I'm just saying maybe the traditional path for you isn't what's going to take down the giant. Maybe you have to get creative and inventive like I did. So it's the same thing though. Okay. Like Goliath is bipolar disorder. Just like Nazi Germany is mental health. The, these two stories have an interesting overlap because in the previous story of the sound of music, it's like they were just, they were made to be free. They were made to fall in love and they were made to pursue freedom and find it and that's why they went to Switzerland. What I'm seeing in the story of David and Goliath is you were made to be somebody as well, so be who you were made to be and don't let this illness dictate who's going to win the battle.
- Speaker 1: [37:50](#) Okay? The illness makes some big boasts just like Goliath and when you're nine feet, nine inches tall and and, and your armor and your weapons are enormous, it's intimidating. Okay? It's a harasser. It's, it's calling you out. It's saying, I, I D I dare you to step to me little boy, but look at what happened. There was a stone in the river bed and as soon as it got put into the pouch of the sling, a skillful, it's just a skillful shot, sent that stone and sunk it right the forehead of the giant and dropped him right there like dead weight.
- Speaker 1: [38:42](#) How do you sling? How do you, how do you do that? One of the ways that I sling is through this show is through the peace plan is through the work I do in the community. My life's practice is how I sling my stone at mental illness. My life's practice is how I sling the stone and I sling just like David. He slung his stone so that the world would know that there was a God in Israel. That's what he said when he came up to Goliath so that the world would know I'm doing the same exact thing and here I am shifting, shifting the scene here to mental illness. I sling my stone, I have my daily life's practice so that the world will know that I'm more than my mental illness sling so that the world will know that you are more than your mental illness.
- Speaker 1: [40:09](#) I think about who I could be in these stories. You know in the sound of music. When I was a kid I thought I was one of the kids, like I totally sat in their shoes. I related to them. I thought they had a very fun time together and then as their, as their scenery changed and Nazi Germany started to become a factor in everyday life, then I watched them respond to the calm and consistent courage of their parents. Consistent optimism in the face of great diversity. I love it. I love it. And, and in the story

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now, as a grown man, I watch and I think, wow, I'm captain Von Trapp. He, his heart melted. He changed in response to a young woman's hyper [inaudible] I totally get that. I totally get that. I have changed so much, so much. And then in the story of David and Goliath, you know, maybe before I would have been the older brothers, you know, when I was diagnosed, I would've been like the older brothers, they were in the army and their courage melted every time Goliath came down out of the people to represent them and to fight that, that, that would have totally been me.

Speaker 1: [41:49](#) Over the past four years, I've shifted characters. I'm no longer that timid, fearful, resentful character. I'm the little boy, David. I'm like, who is this guy talking smack? Let's take them out. Let's take them out that audacious like anything can happen. Anything can happen. That's the kind of courage I build my life on now.

Speaker 1: [42:22](#) I I want us to have, I want us to have this life as a, as a life of overcoming Kay, overcoming whatever is Nazi Germany in your life, whatever. Wherever mental health is just completely overtaking your life. I want you to overcome and wherever Goliath is maligning you beating you up and harassing you, want you to overcome a wall, I want you to have this life that overcomes the giant and keeps overcoming. Overcoming is a process. This whole mental health mastery, it's a process. It's a process to master like in like in the case of the sound of music, a romance, but it's good. It's good. Don't ever let this illness keep you from having a mastery in romance.

Speaker 1: [43:29](#) It's, it's so healthy. Don't ever let this illness keep you from having mastery in relationships, doing them well, being high functioning in all of your best relationships, cutting off the relationships. They're not fruitful. Cutting off the relationships where it's like they're contributing to the advance of mental illness in your life. Cutting those things off and remaining and developing and building into the relationships that produce life it, it's a mastery. Your your mental illness, it can't keep you from that. You can slow you down but it can't keep you from having ultimate mastery in romance and in other relationships. Same thing with career. Same thing with finance, right? Like these, these two things dog us and right now in the midst of the coronavirus, chances are unless you're working in healthcare or you're doing some kind of business attached to like the infrastructure that the government needs to keep functional, like chances are you might be like millions of Americans who are like waiting on financial stimulus from the government and trying to figure out if there's going to be anything that they can

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salvage of their small business when this whole thing kind of gets glued back together, right?

- Speaker 1: [45:00](#) Like, but what I'm saying is you can develop a mastery over your career. Now you can go back and listen to the last episode that I recorded, but you can take steps to make sure that you are growing in mastery in whatever it is that you deem worthy of being professional at and you have to deem something. What I'm saying is mental illness doesn't get to bully you out of career and healthy finances.
- Speaker 2: [45:35](#) [inaudible]
- Speaker 1: [45:35](#) the Goliath of mental illness doesn't get to challenge you out of a career and out of healthy financial dealings this entire year. Now that I'm now that I'm in the midst of this emergency and this crisis, I just see now more than ever I see the necessity of spending this year getting near drawing near going right up to the battle line, to the thing that defines you. Where's Goliath in your life? Where is he? What is he saying? How is he torturing you? How is he causing you to retreat? What I'm saying is you can't let that happen anymore when you're afraid,
- Speaker 2: [46:39](#) just do what I do. You got to get down with it. You gotta be brave,
- Speaker 1: [46:48](#) braver than you've ever known
- Speaker 3: [46:52](#) and you definitely, you have definitely got to go near man.
- Speaker 1: [47:17](#) This is, this is the kind of stuff that really gets me going. So I hope it helps you too. I mentioned last week how I went through a, of making up my mind about whether or not I was going to go ahead and release the enrollment for um, for the peace plan for bipolar and how I ultimately decided it was the right thing to do. Even though this, this deadly virus, it just takes over so much of our thoughts during the day. And uh, and in case you're just tuning in the peace plan, that's my group coaching plan. That's the plan that gives you all the raw materials you'll need to assemble a, what I'm calling a life less bothered by mental illness. And it's built around trainings and it's built around community. It's built around accountability. It's, it's just a, it's a membership that allows you to make a monthly investment in your own strength, in your own stability.
- Speaker 1: [48:21](#) And I guess that's why I don't really mind offering it at a time when our world has come unglued. This membership does exactly what I'm talking about today where you draw near to the

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giants that threaten you and that defy you and then you learn how to take them down skillfully one by one because I don't know if anybody's mentioned this yet, actually I did bring this up on the show today, but bipolar itself, it's a lifelong condition, right? Okay. That's why it takes a life plan to get it right and this is something that I only opened the enrollment for. I do it twice a year. It's an April and September, and that means it just means if you're the person who believes that it's best to start a new thing sooner rather than later, then this is probably your opportunity. So to find out more about the peace plan and to take a look inside the program, just go to www.peaceplanforbipolar.com and that's peace plan, P. E. a.

Speaker 1:

[49:30](#)

C. E. I know in English you've got peace, piece and peas. There's so many different ways to spell it, but it's P E A C E, peace plan for bipolar all spelled out. And if you have any questions, I'm only an email away. So that's it. This is, I mean this is definitely not for everyone, but if you're the kind of person who knows that things only change when you take action, then you definitely owe it to yourself to get more information. Personally, I'm pumped up. I want to get in there. I want to meet all you new people. I want to meet you guys right in the middle of this crisis. We're going to do this right. We're going to do this right. It's going to be awesome. Okay, so these are definitely not easy times and these are definitely not easy episodes from you to record, but next week is going to be another good one. Next week I'm going to talk about how you go farther than you've ever dreamed possible even, or maybe I should say, especially when you're surrounded by such limiting circumstances as we're living in right now, you don't want to miss it. So I will see you here. Same time, same place. Adios.