

It is yet another sunny day!

I was thinking throughout the evening about a statement that I see throughout Harrison's Story and my own words. "I am not scared of death". I had a little talk with myself about this statement. I wanted to know if this was true... if I am genuinely not scared of death. After meditating on this for some time, I found the reality is, "no, I do not fear death". What I found more interesting is this...

When I faced this question head on, with a clear mind – I liked what I did with it. I thought, "Okay, you are not scared of death and you have always viewed that as a 'welcoming' of death and an end to the struggles and frustrations with mental illness. However, since you have now realized you don't have this fear, a fear that most people do have, there is power in that."

Many people in this world will do anything to defy aging and death. All of us will one day will be faced with our own mortality. If you have no fear of that process... what is there to fear in life itself? Excuse me for being blunt here, but I do have a point... I have already been raped, imprisoned, homeless, hungry and alone not to mention living through psychosis itself. I never ask the question, "What more could happen", God has funny way of always answering those requests! HA. Remember what I said to God at my high school graduation... "God, I don't care what we do with this life – just make my life interesting enough to base a movie on – I can't stand the idea of being boring!" Like I said, he answers these requests! HA!

So, I go back to the passage of life. When you come to a place where you are no longer fearful, you are given a considerable amount of power with your own choices and journey. I could have chosen any number of causes, because I have experienced so many. The reason I chose mental health advocacy is because it is the core of many of these experiences. I like to get to the core of things and to not just place band aids on the issues. I could have also chosen to do nothing and turned my back on the parts of this world that I simply found unimaginable until I lived them. However, advocacy has been and is one of the strongest coping skills that I have. I am constantly learning and being inspired by so many. I constantly remind myself every time I meet new and passionate people, "You would have never met them if you would have ended it all." And that would be a shame! On the flip side of that, I wake up every day and think in awe of whom am I going to meet next?

I am realistic enough to realize that I will have more episodes fueled by my illness. I also realize that when life is treating you well, you must treat it well and celebrate it. By doing this, you create new memories and appreciation for life that becomes an instrumental part of your arsenal against future depressions and paranoia. You have the right to celebrate life – I don't care how your past tries to define you, it doesn't.

As the spring season is flourishing I am asking all my readers to celebrate life, renew your passion for it. Give yourself the permission to say, "HEY – I am just as much a part of this game as anyone else, and I want to be a part of the GAME!"

Now – I am going to get on the treadmill and then we will see how celebratory – I am after that! HA HA!

