

This past week has been extraordinary and incredible to me. I work very hard to not let ego enter my life. When compliments come my way – I quickly give them to God. In fact if you were face to face with me, you see a subtle wink to the sky, when I am complimented – this is my way of giving what I get to God. I also work very hard with paranoia. Sharing my story is not always easy; in fact it is never easy. I do try to keep self-pity out of the equation of my emotional stability, however sometimes it creeps in and that frustrates me to no end ☺. I never want to be someone that someone feels sorry for, but someone that encourages and empowers others. Pity, would simply validate the pain where empowerment tells the pain, “you stay where you are – the past, I’ve got things to do ☺”.

I cannot say that I have done everything in my life, “My Way” – sometimes the disease and my irresponsibility have had “Their Way”. I have so much more to do. The book is a big thing and while I am so anxious to share it with everyone, I have extremely good intuition and I know that my life will forever be changed after it is published. This is certainly a good thing – but I don’t want my life changed! HA! It feels really good to be able say that! Please know that I do not say this in a conceited way at all – I just realize that Harrison’s Story is about to be shared with many people and in turn, so is my life.

While my past is not something that I can say I did “My Way”. My present and my future are. This is my life and I am tired of my illness trying to run it. I will have my bad days and I will have my days that are “too good” but I will not allow this illness to take away “My Way” of life. I know what it is like to lose your freedom – both physically and mentally. I know pain like I hope MOST never do, physically and mentally. I also know this – life simply does not to be that way.

The human spirit is the most powerful thing you will ever experience in your life, if you allow it. I could so easily be a bitter and angry man. I see that as losing control over my life. I also see it as an insult to God. There is a message and a lesson in all that we do. I encourage you to find it and search deep throughout your journey for a higher purpose than yourself.

Now mind you – I have my selfish days ☺ I have those days that I wake up with some sense of entitlement because I have gone through hell. Those experiences were no more mine than all the wonderful days I have had in my life. They are all gifts... even those darkest of days have filled my heart with a compassion I would have never understood, had I not experienced them. If I went through everything for the sole purpose of helping one person – I am cool with that! I mean that from the bottom of my heart.

I have no problem being controversial, no issue with being criticized or ridiculed. My heart is in a place that no person can alter. Harrison calls all those he was so privileged to meet throughout his life with mental illness, “his lost”. This is what I think of with every breathe that I take. “My lost”. It does not matter to me the extremes that their illness will take them. What matters is the message that they give and share. I have never met such a colorful and wonderful segment of society as the mentally ill and I have been throughout the world a few times over.

So, today, as I think back on the past week and realize the responsibility that I have in life – I simply feel blessed. I have a purpose, as we all do. I have a heart that is filled

with love not hate. I have a family that started me and completes me in every sense of the word. I don't have the resources to save everyone, I don't have the ability to reach out to everyone or meet everyone. However, I have love and a purpose fueled by something much higher than myself and I don't stop and question who is in control. I am going to add this video and song. (I seem to be on a music kick – I think it is because I simply can't find all the words to express my gratitude!!!!!!!!!!!!!!). My way – is what I see as God's way. My way – is the opposite of my illnesses way. There is something warming about this song and there is something incredible about how he ends the performance☺. When this performer, Robbie Williams, was young he told his mother that he would one day perform in the Royal Albert Hall. As a pop performer that seemed unlikely....

When I was 18 and graduated from high school, I remember saying to God in the gymnasium – “Make my life interesting enough to base a movie on.” That was dumbest thing I have ever said in my life! HA HA! Obviously, at 18 I did not realize – HE LISTENS! HA HA!

Love one another and do life “His Way”!

[http://www.youtube.com/watch?v=WNfmSVIIM68&feature=player\\_embedded](http://www.youtube.com/watch?v=WNfmSVIIM68&feature=player_embedded)