

Mountain Democrat

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PLACERVILLE, CALIFORNIA



Resilient

By Marcia Rose

Whenever I think of taking a day trip, my mind immediately envisions the ocean. So many of us are lured to the ocean; it has a compelling power which draws people to its magnificence, and yet it is just water. My small pond doesn't have the same allure, and I can't explain why one body of water is more compelling than another.

When I stand on the ocean's shore and a wave comes in, I feel an excitement. While running from the possibility of getting wet and then walking back to the edge, there is exhilaration while playing tag with the waves.

I often stop on the cliffs to get a broader look at the ocean. When you look far away there seems to be no end; it feels as if the ocean water meets the sky. The water appears calm and blue from a distance and so very inviting. As the waves become closer to the shore you can see the rolling water rushing toward the shore in a frantic determination. As they get closer and closer to the shore, the waves turn white, rushing, high, rolling, and powerful. They slam into each other with a force up and down rolling and rolling. Nothing can stop them now. Then suddenly they begin to relax as if the race is over. Now as they hit the shore line, it is a quiet stream that may tickle my toes.

What an amazing force. One wave begins the journey, a journey that is only for the strong and determined. It is never still but always vigilant, aware of its surroundings and paths to take. The waves get large then fall, moving from side to side determined to maintain, determined to win. If we had the ability to watch one wave alone the adventure would stir our hearts.

Perhaps you're wondering what water or the ocean has to do with mental illness. Well, this is what I see as I view our class each week or receive a text, email, or phone call. Each communication is a wave and each is determined. People reach out to be educated, and they want to understand this illness that can destroy a life and rob them from the truth.

Resilient, flexible, and durable. Water has movement, life has movement. It is the wisdom and knowledge we gain from the ups and downs of our lives that teaches us how to maneuver through our own situations.

Mental illness is not a definition of who you are no more than water has only one description of itself. There is no shame in having a mental illness. It is only truth and education which will lead to healing and management of any illness.

Fear handicaps -- resilience will free you. You are not alone, we are here for you. Please take this step; you will not regret it.

Also, we have cookies!!

The founder and CEO of Bipolar Insights/Mental Health Educational Center, Marcia Rose, has completed her new book "*Journey From Bondage to Freedom*": This story reveals Marcia's survival as well as her friendship with James, a man who has Bipolar Disorder.

For information, Marcia can be reached at: trust@bipolarinsights.com. Weekly classes start at 7 p.m., on Mondays, Green Valley Church, 3500 Missouri Flat Road in Room 304 in Placerville, \$5 per person. Check bipolarinsights.com for complete details.

2017 Journal is now available and can be purchased at bipolarinsights.com. Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).

Mental Illness is what you have, not who you are. All are welcome.

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