

# Bipolar Brilliant

*Celebrate Spirit  
Your  
Creative Genius*

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**Bipolar Brilliant**  
**Celebrate Spirit**  
**Your Creative Genius**

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# SAMPLE PREVIEW CHAPTERS

## Foreword

Bipolar brilliance is often thought to be gifted to those special souls who are endowed genetically with this birthright. *However—You do NOT need to be Bipolar to be Brilliant!*

This book celebrates the many vibrant aspects of creativity and spirituality. Forthcoming topics are presented, such as: Spiritual awakenings; Soul source alignment, and; Creating conscious conditions to access your creative genius. Techniques are presented for tapping into intuitive zones to increase awareness.

Blessed at birth with bipolar brilliance, or not; this guide is about tapping into your innate gifts. Its attributes. Its magical moments. And sacred spaces. Lets celebrate this wonder-filled inheritance. And be awe inspired in what bipolar (or not) bestows upon its hosts. And, mostly, to the world!

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## **The Bipolar Challenge**

Our culture formerly labeled bipolar as insanity and called it manic depressive disorder. The bipolar label was attached circa 1980. As purposeful beings we have incarnated at a time when we were ready to invite and greet our paths with choices and challenges. And in a time-space that is alive with emerging awareness in topics still being discovered and explored.

For those with bipolar genetics the challenges are unique; the contrast even greater. Jaded social situations void of honesty reek havoc upon our psyche. Shades of gray blur boundaries. Societal dynamics appear to have no proper etiquette. The truth no longer sets us free, as freedom appears to be a fallacy. Everyone is righteous with their own truths. The more we attempt to correct conditions in our lives, the more contrast is created. There are no definitive answers. These are the upsets that cause triggers for mania or depression. But it can—and often has been the catalyst that spawns something pretty spectacular.

Environments are breeding grounds for new discoveries. And, many times it is through adversity great works emerge. Polar oppositions can be the exact catalyst

which initiates new artifacts. We are naturally creative beings. Here to explore and express ourselves through our senses. We don't feel whole unless we are purposeful and can attain mastery of our pursuits. And. In fact. To be at odds with the flow life offers, can enable one to indulge—submerge, and reemerge with incredible gifts.

Simply put, bipolar people (or not) often feel cornered—or that they don't fit the molds that others and/or society deems correct. Unique folks are often considered as square pegs living in a round box. To conform, edges are reduced—dulled down to cope and fit a model. We shoot for mediocre and mundane because dare we question and challenge others in a quest to satisfy our curiosity. But, when we embrace—OWN our true nature, our power to be brilliant is beyond belief. That is we—ALL of us—beckon to find our inner strengths and become daring, amazing truth seekers!

Bipolar challenges show up to every single one of us, and in our society at large. Be present, and be intentional in service. For we often help our others to seek their own education called destiny. Are you ready to take the challenge?

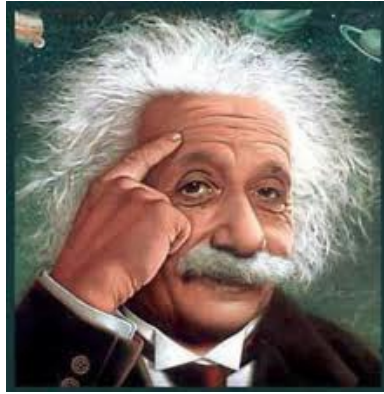
## Magnificence Behind Madness

Bipolar has many challenges, but behind the madness spawns threads of genius. Encounter a manic-depressive person and you'll soon find a person of wisdom so astute that simple thoughts grow into astoundingly normal perceptions that make way too much sense.

This brilliance of course needs taming at times, but nonetheless it is the seed inside many creative souls. Is it the way our brains are wired that bipolar folks are more astute, articulate, savvy, and smart? Most certainly! So if you find yourself in this category, stand up and claim it. The world is waiting for you to share your beautiful brain!

BTW. As emotional beings we are all bipolar to varying degrees. We all experience elations and depressions. The difference with people diagnosed with bipolar, is having emotional swings beyond the range of what's considered *normal*.





## **Your Thoughts = Your Reality**

Your thoughts are your reality. And thoughts become things. All inventions started with a thought. Bipolar folks have a plethora of thoughts ranging from grandiose to the doldrums; to soaring with the stars; to the bizarre. Bipolar brains are wired with a more pronounced agenda than the average person. Therefore it is important to double check your thought patterns.

People can talk themselves into anything, good- or not so. Thoughts can take on their own reality inside your head which reflects outwardly. When thoughts affect your life negatively, and when thoughts take you over, it's time to reassess.

# CREATIVITY



## Expressing Creativity AS Choice

Tradition has long held there are seers in every community. In wayward times it was a Shaman who guided his tribe through vision quests. In today's culture it is widely accepted that political leaders are the pathfinders who seek to improve societal concerns. Often leadership employs multiple expert consultants to advise and make recommendations.

Both methodologies work. However, as population grows leadership reacts to tragedy by setting up more restrictions. This can be perceived as limiting our basic freedoms. While rules are made for the guilty, they often do seem to punish the innocent. Because we all know

that contributing, healthy society members operate within prescribed limits regardless.

Here are truths as we know them. Society has rules for humans to abide by for their safety and comfort. Yet, no one can rule the unruly who appoint their own set of living standards. Even and mostly if their habits don't jive with what is deemed as socially acceptable conduct. Even murderers and rapist and Hitlers CREATE their own reality, which affects the many beyond. Like ripples of a wave any- and all actions impacts others. All thoughts, every deed becomes tied into the fabric of the cosmic consciousness.

As a creative human being how does one navigate living inside rules; outside of conduct unbecoming; while expressing and nurturing our true freedom of self? The odds seems to be stacked against us. With the media pounding away at all the bad business. With newspapers, television, social media gone berserk spreading ugly happenings at the speed of light, how does a true free spirit genius emerge?

There are several avenues. Simple ones that are offered here for your consideration.

- First, turn off the television—along with social media. Do not buy into others drama. Largely all

media is about ratings, thus money. Thus, stretching truths and downright lying have become the norm with zero integrity

- Do not attend or participate in media hype heaped with dysfunction. There is plenty of it and if you live in this form of a reality, you will never create your own nirvana.
- It may seem to be an unreasonable request: to ignore world happenings. And while you cannot run off to the Arctic to live in an igloo, you have a choice every single minute where you want to put your mind.
- You have a choice! And CHOICE is not only empowering, but a powerful action.
- Tune to another station. Put your mind elsewhere—to a happy spot.
- Do NOT get sucked into- or comment on negative and/or false Facebook or other social media posts.
- Let ugly information filter by you and just say to yourself, *that is not my reality*.
- Stop listening to- or even interacting with friends who keep re-creating and recycling the same

personal crisis time and again.

- If you have to know...just listen to the 30 second rendition of a horrible event to get the whole picture; instead of reading every available nuance.
- You live where your thoughts are put. And where your thoughts live, attracts other like-kind thoughts.
- It is simple. Change your thoughts, and your reality and point of view will adjust to that level.

So back to the realm of creativity. How does one encourage this zone outside of bipolar—or with bipolar? Creativity is sparked from many avenues:

- Mindfulness to opportunities
- Attention, receptivity to interesting suggestions
- Choices of behavior, as in turning off negative influences
- Finding your sweet spot via meditation or exercise

- Relaxing your mind and body to open receptors
- Considering other ideas and viewpoints
- Staying OPEN to new information and contrasting opinions
- Introducing yourself to new people and venues
- Changing environments, lifestyles and friendships
- Putting your focus on thoughts on happy thoughts

In order to be creative – to access that idea place one needs to exercise their mind into becoming receptive to new information. Even, and mostly if you do not agree with it!

# SPIRITUALITY

## Bipolar Spirituality

Next subject to explore is: Where does spirituality fit into the bipolar picture? Just as enlightenment enables its host to access creative zones, spiritual realms dwell inside the same dimensional frequency. A mind's altered state allows a person to be in touch- and experience universal harmony. Much like creativity, spirituality comes from being connected to ones own source energy. Each person can interpret their soul self spiritually or creatively—or as one in the same.

Anyone can experience spirituality. Not everyone is blessed with bipolar. Certain spiritual states are connected to bipolar because it provokes a unique receptivity and allowance. One that links mental imagery, or messages, received by the receiver from the divine. Again, how someone translates a message from beyond is determined by their mind filters. Bipolar gives a person many gifts, but no two bipolar people are alike.

The spirit realm is often thought of as separate from being bipolar. However, the experience of bipolar can

enhance one's own spirituality. Families may not make the connection between their inherited bipolar and spirituality. Primarily, it may be largely to do with religious upbringing and beliefs. Perhaps some cannot fathom a relationship between an ungodly disease that invites in a church-like component. And perhaps, learned beliefs do not allow some human minds to explore these avenues. Yet, public sentiment now leans towards spiritual journeys that are often spurred by most any disease, disaster, or event that takes oneself out of their routine.

Granted there are some doctrines that still believe bipolar is God's way to amend bad people. Karmic retribution so to speak. If you come from a rigid family where new thoughts on spirituality are not welcomed the best route would be to engage in conversations with your outside relatives. You may learn some surprising things about your family inheritance on perspectives of God, faith, and paradigms concerning religious sentiments, which often preside over our decision making and choices.



## Awakenings

Those who have had a full Kundalini awakening or explore Shamanism, experience what bipolar folks live. The bodily effects and functions of both are astoundingly similar.

People seek out yoga, meditation, spiritual masters and more to help *release and open* their seemingly dormant spiritual energy that dwells within. For bipolars achieving this energetic state comes natural. If one is skilled, this energy can be harnessed and mastered. Retaining the correct frequency of dynamic productivity is truly an art form. It is one that can be tuned and cultivated. Again, whether one regards source energy as creativity or spirituality, or one and the same, is up to each person's belief system.

At our basic level we are pure vibrational energy. By nature's design- as humans we can tap our inner resources. And what we do with our soul wanderings can become totally awe inspiring.

Awakening to a mystical experience can be frightening. If the onset is spontaneous, you may have little preparation for what to expect. Symptoms can parallel

bipolar characteristics, or it might BE bipolar. Do educate yourself to the attributes that accompany having both Bipolar Disorder and/or a spiritual awakening. The sensations maybe confusing as both carry incredibly related patterns.

How do you know if you are bipolar versus having a spontaneous awakening? Get yourself educated. Read. Talk to others. Seek professional help if you are dealing with serious side effects. The answer lies within each person alone. Learn to listen closely to your body talk. There are subtle physiological and natural messages that will help guide you. Diligence is key to finding answers.

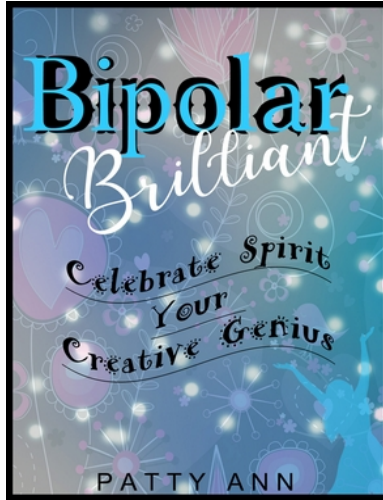
If there is bipolar in your family background know that your DNA, environmental stress, body and hormone changes can set mood swings in action. Often awakenings to bipolar are similar to spiritual transcendence. However, bipolar has many distinct physical symptoms such as:

- Severe mood swings with irrational thoughts
- Anger, rage and random emotional outbursts

- Early morning waking hours, unrested sleep
- Not attending to body cleanliness and health
- An extremely restless and unquiet mind-body-spirit
- Skewed perceptions with grandiose ideas
- Argumentative and challenging authority
- An arrogance and superiority complex
- Paranoid, delusion, racing thoughts
- Emotionally distraught and despair to elevated manic swings

Bipolar once activated takes medication to manage. Many refuse medications which feeds their bipolar symptoms. Often a condescending arrogance attaches to this disease. One that does not help heal the inflicted. In fact, this diffidence can outweigh and overshadow any healing helping options.

**Thank YOU for Previewing**



*Leaving Your Rating and Comments are Appreciated!*

## ABOUT THE AUTHOR

Patty Ann is a life-long educator who taught college, high school, and was an Instructional Designer/Training Developer for corporate customer service. Now she authors a variety of genres. From fiction and non-fiction, to real life use-it-now lesson books.

Patty is an avid animal lover. All her book proceeds benefit animal welfare through her **Patty Ann's Pet Project** a 501(c)(3). Purchase more thought provoking books and/or contact Patty through her website at **PattyAnn.net**. Thank you!

