

“Keeper of Hope”

"It's been said he's been to the far unknown lands and beyond...He speaks at council in times of strife...He is the keeper of hope." - George Denslow (Living Out of Darkness: A personal journey of embracing the bipolar opportunity, p. 108)

When I first met George Denslow, he was traveling back and forth between Alaska and Maui - part time here, part time there - and I so I have always thought of him as one who is able to move back and forth between extremely different climates. In Living Out of Darkness: A personal journey of embracing the bipolar opportunity, George's ability, earned through a lifetime of conscious unmedicated spiritual engagement with his bipolar experience, to navigate the extremes of our inner human terrain shines forth like a beacon in the dark of the underworld maze of psychological suffering. As he tells us at the beginning of the book, he is not a psychologist, psychiatrist, or psychotherapist; this is not a clinical dissertation on how to treat bipolar. It is a true, practical, written on the ground, map of what he has discovered living the terrain himself, and so is infinitely more valuable, in my opinion, than any clinical discussion from someone who has only studied the phenomenon second hand could ever be.

In this slim, highly readable - even in times of crisis! - volume, George shares what he has learned about living with the unique sensitivities that psychology calls "bipolar." He shares tools of self-care - from daily spiritual practice to exercise and finding the foods that best nourish your individual body to working with, rather than against, your natural emotional and energetic cycles whenever possible. He talks about how essential it is for bipolar individuals to find and live their own unique vision. And, most significantly, he truly demonstrates that bipolar is an opportunity unlike any other, and that those who share that experience are endowed with unique gifts - from both the "up" and "down" swings - that have very real and important applications on our planet today, gifts which were honored by indigenous cultures. As if that weren't enough, George also shares his substantial wisdom to help you maximize and increase your "calm" or "normal" moods, in order to increase your quality of life.

With its candid, informal, and authentic voice, inviting and welcoming the reader into its author's soul, mind, and heart, Living Out of Darkness is a true gift to us all. Whether bipolar, friend or loved one of a bipolar person, going through a personal crisis, or simply wanting to learn to navigate our own psychological experience consciously and with exquisite self-love, all will benefit from George's deep wisdom, compassion, and inspiring will to find the gifts in his most difficult moments.

Especially, for the countless beautiful and sensitive souls who, having been diagnosed with bipolar, have been crying out for a better way, I have no doubt that George Denslow and his timely book are indeed "the keepers of hope."

Many blessings,
Rev. Layla Holguin-Messner, M.A.

<http://laylamessner.blogspot.com/>