

God Healed Me From Bipolar Disorder (Extreme Depression And Manic Psychosis)

By: Danny Hutchins, Sr.

What is Bipolar disorder?

Bipolar disorder (*also known as manic depression*) causes serious shifts in mood, energy, thinking and behavior from the low, lows of depression on one extreme to the highs of mania on the other. More than just a fleeting good or bad mood, the cycles of bipolar disorder last from days, weeks months even years, and unlike ordinary mood swings, the mood changes of bipolar disorder are so intense that they interfere with your ability to function with any sense of normality.

Depression makes up the bulk of bipolar disease's mass. More than 90% of people living with bipolar disorder will suffer through several major depressions and generally, they will do it much more often and for longer periods of time than they will with mania. Depression is what makes most people seek a diagnosis in the first place and is what makes bipolar disorder the most lethal of the psychosis, with a 25% suicide rate.



Mania Is At The Core Of Bipolar Depression

Mania is what makes bipolar depression different from unipolar, different from schizophrenia, different from other forms of psychosis. The presence of mania is what allows doctors to diagnose bipolar disorder. What defines mania is energy. Sometimes it is a euphoric energy that propels you at break neck speed hurling thoughts and ideas at you with such force that you can hardly talk fast enough to keep up with them.

As for Sleep? How can you possibly sleep when there is so much to do, so many profound insights to explore? It would all be too exhausting if it weren't for the psychic caffeine being pumped into you body day and night (*sometimes for weeks on end*). You feel as if you can accomplish anything. In fact, you know you can. What starts out as euphoria often degenerates into depression and morphs into confusions and delusions. One day you feel like God is literally possessing your body. The next day you're convinced that everyone around you is persecuting you.

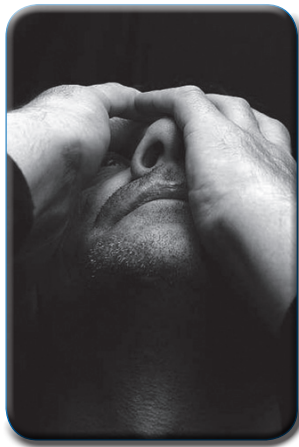
The symptoms of manic psychosis are as follows...

- ✓ Taking drugs, drinking to much
- ✓ Delusions
- ✓ Hallucinations
- ✓ Disorganized or incoherent speech
- ✓ Catatonic behavior (virtual stupor)
- ✓ Wild spending sprees
- ✓ Physically agitated, hyperactive

Bipolar depression is heavier, more physical, more rooted in lethargy. The usual antidepressant drugs, which are used for unipolar depression, can make bipolar depression deeper, darker and have been linked with increasing the potential for suicide.

During a depressive episode, a person might be too tired to get out of bed, full of self loathing and hopelessness. During a manic episode, a person might impulsively quit a job, charge huge amounts on credit cards, or feel full of energy with no sleep for days.

The causes of bipolar disorder are not completely understood and rarely diagnosed until the manic phase. Literature states, the first manic or depressive episode of bipolar disorder usually occurs in the teenage years or early adulthood.



The initial symptoms can be subtle and confusing, so many people with bipolar disorder are overlooked or misdiagnosed.

In 2008 at age 62, I was long past my teen years. My life was going great, a wonderful wife of 38

years, two great children and two beautiful grandchildren.

Our engineering service business was doing very well and our 10 commercial buildings were 90% occupied and performing well. God was blessing my family and me greatly.

I had always been happy, energetic and full of optimism...out of bed at 5 A.M. and never sick. In June of 2008, I started to have problems getting to sleep. I usually was asleep by the time my head hit the pillow. I began to have periodic issues with concentration and memory. In July, I had become edgy and I was sleeping 3 to 4 hours a night. I was having increased problems with concentration, reading and making decisions. In October, the edginess turned to anxiety. In November, I came under a heavy attack of the anxiety. The more I stressed about it, the stronger the attack. I could not focus on anything but the anxiety. My wife and I went to several different doctors and their diagnosis was that I was having panic attacks. The doctor's diagnosis was based on the fact that the 2008 economy was in the midst of a train wreck and the majority of their patients were experiencing panic attacks.

The doctors prescribed Xanax and antidepressants. The Xanax and antidepressants only made the anxiety attack worse.

In January 2009, my 85-year-old mother in law became seriously ill and the full weight of her care and the administration of her affairs fell squarely on my wife. At the same time, I came under such an attack of the enemy that an irrational fear tried to overtake my life.

In my delusions and hallucination, I saw every thing lost. My wife, the business. I saw our employees out of work, dealing with debt and with foreclosure. My children and grandchildren starving. My mind became consumed with such torment. My wife would shake me and say "I am here, God is here. The children are fine. The business is fine. God is maintaining everything. Nothing is lost. "

I continually worried with the idea of taking all of the medicine. Satan would tell me, "God would not heal me, I was not worthy of his healing" Satan would tell me that I had an evil spirit and that is why I was in this mess. Everything Satan could throw at me, he did. I became tormented with crazy dreams of being incased in a stone

sarcophagus. I could hardly breath. I could see out through small narrow eye slits. I would scream but no one could hear me.

My wonderful wife and daughter prayed diligently for me. My wife called close friends and mature Christians that we know to pray for me, for us. *(The stress on my wife was as intense as my own)*. Finally in the midst of the depression, my wife took me to a Reverend Pat Gruits, a wise minister of the Gospel of Jesus Christ, a life long friend and a women I call "Mother". Sister Gruits prayed then she quoted 2 Timothy 1:7 "For God hath not given us the spirit of fear; but of power, and love and of a sound mind."

My wife read the word of God to me in the morning and at night. When I would say, "I am going crazy and I am afraid I am having a nervous breakdown.

"Listen to me, do not listen to the devil." She informed me that I was sowing bad seeds over myself and we will speak nothing-negative only positives and blessings. She would say every time you start to feel panicky, quote God's word. "For God hath not given us the spirit of fear; but of power, and of love, and of sound mind." If I could not quote 2 Timothy 1:7, she would.

My wife and I began to search the bible for more mind and spirit healing scriptures.

Zephanian 3:17
The lord your God in our midst;
The mighty one will save;
He will rejoice over you with gladness;
He will quiet you with his love;
He will rejoice over you with singing.

Romans 15:13
Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

My wife and daughter searched for and wrote down mind healing scripture for me so they could be quoted daily over me. I had been in this depression 11 months by May 2009. Every day of June and July 2009, I became a little stronger. I felt

I was coming back. My wife could see glimpses of my old self coming back, but Satan was not giving up without a fight. Rolling into August, Satan's attack pushed me from depression into highflying mania psychosis. I did not sleep for 3 to 4 days at a time; my body was pumping adrenaline like a fountain. I physically went from having little to no energy or strength to feeling like "Superman." Myself confidence *(false confidence)* skyrocketed. I believed God was in me, speaking through me. I believed I had access to God's money. I bought an expensive sports car *(a type and brand that I would have never even considered before this)* and I had a list of thirteen more expensive exotic sport cars, which I had the dealer looking for.



While I was waiting to buy more cars, I was looking to buy houses, expensive dogs, business, etc. The excessive frenzy to buy is what got me into the hospital and finally properly diagnosed. I went into the hospital in October 2009.

While I was in the hospital, one very difficult night, during a manic episode, I was shaking; I could not sit or lay down. My head was tingling so strongly that my hair hurt. I could not think

straight or focus on anything. But I was able to pick up my bible. During this crisis I said "If I can read one word of hope, a word of peace...Jesus help me!" I opened the bible randomly to Romans 8:37-39 where it says: In all these things we are more than conquerors through him that loves us. For I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is Christ Jesus or Lord.

Although I was in acute mental turmoil, which could sometimes last for hours or days. I suddenly become calm and my headache was gone. I felt Jesus' loving presence and I knew that I was more than conqueror and I could never be separated from his love.

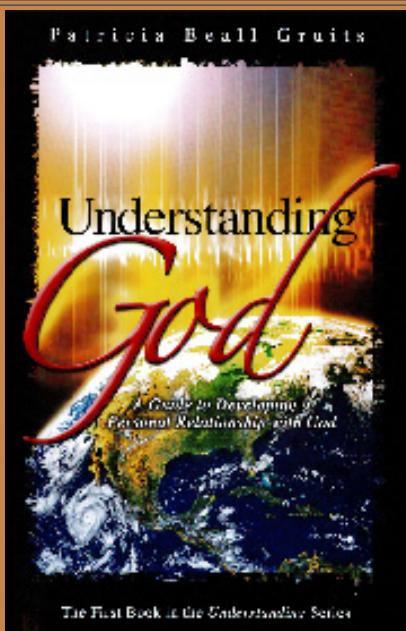
It has been 3 years and 3 months since the bipolar attacks started and 20 months since I was released

from the hospital. How do I feel? Remember we must speak no negative; only positives and blessings or we sow bad seeds on ourselves. I feel great, I feel better than new. Before the bipolar attacks, I had a herniated back disk that had been a constant source of pain for 42 years. I had a chronic sinus infection for 25 years and was addicted to decongestants. I was full of accumulated disappointments and regrets. (*Would of, could of, should of*)...Guilt, self-condemnation and lingering anger toward old friends and relatives. Jesus has healed me from all of it and given me a renewed mind (*A clean chalk board*).

As I was writing this testimony, I felt an attack of anxiety coming on strong. I said "No Satan, you are a liar. I am healed; I am more than a conqueror in Jesus name." The attack completely stopped.

How do I feel? Renewed by the blood of the lamb.

Every evening I turn my worries over to God. He's going to be up all night anyway. ~Mary C. Crowley



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