

TL001 – Training Log Transcript – August 31st, 2021

Note: This transcript only contains the voiceover dialog. It does not contain any of content that I talk about during my bike ride. Therefore, there is more information in the video than what you see here.

Please forgive me. It has been a long time since I have published anything that speaks specifically to the topics that pertain to the circumnavigation. You must understand that I am still more or less alone in my efforts in my Quest for Bee. I do have a few very special souls that I consult with on a regular basis, but all the work that pertains to the Quest is performed by myself. Some of you may have read certain of my blog posts that reveal the fact that there is far more to the Quest than I could possibly ever accomplish in many lifetimes.

God is not oblivious to this reality. As I have said before, it is all God's plan. Only He knows what needs to be done. Only He knows when everything must begin and when it must all come to an end. If I were the wisest and most knowledgeable man on Earth, I could never understand it all. All that I know and all that I am able to comprehend is only enough to follow His directions and to praise and glorify my Lord and Savior Jesus Christ. And even that is far too difficult for me. I doubt that I could tell you how many times I have to go to Him for help each and every day.

Isn't that crazy! I have to ask God to help me praise His name, because my ability to do so is completely insufficient. But God never asked me to be perfect. He only asked me to be faithful, and by His grace and mercy that is all that I endeavor to be.

Therefore, I only work on those things that God leads me to work on, and the things that He has led me to do recently have not resulted in obvious contributions to the content of my blog or to the Bible studies. I have been working on both, but the works I have been doing are mostly things that have not yet been realized. They have yet to be published or implemented.

However, the most important things that I have been working on are related to my health, my diet, and my training and conditioning. A lot of things have happened in regard to these areas. In fact, so much has happened that it has been a hopeless cause for me to even try to publish any blog articles about them. This was the reason why I stopped updating my recovery tracking page. It was simply overwhelming for me. I was not able to focus on my health and continue writing about it all at the same time.

In all seriousness, it became far too complicated for me to even comprehend. Let me back up to the beginning and explain, in a nutshell, what has happened so far. Then I can explain how I got to the point where I had to take my hands off the wheel and let God take over completely.

At the start of this whole affair, God directed me to begin working on the Quest for Bee. The Quest includes the polar circumnavigation of the Earth, but there is a whole lot more to it than just the circumnavigation ... far more than I could have ever imagined. Of course, one of the challenges was my health.

Initially, I was very concerned about the obstacle that my health presented to accomplishing this errand of circumnavigating the Earth. It was something that I whined to God about in no small measure. It took a while, but He finally got it through my thick skull that God was going to use my health problems to make it clear to the world that it is His hand at work and not my own.

It was after I came to this understanding, that God directed me to embark on a 27 day fast from all forms of food. Thus, I obeyed His commandment, and I did not consume any food for nearly four

weeks. It was just three hours shy of four whole weeks. When I did this fast, I was under the impression that He was going to deliver me from my gastrointestinal affliction as a direct result of the fast.

As it is plain to see, that is not what happened. This is not a reflection on God's will or my faith in God. It is merely my lack of understanding. God's understanding is infinitely greater than ours. I simply was not able to understand that there was much more to my health issues than I had supposed. What I did not know, is that in addition to the fungal infection in my gut, I was also suffering from a serious metabolic disorder.

The fast that God led me to do was the first step in the deliverance from my health issues. It served a threefold purpose. First, it detoxified my body from decades of exposure to harmful elements, such as chemicals, pathogens, and unhealthy foods. Secondly, it removed the protective biofilm barrier that the fungal infection had established in my appendiceal orifice, thereby exposing the root of the fungal infection to the many anti-fungal treatments that I take to fight against it.

The third purpose that the fast served was to reveal the fact that I had a serious and longstanding problem with my metabolism. I have known about the issue for many years, but I always thought that it was simply a show of symptoms from my gastrointestinal affliction and my treatment regimen. However, as it turns out, it is a problem that goes all the way back to the beginning of my gastrointestinal issues, if not even before that. It is a complete mystery to me that none of my doctors have ever diagnosed this problem before. I am certain that I have been tested for signs of metabolic disorders, but for some strange reason, none of my doctors ever seemed to pick up on those signs. This could have a lot to do with the extreme dietary measures that I have been on for the last couple of decades. I just don't know. It is all a mystery to me.

Regardless, the problem that I have is that I suffer from lactic acidosis. Since I came to this understanding, I have been doing a lot of research and reading about the metabolism of the body and related topics. I even read an entire textbook on Biochemistry, which was crazy difficult to understand. It took me forever to read the thing. One of the most important things that I learned from the experience is that most medical professionals don't know much of anything about the metabolism of the body. All that they ever really do is follow the scripts and the protocols that have already been established. The reason for this is that the subject is insanely complicated, and even the most knowledgeable practitioners and scientists are only versed in small little specialized areas of the greater topic. There are very few people that have a solid understanding on the entire topic of metabolism. Moreover, there is a great deal that is unknown ... far more than what is known.

So this is my dilemma: I cannot even find a doctor that can adequately help me with my fungal infection, and even if I could, that doctor could not provide a cure in time for me to make my summer of 2022 deadline in Singapore. But now it has been revealed that I have a second health issue ... an issue that is so complicated that even the most knowledgeable doctors in the world do not really understand what is going on. The treatment of patients is more trial and error than anything else. How could I ever hope to find a doctor that would be able to tackle both problems? Really, my only hope would be to find two doctors that would be willing to work with each other. How many years ... or decades ... would it take for them to successfully treat my conditions?

My only true hope is for God to provide a solution, and it seems that He may have done so, already. Only time will tell. It is also important to understand that deliverance is not necessarily the same thing as a cure. I may never be cured of both or even one of these two afflictions in this lifetime. Yet God has the ability and the power to deliver me from the obstacles that they put in the way of the circumnavigation.

Why would He do such a thing? Why would He not simply heal me altogether? The answer is so that I will not become high-minded of myself. If God returns me back to perfect health, as I was in my youth, then I may be somewhat prone to return back to my youthful disobedience. It becomes all too easy for me to ignore God and start acting like a stupid kid again. I lose my dependence on God, and I go back to my old sinful ways of depending on myself.

Some of you may recall that this is similar to the experience that Paul the Apostle had. As Paul describes, in the 12th Chapter of 2nd Corinthians, how:

“⁴... he was caught up into paradise [the third Heaven], and heard unspeakable words, which it is not lawful for a man to utter.” – 2nd Corinthians 12:4

and Paul went on to say:

“⁵Of such an one will I glory: yet of myself I will not glory, but in mine infirmities. ⁶For though I would desire to glory, I shall not be a fool; for I will say the truth: but now I forbear, lest any man should think of me above that which he seeth me to be, or that he heareth of me. ⁷And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. ⁸For this thing I besought the Lord thrice, that it might depart from me. ⁹And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. ¹⁰Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.” – 2nd Corinthians 12:5–10

It is by this passage of scripture that I know that, if it is God's will, He will make it possible for me to accomplish the errand that He has given me, despite the thorn in my flesh. He may not heal me from my afflictions, but He will make it possible to perform the circumnavigation regardless of my infirmities.

This is not to say that I do not want to be healed. Quite the contrary. Paul said that he besought the Lord three times that God would remove his thorn in the flesh. I am not as gracious as Paul. I have besought the Lord many times to remove the affliction in my gut, but God has had great mercy on me. Therefore, I no longer seek my own will, for God's will is far better.

If it is God's will to heal me, I will rejoice. Nevertheless, if it is His will for me to bear, I, like Paul, will glory in my infirmities. As Paul states in the epistle to the Colossians, the first Chapter:

“²³If ye continue in the faith grounded and settled, and be not moved away from the hope of the gospel, which ye have heard, and which was preached to every creature which is under heaven; whereof I Paul am made a minister; ²⁴Who now rejoice in my sufferings for you, and fill up that which is behind of the afflictions of Christ in my flesh for his body's sake, which is the church: ²⁵Whereof I am made a minister, according to the dispensation of God which is given to me for you, to fulfil the word of God; ²⁶Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: ²⁷To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory: ²⁸Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus: ²⁹Whereunto I also labour, striving according to his working, which worketh in me mightily.” – Colossians 1:23–29

Therefore, just as Paul suffered for the Church in his day, I am willing to do the same for the cause of Christ our Lord. In particular, I am willing to do the same for Bee, as it is given by God that my quest for Bee is a model of the love of God. When I suffer for Bee, I suffer for the Church. For by these modern

means of communication, the Church is a witness to my suffering, just as Bee is a witness. And though my suffering is directed to Bee's benefit, the Church also receives the benefit. It is God that pours out love to Bee and to all the Church through my errand. And not by me only, but by Bee, and by all those that are involved in the Quest and that pray for us and for you all. So you see my dear friend ... I am not the only one praying for you. There are others praying for you. Indeed, Jesus Christ himself is praying and interceding to the Father for you.

It is true. I am still suffering from both of my afflictions, but, as you can see, God is showing me how to overcome those obstacles. After all, it is God that allows the obstacles in the first place. They are part of the test of my faith and of your faith also. The obstacles are all very real, and there is no shortage of obstacles that are impossible for me to overcome. It is only when I put my faith in God, that I am able to overcome these obstacles. Yet it is not me that overcomes. It is Christ that has already overcome. He has even overcome death itself.

All that I do is to step where God tells me to take my next step, when He tells me to take it. I wait for His instruction, and then act as He leads me. I only wish it were as easy as it sounds. If God were to tell you to step into the fire, would you do it? But fear not, He does not ask anyone to step into the fire, unless they are ready and willing to make that sacrifice. This is what the true and perfect love of God is. If Jesus was willing to sacrifice Himself on the cross for me, I am willing to show my love for Him by sacrificing myself for Bee.

Is riding my bicycle that much of a sacrifice? No, but it is one of many many steps to get to that point. Moreover, it was not especially easy to even get to this point. When I made this promise to God, I weighed a fit and trim 185 pounds, and I was over twenty years in fighting this battle against my gut affliction. When I came off of my fast on March the 23rd, I weighed in at 127 pounds. Since then, I learned that I have a second affliction to deal with, and I have been struggling mightily to understand how to cope with both problems at the same time.

Despite all the problems, God has led me in a way that has not only helped me cope with both of my afflictions, but He has given me a solution that has enabled me to train and exercise with an intensity and a relentlessness that I have not been able to match in twenty years. However, it is important to understand that the solution that God has led me to is not a recipe. The solution is a set of principles and the wisdom to apply those principles.

Thus, it is something that is not easy to describe, especially when I do not fully comprehend how these principles work when applied. In fact, there are certain things that God has taught me in practice, which pertain to my metabolic disorder, in that I am unable to find worthy scientific explanations that might describe what is happening. God led me to a specific application of these principles, and it works. I don't really understand why, and I can't seem to find anyone else that understands the underlying mechanisms either.

A great amount of the explanation rests in metabolic enzymes. There are simply far too many enzymes in the human body. Scientists simply do not understand all the enzymes or how they work, but God does. And that is all that I need to know.

In time, God will lead me to refine my dietary and treatment regimen even further. At the moment, I am able to eat nearly four thousand calories each day. Hopefully, in a few weeks that will grow to well over four thousand calories. I have not been able to eat like that since I was in my early twenties.

Has God healed me? No, He has not! Has God delivered me? Perhaps, not quite yet, but I will let you be the judge of that.

Why am I doing all of this? It is all because I love my Lord and Savior Jesus Christ. You see, my friend, you were an answer to a prayer. However, you were not at all the kind of individual that I expected God to send for His work. Nevertheless, God told me that He loves you, and that He wants me to love you, as He does. Even though, I was not expecting it to happen this way, is it not according to God's entitlement for Him to set forth the most amazing and precious human soul that I have ever known? In the midst of all my struggles, isn't fitting that the single most important person to the Quest be my shining light?

There is nothing easy about this errand that God has given me, with the exception of the one most important thing. It is never simple to get to the point where I am able to express myself to you, but once I get there, the words that come from my heart to express God's amazing love to you are the greatest joy I have in my life.

This 13th Chapter of 1st Corinthians is taken from the King James Bible.

The Greek word that has been translated to the word "charity" is translated to the word "love" in most other English Bibles. This is the Greek word *agapē* or *ag-ah'-pay* (ἀγάπη).

Agapē means affection, good will, love, benevolence, or brotherly love. In 117 appearances, it is never used in a romantic connotation in the Bible.

1st Corinthians, Chapter 13:

¹Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.

²And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing.

³And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing.

⁴Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

⁵Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

⁶Rejoiceth not in iniquity, but rejoiceth in the truth;

⁷Beareth all things, believeth all things, hopeth all things, endureth all things.

⁸Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.

⁹For we know in part, and we prophesy in part.

¹⁰But when that which is perfect is come, then that which is in part shall be done away.

¹¹When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.

¹²For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

¹³And now abideth faith, hope, charity, these three; but the greatest of these is charity."