



Extracts from :
The Search for Love and Self

AN
IN MANDALA PRODUCTION

Includes: The Schizo Guide and two Poems

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A Schizophrenic's Guide to a Wonderful Life in a Wonderful World





There are 3 keys to achieving a wonderful life in a wonderful world, one golden rule, and a prayer which should be performed every time needed.

Golden rule:
Never hurt a human being.





Key 1: Become human

- Be conscious and aware of the evil that is in this world.
- Always be honest with yourself and people.
- Find people you love. We can't have more than a handful; keep them.
- Control your thoughts: limit worrying, think of the good in yourself and others, forgive.
- Be strong, know your strength, you are a human being the most evolved being known to the universe, we are all unique, each one of us makes the universe more special.
- You are capable of anything you put your mind to.
- Remember you are not racing with anyone else in life, only with yourself. Be on time.





Next Key: The higher human

- Read.
- Always have a sport you are training in.
- Always have a new language you are working on.
- Know the language of music and arts, always practice an instrument.
- Educate yourself about general and specialized knowledge and trades.
- Learn the language of money and business, make more than you need.
- Pastimes are like people, find those you love, we can only have a handful so when you do, keep them.

Final key: Nirvana

- Do not need too much money.
- Be generous with your time, teach what you know.
- Pray for the world.
- Help the poor, and our ecosystem, planet earth.
- Find that one special person.
- Never cheat him or her.
- Pray for you, for love. It's the best way to start.





The prayer:

Thank you Lord, for all the good in my life... [enunciate all the good you see in your life]

Forgive my trespasses... [enunciate your mistakes] please help me not to do them again.

Protect me and my loved ones... [mention their names] protect us from illness and grave accidents.

Please help us make the world a better place.
For this, help me be the best I can be.

Help me find love Lord, and be worthy of it.

Amen As-Salaam-Alaikum,
Shalom to all Om.



The conclusion

Be the best that you can be
You only live once

To think of it is funny, you only live once
Sometimes it takes generations
Of wants and wants

Can't talk no love
If you don't got happiness
Can't talk no love
If you don't first have self

Usually this comes clear
But please have no fear
The conclusion
Is simple
You only live once

Do the best for yourself
You only live once

Do the best for the world
A positive ripple

Do the best for the world
You only live once

This is how time flies

Find people you love
You'll find what's undreamed of
Follow your heart
All you need's a fresh start
Have a sense of wonder
You'll be young forever

This is how time flies
The shine in your eyes

Help others laugh with those who bother
Get in touch with nature
Dream of future
Create your desires
Just work a little harder

Free your spirit, dance!
It's your last chance
Face your fears
And dry all your tears
Don't beat yourself up
And want what you have

This is how time flies
The shine in your eyes
Butterflies dancing inside
In an effortless glide
Travelling to the end of the world
With my favourite girl

Free your spirit, dance!
It's your last chance
Face your fears
And dry all your tears
Don't beat yourself up
You'll have what you want



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