





the 1990s, the number of people with a diagnosis of schizophrenia has increased in many countries, including the United Kingdom (Murray & Lewis 1998). The prevalence of schizophrenia is estimated to be 1% of the population (Murray & Lewis 1998).

There is a growing awareness of the need to improve the lives of people with schizophrenia. The World Health Organization (WHO) has developed a strategy for the care of people with schizophrenia, which emphasizes the need for a comprehensive approach to care, including social, psychological, and medical interventions (WHO 1993).

One of the key components of this approach is the need to provide people with schizophrenia with a range of social and psychological interventions, in addition to medical treatment. This is because people with schizophrenia often experience a range of social and psychological difficulties, which can significantly impact their quality of life.

One of the most common social difficulties experienced by people with schizophrenia is isolation. This can be due to a range of factors, including stigma, discrimination, and a lack of social support. Isolation can lead to a range of psychological difficulties, including depression and anxiety.

One of the ways in which people with schizophrenia can overcome these difficulties is by participating in social and psychological interventions. These interventions can help people with schizophrenia to build a support network, improve their social skills, and manage their symptoms.

One of the most effective social and psychological interventions for people with schizophrenia is cognitive behavioural therapy (CBT). CBT is a form of therapy that helps people to identify and change negative thought patterns and behaviours. CBT can help people with schizophrenia to manage their symptoms and improve their quality of life.

Another effective social and psychological intervention for people with schizophrenia is social skills training. Social skills training helps people with schizophrenia to learn and practice social skills, such as communication, problem-solving, and decision-making. Social skills training can help people with schizophrenia to build a support network and improve their quality of life.

There are a number of other social and psychological interventions that can be used to help people with schizophrenia, including family therapy, group therapy, and self-help programmes. These interventions can be used in combination with medical treatment to provide a comprehensive approach to care.

In conclusion, people with schizophrenia often experience a range of social and psychological difficulties, which can significantly impact their quality of life. Social and psychological interventions, such as CBT and social skills training, can help people with schizophrenia to overcome these difficulties and improve their quality of life.

**THE YAJNAS**

# **ARCHIPPELAGO**

**MEDITATIONS, ITERATIONS, AND OTHER-WORLDLY POSSESSIONS  
THE BOOK OF IDEAS: 2009-2015**

**ARCHIPELAGO IS A COLLECTION OF RAW SKETCHES AND UNUSED  
CONCEPTS, PIECES, AND IDEAS THAT PROVIDE A GLIMPSE INSIDE  
THE CREATIVE PROCESS.**

**THE MATERIAL INCLUDED HERE, WAS TAKEN FROM THE WRITINGS  
THAT WOULD GO ON TO FORM FOUR WEATHERED SOLES, ALL THROUGH  
THE AGES, AND LIGHT THE DARK.**



**WRITTEN BETWEEN NOVEMBER 2009 AND FEBRUARY 2016**

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1

Can you hear me?  
Can you hear me?  
Can you hear me?

There's a wave of noise,  
drowning out the message.

Inspector, Inspector...  
The terms of my convictions,  
shake me to my foundations.

Broken by time, I am broken without crime.

We're in a place right now,  
where we haven't been in so long.  
Crumbling is the state,  
on which dreams were built.  
We'd be wise to pray.  
Set aside differences and accept the truth.

We have to see each other through.  
It's not pretty outside

And this isn't exactly a room with the best of views.

2

When the heat creeps in,  
and the sun goes down...  
There's warmth that overcomes,  
as we lay wide awake, in each other's arms.

She is a vice for which my virtues are.

Often I think...  
I could walk away,  
from it all,  
in a day.  
But am left to wonder...  
Where would you stay,  
that would leave us?

She whispers in my ear,  
all the things that I'm thinking  
but would never dare say.

She is even more so spectacular,  
in my hour of need.  
There is no limit to what she can bear.  
Surviving the pressure,  
she turns into a diamond.

Lately though, the words you say,  
all they do is get me down.  
I just want to cry.  
Don't know how,  
how we started to fall apart.

Is this it?  
Is this it?

Let the end begin.  
Let the end begin.  
Eventually, someone will make the call.  
When I look around,  
I see a foreign state.  
This is not where I was raised...

Driving through the desert,  
the land lays so barren, in decay.  
Dry becomes the mouth,  
as a trail of dust, is left behind,  
me and this '85 El Camino.

3

In the houses of worship, built are the war ships.

I'm standing out in the open,  
waiting to be captured.  
I've waited for this day to come.  
Now that it's here,  
I just want to run away.

Draft dodger, draft dodger, 2017  
Go north and make new homes,  
For a border is a crazy thing.

Before you came along,  
there weren't that many doors.  
Now, there's a new one to the left of me,  
with brand new worlds to explore.



4

So let that light shower you,  
let that light empower you.  
There is nothing that you cannot do.  
Stay true!  
Make your mark!

Know that in desperation,  
there is no separation.

For now, this urgency has left me...

Only questions of faith and fate remain.  
Questions that put an end, to the rule of the day.

How can something created with so much love,  
be full of so much hate?

If I could...  
I'd pull down the stars from the sky,  
and place them on the crown around your head.

For you're a whisper,  
I'm a wave.  
Together we carry each other,  
on and on.

In another fairyland fantasy...  
Streets lined with houses,  
cars, two by two.  
Where have all the stables gone?  
We used to raise horses,  
but those fields are long since gone.

A little city in the dessert,  
calls to me.  
Says, come on home...  
You can leave anytime,  
just leave your sins behind.

On a wire,

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I would watch the days beneath me go by.  
On a wire.  
My mind wandered with passion and desire.

So I flew away,  
leaving all my desires to drown my passion.  
I guess it's true what they say,  
this land is no home for a roaming soul.

I remember him,  
From when she was just a girl.  
Now he's trying to change...  
It's a hard road to take,  
not sure if he'll make it.  
Often, he thinks of how things were,  
when she was young.  
Know the road is long,  
but we'll get there one day.

Never thought he'd be the one,  
to end up there.

Where did the days go?  
How did we get so old?

We're fighting the fear.  
Baby, no more tears,  
only laughter and joy.  
Let love run riot  
across the World.

Let love run riot.

I'm so tired of being held,  
by the dark matter that surrounds us.  
Let's shed some light...  
Let go of the mysteries, that mystify.

They say, soon we'll know the answers...  
But it looks more and more like a race to our ends.  
What will come first, may be no matter for the next.

There's a change in the air,  
like a distant light.  
These are the times,  
when hope turns to fear.  
Hold on Dear, hold on Dear.

I was once so set in my ways...

Yet your whirlwind pulled me in,  
tossed me round and round.

And from that moment,  
whenever I'd look at you,  
I'd see us .

I love, love, love you.  
I love, love, love you.

I put myself in your hands  
and let you guide me on.  
Blind faith was once for the fools,  
that's what they taught us in school.  
Principles are hard to break...  
But now I realize,  
there's no other that I'd let take me,  
without question.

In the light, in the dark,  
in the known and the stage...  
I'll let you lead me,  
blind faith in your love.

It's all I had, it's all I have...

From the first night we met,  
we talked until they kicked us out.  
Down on Lakeshore Boulevard,  
Milkshakes and cake,  
how soon the days went.  
Sleepless nights on the phone,  
where I'd fall asleep to the sound of your voice.

Memories fade like the time that's passed these once bright eyes.

We can hold on to our youth for only so long.  
Sure enough, there will come a time, when we'll have no choice,  
but to let go... And pray that the love they've received,  
can guide them through all of the obstacles that come their way.

For you...



You are me.  
We are free,  
in our misery.

6

*Simplicity is best achieved by reducing redundancy.*

*Unflinching persistence can lead to a negative existence.*

*The other day...*

*I stood outside a retail store,  
and was reminded of the first man.  
it's amazing to see how far we've come,  
since the first bite of that apple.  
I often wonder how things will be...  
What will become of the modern man,  
in a postmodern world.  
Where we are yet again left,  
to fend from the night*

7

Your whispers cast away the shame.  
You left as quickly as you came.  
Residue of the love left with blame.  
This morning I made the bed where you were laid.

I know when my day comes,  
she'll come for me.  
She's unlike any one that I've ever seen.  
Her beauty is undeniable.

Like the changes that are in the air.

I saw her after years,  
at the revolving door.  
I remember time coming to a still,  
and the next thing I knew...  
I was on my back with my legs pointed up,  
stuck between two panes of glass.

I try to get away,  
but the misery pulls be back in.  
I know if I go there,  
I'm never coming back.

A day in the life of Sally Simpleton  
would seem mundane to most men.  
But for Ricky Rocketry, it's a welcomed change,  
giving up the fast cars for the Sunday blahzays.

Across the sky  
and into the sea.  
We once flew,  
now we swim.  
Before these streets,  
I stand to walk.

You give me your hand,  
I don't know who you are  
but today, I take it without question.  
I could sink, you could swim...

So don't leave me to be,  
dragged to death  
in an ending I cannot see.

These things we lose sight of,  
are in the end,  
the only things that matter.



Father, where are you now?  
Father, are you in the lining silver in the sky?  
Father, we need hope to reign.  
Don't let us be left suspended.

As the Sun comes up  
over an abandoned shoreline.  
For night makes of day,  
a future from its fright.

Like any species at the end of its life cycle,  
we have lowered ourselves to acts of desperation.  
We say no child shall be left behind,  
but at last, only the strong survive

I put miles between you and me,  
so that I could keep my sanity  
and distance myself from your vanity...  
But you are incandescent, you burn free.

For if man was created in the image,  
Constantine, for you the stars will always shine!

You know what I say, says he to me...  
Let them have their day,  
we will have our year.

These acts are the same, no matter the time.

We went from burning books,  
to going paperless.  
Filling the void with nonsense,  
all the while stumbling through life... History's college.

9

I'm waiting in the sky.  
I want to meet you all.  
However, I don't know if you'd let me live,  
or come chasing with pitches and forks.

So the screams come out, YALLAH!!!!

Hakes!!!! A marvelous sight.

Hands to the sky...  
Good Lord, I hope and pray for the night.  
Through your eye,  
I can see the calmness saturate the land.

Off in the distance,  
there's a light.  
Tracks rumbling...  
Birds take flight.

Electrical lines...  
Once social communes.  
abandoned for refuge.

10

Don't know where these tracks came from on my arms.  
They poke and pry,  
searching for answers to the hurt.  
It's clear to see, I've forgotten yesterday.

Who are you to me, when I don't know myself today?

Tonight's the night,  
I'm going to sail away,  
to where these waves lead me.

I lost my soul,  
at the age of six.  
The years go on and on,  
and the distance between me and reality grows.

I'm not lost,  
it's just the distance I've come since then.  
When I look back,  
I can't see me anymore.

We're sending postcards on the backs of comets,  
through the heavens at light speed.

Into a vortex we plummet our technology.  
From that we receive a second son,  
and the evolution of the human species.

There is only time left between, the once and future...

I am merely a result of your urban decay.  
All the harm you've done, has drove them to the caves.  
I am merely a result of your urban decay.

For what we create, we no doubt be destroyed.

I can't help but be Rome,  
to your new age Palo Alto.

I've felt the pleasure  
I've felt the pain  
I've searched for the treasures  
But without you, it's just not the same.

You are in everything I do.  
In everything I do, you are.



You're the light breaking through the cloud cover.  
With your light shining through, I hope this day is never over.

Can't you see there's nothing else that matters?

Let yourself be free, shine a light through the trees,  
so that the truth of our being, can be seen.

If you never learn, you'll never know.  
In all our differences, lay our similarities.

For so long, I felt that the universe held me captive.  
But it was me, a hostage to the world within me.

They say, "The body is a temple".  
Well this temples been sold.  
The devil's inside, burning the books  
and raising the dead.

In the vastness of the World,  
there doesn't seem to be anyone here,  
except for you and what diseases me.

We're in a small boat,  
on a big sea.  
Sooner or later,  
the waves are going to will us under.

In the throws of passion,  
across a wire, sing the birds.  
From my tenth floor balcony,  
you know I have the view of you,  
in your adjacent sixth floor studio suite.

Yet no matter the proximity,  
You send up a suspicion-covered smile.

I'll tell you my lies,  
if you tell me your truths.

Where do we go from here?  
They say there's a home for me on Mars,  
but I don't want to stop driving these fast cars.

Aim to please is what I was told.  
So we found a home in the desert,  
while we waited for the future to unfold.

Out in the wilderness,  
there's a light shining on the ridgeline.  
In our struggles to find faith,  
we wonder if it is just a hunger strike or a full-fledged famine.

There's a world in me that wants to be free.  
To return us back to the innocence of ten and six.  
But there's a universe outside that holds me captive.

Sometimes you have to go away,  
to let yourself catch up to the world around you.  
Sometimes taking a step back isn't enough.

they say sometimes its best to let go,  
but I don't think they know...  
I'd rather believe tis love, cures all

14

I liked you better, when you were a concept in mind.  
Since your creation, I've been privy to a world that's not so kind.

In the shadow of the crescent moon,  
shines the light of the northern star.

As she bleeds,  
relevant becomes the distance between  
Man and God.  
As she bares life,  
she is empowered, with powers far greater than any man.

A new moon in the sky,  
shines a comforting light.  
After nights filled with darkness,  
they come out, one by one,  
to find that nothing's changed.

In rejoice, the gather crowd chants...

I am whole, when I am held in your arms.  
In your hold, within your arms, I am complete.

15

Don't let go.  
Don't say goodbye,  
this good night.  
There's nowhere I'd rather be,  
But here in your arms.  
In your arms.

Face the light,  
cast through the curtains,  
from a light post on the court.  
In these sleepless nights,  
you're the comfort that I need,  
as I face my defeat,  
in your arms.  
In your arms.

Don't let me go.  
Don't let me go.

This skin,  
I'll cut.  
See what you'll find.

You stake your claim,  
while I wait for fame.  
And in our shame,  
they take the blame.

Rachel under the Star of David.  
In the land of Jah.  
...Couldn't see past the light.

Three to nine,  
Justice brings no end  
to this misery.

With a prayer,  
I'm meditating,  
for a cure,  
to all that kills.  
...All that is left behind.

If there's love enough to know,  
there's love enough for the take.

When there is nothing left to lose,  
and all we have left is sound.  
Listen and you will hear,  
when ambition turns to bare shelter.  
You reek potential to the point you've shit yourself.

17

I can't push off the weight.  
...I try, I try,  
but it compounds.

Fell through a hole in the roadside...  
I awoke in a strange place.  
Could this be my retreat from life?  
There's nowhere, everywhere is here.  
Everywhere is here,  
and I, and I am everyone.

I'm feeling red.  
I'm feeling the warmth,  
running through me.  
I'm feeling red,  
in all its shades.

...Red crimson,  
surrounds me.  
I can see no other means.  
For all I am is a cast of thieves,  
and of all the riches in my gaze.  
You are but the ruby,  
Held in highest regard.

Of all the wealth that was my past,  
so is the future for you.

Sun melts the sky.  
The evolution and its confusion,  
seek deluge in us.  
Find a friend, find a mourner.  
Seek the universe,  
in all the art.  
Find company in yourself,  
in a dark room upon a roof,  
in your cathedral full of space.

...And from the alter of the abyss, comes a hope-filled bliss.

Time traveler,  
Let's go back.  
Let's travel back in time,  
and create a place,  
that will never see its demise.

Touch the sun.  
Touch the sun.  
Radiate warmth and hope,  
that tomorrow may be brighter than today.  
Touch the sun.  
Touch the sun.  
Become one.

Then only will you stand,  
with the world at your feet.

So lead me, I am at your will.  
I will follow you,  
to the ends of the earth.  
Lead me in the way,  
in the way I should go.  
There's plenty here to learn.  
The directions they all lead to you.

Don't surrender,  
don't let the battle be lost.  
Fight it Darling...  
I can see the pain,  
written all over you.



19

It's a lovely day.  
Golden shine.  
Golden shine.

Should have know better,  
than to trust the weather.

I am questionable.  
I am undoubted.  
I am circumstance,  
Set to spin, like a top.  
I am constant.  
I am flowing.  
Never encompassed, always present.

And in our ventures amongst the vultures.  
There was a common theme, amongst the commoners.  
I am, therefore we are.

And it was when we were out at the rally,  
wondering between the chants and debates  
about what matters to who,  
that either way, we lose these lives.

20

Pop the blisters,  
puss the pain.  
Release to reach your gain.

All around me I hear,  
whispers of the night.  
I need healing...  
Love in its truest form,  
can only save me.

... Scars heal,  
as the days snake through the months.

We built the wall to keep them out,  
they built the wall to keep us in.

In the wake of all the deception,  
to them, I am the yellow platform line...  
They tell one another, "Watch your step,  
keep your distance."

But I can't see between them and us.  
Like them, I've got lost in life.

All I hold now is these mere worldly possessions.  
None of which hold their weight in value.  
Compared to the wealth of knowledge life offers.

For there's a place I go,  
deep within my soul.

There I am standing, I am standing.

As fluorescent light,  
shines upon my eyes...

All I want is peace,  
peace of mind in all I try to find.

So send me.  
Send me  
to the swell,  
where all is well...

Even the days from hell.

For no flames can ever burn,  
the spirit of a soul on fire...  
consumed by the unquenchable thirst of life.

I'm a lover.  
I'm a fighter.  
...Of all that's infinite.

I'm going to find a life to live,  
somewhere between this misery  
and the pains of life.

...Yet I keep walking,  
though I can't get anywhere.

Just then, three sips in.  
Weather changes like whiskey, turning to gin.

She catches my eye.  
I look across at her and smirk...  
Wondering if it's really that bright tonight,  
...it that why girl,  
you have to put your shades on?

Could be the reason...  
You went from sitting  
closed eyed and covered,  
to lying next to me...  
Mistaking my shoulder,  
for the windowpane.

And at the end of the night, I say to you,  
it would be so lovely to see you again...  
To feel you again.  
It would be oh so lovely.

She says, this night ends with my song...  
A song for the broken hearted comes on.  
And as if she had no regard for my words.  
She sings, "Hey there sister, hey there brother.  
Come lift yourself up on my shoulder.  
There's no need to be down,  
There's always a cab to be shared home...  
That is, if you want to. So do you?"

...And I have no shame,  
 in shedding light on all the things lame.  
 Because that's where they be putting blame.

The midday cartoons  
 have taken a twist.  
 They have swarmed like bees,  
 around a pre-programmed reality.

One in which I woke up in a strange place,  
 with the world beneath my feet.  
 It was too late.

Yet somehow, it's alright.

All ok here, my vision is clear,  
 And fear has vanished,  
 to bring forth a new clarity.

So hide the star.  
 Hide the cross.  
 Hide your beliefs,  
 there's no room for it now,  
 here on the world's stage.

There's nowhere left to go,  
 except to melt into the night.  
 Melt into the darkness,  
 which draws the light.

There was false hope,  
 that let me see.  
 Clearly, it was all in my mind.

Into the hours that just seem to melt away.  
 Into the days that pass,  
 and time that holds me down.

I am but my self...  
 Once an image of confidence.

23

She says to me, "Keep on pushing."  
You push this feeling on.  
Darlin' you push me.  
You push me on.

And though it's been a hard day,  
We are out here,  
making it through.  
From day to day,  
with this bond of love.

Our light sources a flame that burns.  
Our common bond so far away, yet so close.  
Only here on earth,  
could we be as such...  
Spiritually.

Lord, you illuminate the night.  
You shine down on us...Life.

It's not so easy, even in trying times.  
To find an exit and leave.  
To find a new view.

24

Yeah, it's about time,  
 we get right woman,  
 get right man.  
 Get right what's wrong...  
 Get strong.

So take this prayer.  
 We've got only one chance.  
 Our time has come.

My antenna's up,  
 but nothing's coming through.

I'm waiting for a celebration.  
 Hold hope it'll come, but until then, until then...

Emptiness forms the rage.  
 The heat is searching,  
 but the fire burns hotter.

That moment has passed.  
 That moment has become  
 a memory never to be lost.

No matter how hard we try,  
 no matter the justice behind the fight.  
 It's refuge I want now.

Stretch your thoughts,  
 to the deepest darkness of the universe.

I got you out of my mind  
 You are now in my sightline  
 And nothing ever looked so good

When you look inside,  
 you'll find reason enough why,  
 why you can't give away your heart.

XXOO... I know, I know.  
 XXOO... This love, our love.  
 XXOO... Oh so, so good.



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Nobody knows what tomorrow will bring...  
So why don't we try to change the world today?  
Make right what's wrong...my naïveté.

All I want is a breath of freshness,  
in a city of pollution.

And as I stare away,  
I feel you...  
The thoughts running through your head,  
converge with those in my mind.

There's a world outside.  
There's a world outside.  
So here's the problem...  
You've got your mind set,  
I've got my mind on you.  
Together there's not a world,  
we couldn't save.

25

Darlin', you've been on my mind.  
All the times when I searched your body,  
to find things, I'd never seen.  
Your sun kissed face,  
movements so mysterious,  
are lost in your grace.  
All in a flick of the wrist.

The things that you do to me.  
When you do the things you do.  
Did you think that I did not see you...  
Looking to see, if I was looking you down?

Let's go back.  
Yeah, let's go back there.  
Don't look back,  
'cause I'm right behind you.

I just want a little of your time.  
I keep on waiting for you,  
waiting for you to show  
a little affection.

Know that this much is true...  
By the time you get to Memphis,  
only spirits will remain.  
For the songs of yesterday,  
stake claim.

26

Where you are,  
in your love...  
Precious blue and white.

It's a blue moon,  
in a crowded sky.  
Somehow you stole time,  
from the interstellar shine.

They told me, "Walk tall and sing of love"

When I see you smile,  
I feel like I can fly away.  
Now and then, I may get mad,  
but I know you won't take it wrong.  
'Cause you know, I stubborn mule.  
For there'll come a time...

Up to the heavens,  
you shot straight to hell.

You've got your own scent.  
Your eyes so big like stars.  
Your heart so caring.

27

They've all left town  
 on the late train.  
 There was nothing here for them.  
 You are different from me,  
 For even the shadows have left.

So come close to me.  
 Don't be afraid to be.  
 We can be together.

Amongst different faces,  
 on another world,  
 I hear the gentle call.

From the heart,  
 here's a promise  
 showering over all of my light.  
 Shine over me. Love, shine over me.

All I want, is to save the world.

And if all you have,  
 is the shirt on your back...  
 Just remember, no matter how hard they try,  
 they can't take away your soul.  
 So climb yourself out of this hole.

And when there's nothing left to hold.  
 When you've given up...  
 The silver lining in the sky will show itself.

For when the light that shines,  
 shines only on those who  
 control the dollar. Hold tight,  
 for these words have more worth,  
 than bonded paper.

When the sun don't shine,  
 as bright as it does today...  
 We'll find a way to find our way.

In this game of chess...  
 You make the first move,

and I counter with my own.

Heaven is not that far away.

In this city,  
the cabs are lined up like stars.  
In this city, you don't have to go far,  
To get to somewhere, you've not been before.

So don't hold your breath,  
that's what the robot said.  
But then again,  
He'd never been underwater before...  
It doesn't look like he's coming up.  
Poor circuitry, is all he has left to show.

28

I've got no clue,  
what could be waiting...  
Hoping there was seething for us,  
on the other side.

Hold me now.  
I am without the calm I once had.  
Hold me now.

I'm a lover to all who have no other.  
I'm a fighter for all who won't fight.

All these wishes, pennies for the well.

From my window,  
Tonight I have a view  
of the world, unobstructed.

In the alleyways  
is where I wait.  
In the underpass,  
is where I wait for the rain to break.  
The night, it shelters me.

Early in the morning  
while your scheming

So there I am.  
So thee you are.  
You are the world stuck in my gravity.

29

Fear.  
We grew into whom we are.  
We grew with fear.

Give in to beauty.  
Give in to the infliction.

Will you hear the call?  
Will you survive the fall?

The riddles of time, force our hand.  
Yet we resist, resist to exist.

We could fly to the sun.  
We could be overcome.  
Everything is everything.  
But we are nothing in the end.  
Except for in this moment sent.

There's a hand to be played.  
I am in anticipation of the residuals of the day.

I've searched the land.  
To find the secrets that evade my fellow man.

Remember one thing in life. Live.  
I've got all my Gods,  
lined up like the fingers of my hand.



Find an education in the ways of the mind.

Where do we go,  
when the day is done?  
Home is where you are...  
Baby it's where I want to be.

From where I stand, and where you are...  
The outcome isn't as I thought it would be.  
I am left peering through your keyhole.

A slave to your singularity.  
Set me free in the world,  
For I am but binary.

Your hands are tied,  
you say it's ok.  
If it be the way, let what way,  
Have its way.

And as I am sent on my way...  
Across from me on this journey,  
are faces on a train,  
from places I've never been.

To mind it brings the question of,  
Desire or hate?  
To me it's like I say, we must break free!  
Don't let another generations past,  
dictate the future we make.

Nothing was or will be,  
once we break free,  
of this material home.

It's a deadly concoction that we make.  
Flamethrowers and gunpowder.  
Lain all over the casings of the consumed.

And this the knowledge of this eventuality,  
they said you'd change,  
but we're still talking  
like it was just yesterday.

The human race,  
the percentiles suggest,  
is nearing its end.

I'm sure you'll attest,  
you're in a league of your own.

Middle of the night....  
Middle of the day...  
You bring on a full eclipse.

This girl, she's murder on the dance floor.  
She's killing me with her beads of sweat.  
This girl she's murder.  
She's on me and it's only five to four.

Don't let me stray,  
Too far away.  
If I'm too far gone,  
to find my way back home.

Into the sea  
we hit rock bottom.  
Yet we break on through.

What came first,  
the earth or its core?  
I've been asking  
about what I don't  
understand.

She says, "Wrong person, wrong conversation"  
It's a bit past six in the morning.  
A little less talking, a little less talking.

Why don't you come with me...  
We can go somewhere magical.

Temptation drains me of all my might.

Sweet the passion  
sweet the pain  
sweet the river  
sweet the rain

White sandy beaches.  
Beautiful thing, what a beautiful thing  
Fast cars and midnight desires.  
Beautiful thing, what a beautiful thing.

They be guerrillas,  
because they like gorillas...  
Natural born killers.

I'm falling off the edge of the world.

The demons in my mind,  
won't let me unwind.

Where there's the will,  
there's the way to do it all.

If there's a chance,  
I'd take it now.  
Free this world,  
from all that holds it.

These are the days of wonder.  
You fill me with an awe,  
like that of thunder lightning,  
of how all this could capture the days.

You use to say,  
one day we'll be taken.

Yet, I could never take  
all that I have not.  
All we need now, is love.

When the time is right,  
we will love again.  
From the son  
of our lives,  
to the vastness of the land.

First, we've got to feel,  
all that you deal.  
Never reveal,  
all that wounds that heal.

It never does go,  
how you want it to.  
...And there's nothing to

show for all that you know.

There's blood,  
on the hands of love.  
There's love,  
digging a grave  
for this naïveté.

Through it all, you're like a fire  
burning at the root of me.  
Watching through the trees.  
...Hidden within the depths of the seven seas.

It always comes back to this one truth.  
Before the many, there was only you and me.

If you really want me...  
Take me by the heart,  
then all that would be left,  
is love

It's hot out here,  
under the sun.  
Looks like the only one getting shade,  
is my shadow.

The view from here.  
This world we've built...  
It's just so majestic.

The kids are getting older,  
before their time.

Search my mind,  
to check the meaning  
of all the answers  
you find.

Here I am...  
Battered and beaten,  
standing in front of you.

No confessions to be pressed,  
I am but wanting to be whole again.

There is no time like now.  
We could be searching but we watch instead.

There's no time, like when they're in bloom.

It could be we.  
Could be all that  
blurs before it fades.

The sun still shines.  
The sun it shines,  
Through it all.

You know there's beauty in the night.  
This country's lit by the diamonds in the sky.

As I gaze up, the child in me,  
wonders about the animal in you.

The river is flowing, its abundance consumes.

Time is too short,  
I need to find a little space.

I used to put you first,  
but lately, it's been me  
who is finished last.

Love...  
Take me from the heart,  
from the heart of me.

Colors of the sky,  
crumble to a darker shade of gray.

Over these treetops,  
there's a calm.  
Static streams like the rivers.

Reigning upon the masses.  
Come again.  
Come again.  
Jump the tracks and  
grieve in the joy.

There's a dream never dreamt.  
The fall of seasons.

As the sun crests.  
As the moon fades away.  
There's an aura cast,  
upon the world.  
The smell of life and purity,  
tug away at the heart.

Illusionists of the world become ever so numb.

Findings of science,  
suggest its silence.



Angel of love,  
so purifying and utterly becoming,  
with no regard for the hatred.  
...you are the cleanser of the ignorance,  
and the ignorant.

Your awkward pose...  
Gazing at the view of the world,  
as the cast iron curtain lowers.

Let's talk about all that we cannot control,  
So that we can bring about a change,  
that will forever hold.

Through these streets,  
all is quiet tonight.  
There is nothing to disturb the stillness.

Frame by frame...  
We reside within this constant blame.  
In the undying rain,  
you last forever,  
in your undying reign.

For even red roses turn to lust.  
We sit with our arms crossed,  
and with a loss of trust.

A cross that is turn,  
across my pride...

Across the ravine,  
came whispers of the enigmatic.

With in the light of yesterday,  
so dim and faded,  
you radiated through the valley,  
and shined off the hills.

There is no need for capitulation,  
there are no consequences,  
to all that is irrelevant.

You are the night that haunts.  
You are the light that warms.  
You are within, you are without,  
you are all.

In the clay of sea and sand.

We've wandered the world,  
and learned of all that is.  
Deep within it, are the truths.  
Don't lose sight of all we have,  
there's so much we can be, within this skin.

I was told, in my youth, by one very old,  
"Take control and bring light to the soul,  
to the sound of the voices,  
to the clarity of silence,  
to the everything you and I"

There's God in the numbers,  
in the drawers of hotels."  
Can you hear the bells of Solomon?  
Can you hear the bells of Christchurch?  
Can you hear the bells ring out?

We can do anything I want!  
The human race is gifted.  
Take this lesson of life...  
The secret of the universe,  
is within you.  
Open your mind.

A wildfire burning.  
A storm invading.  
One step at a time, open your mind.

We were once unparalleled,  
but that was then.  
That was then,  
this is now.

We could be free.  
This could be infamy.

There's a wave

one must get on,  
and flow like the river does to the sea.

Nature is one half step away,  
from the beauty in mind.  
For within its being is time...  
Time, the stillness of movement.  
Time, this spacious emotion.

As the lights crests at my face...  
Time makes a home out of compassion.  
...A home at the heartbreak hotel.  
...A home at the end of the world.

It's inherent... It's you, it's me, it's love.

So let's get right, what we're doing.  
Let's make right, what we've done.

When there is no time to think...  
You push me back,  
to a time when I could blink.

36

I could not be less serious,  
you could not be more furious.  
Sorry Love, I can't help but be curious.

I'm not a writer,  
but I write.  
I write so I never forget,  
the world as I saw it,  
through my dying eyes.

They say, for how long?  
So long...  
So long...  
It's been so long.

They say I'm reincarnated.  
His, my second life.  
Mine, his first strife.

Fumes lead to visions,  
of poorly planned missions.  
Leaving rubber boots for stews,  
as a hasty retreat to seas,  
is the only plausible outcome.

For me, it is just these words I keep writing.  
I keep writing, and with time,  
I can only hope they'll be antiquities,  
pricing high on the antique road show.

They call me Death;  
I am walking amongst the living.

It's better to be wise,  
to take perspective through someone else's eyes.

Go to where the morning light, first shines.  
I know your there in all I do,  
even when I'm struggling, to find my footing.

In the desert  
she works through the night,  
destroying a centuries old myth  
that would make you scream out...  
For Gods Sake.  
Would you leave me too lay there...  
Too egg on my own defeat?

I'm all fired up like the rebels at the gate.  
Everybody just wants some food on their plate.

Blackbird cutting through the sly,  
places a white shadow on the ground.

May the light of the sun  
reflect off the moon,  
and shine down upon the unloved,  
with warmth.

You must find rhythms within rhythms.  
Within the sounds of the everyday,  
are hidden messages of love and glory.

In one instance, I'm a cashier  
standing outside in the fog,  
selling clarity.

You're my original 501 love.  
Shake, a ha, shake, shake,  
me to the ground.  
You're impossible,  
like an obstacle.

Such a beautiful mind,  
capturing the sheer brilliance of life.

We've met only once or twice,  
but the friction between our eyes...  
Seductive. Addiction.

Born without a choice.  
Through it all, stay poised.

As astonishing as this is,  
there will always be something  
that only you could only do,  
to astonish me more.  
For in the principles of my stately being.  
Weary is the crowd.  
Downfall is my shroud.

When no one's safe from harm,  
there's nowhere that's not safe.  
For in the pangs of fear, we find patience.

Free me of my infamy.  
Let me be...

I am a writer, writing a book,  
About all the steps, that I mistook.  
...Of all the faces I've seen,  
that I would've never given a second look.

Like a bad set of constellations,  
you come back in all your iterations.

The things I've seen within these walls.  
I have a few ghosts in my past,  
every then and now,  
I see them in the mirror,  
looking back in all their furor.

Holes in the walls of when I lost control.  
It's time I checked myself in,  
I write these words,  
to protect myself from the swords.

I'm just trying to save face,  
in this momentary lapse of grace .

I'll see clearly,  
I just need to overcome my fears.  
Those which dictate these tears.  
Until then, I will be a hopeless hazer.  
Wandering the skies for a home to belong to.

the 1990s, the number of people with a diagnosis of schizophrenia has increased in many countries, including the United Kingdom (Murray & Lewis 1998). The prevalence of schizophrenia is estimated to be 1% of the population (Murray & Lewis 1998).

There is a growing awareness of the need to improve the lives of people with schizophrenia. The World Health Organization (WHO) has developed a number of strategies to improve the lives of people with schizophrenia, including the development of community mental health teams (CMHTs) (WHO 1993). CMHTs are multidisciplinary teams that provide a range of services to people with schizophrenia, including assessment, diagnosis, treatment, and rehabilitation (WHO 1993).

One of the key components of CMHTs is the provision of psychosocial interventions. Psychosocial interventions are interventions that aim to improve the social and psychological functioning of people with schizophrenia. They can include a range of activities, such as group therapy, individual therapy, and social skills training (WHO 1993).

One of the most widely used psychosocial interventions is cognitive behavioural therapy (CBT). CBT is a form of therapy that aims to help people with schizophrenia to identify and challenge their negative thoughts and beliefs, and to develop more positive and realistic thoughts and beliefs (WHO 1993). CBT can help to improve the social and psychological functioning of people with schizophrenia, and to reduce the risk of relapse (WHO 1993).

Another widely used psychosocial intervention is family therapy. Family therapy is a form of therapy that aims to help families to understand and support their loved ones with schizophrenia. It can help to improve the relationships between family members, and to reduce the risk of relapse (WHO 1993).

There is a growing body of evidence to suggest that psychosocial interventions can be effective in improving the lives of people with schizophrenia. However, there is a need for more research to evaluate the effectiveness of these interventions, and to identify the best ways to deliver them (WHO 1993).

One of the key challenges in the delivery of psychosocial interventions is the need to tailor them to the individual needs of each person with schizophrenia. This can be a challenge because people with schizophrenia have a wide range of needs and experiences (WHO 1993).

One way to address this challenge is to use a person-centred approach to the delivery of psychosocial interventions. A person-centred approach is an approach that focuses on the individual needs and experiences of each person with schizophrenia, and aims to provide interventions that are tailored to those needs and experiences (WHO 1993).

There is a growing body of evidence to suggest that a person-centred approach can be effective in improving the lives of people with schizophrenia. However, there is a need for more research to evaluate the effectiveness of this approach, and to identify the best ways to deliver it (WHO 1993).