

**THE
NEW
BIBLE**

BY LIAM MADE YUNG

7 DEADLY JOYS:

I.) LOVE OF ALL THINGS

II.) LOVE OF SELF

III.) SELF BELIEF

IV.) HONESTY

V.) FORGIVENESS

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RISING

The purpose of this book is to free people from themselves. There is a mental health crisis in America. Every single impatient facility is full. The stress of covid, Donald Trump as president, Cancel Culture, economic disparity, and the onslaught of racism, sexism, homophobia, transphobia, and phobic behavioursism we deal with on a daily basis has put far too much mental strain on human beings.

For millenia the exclusive way to help with stress was to follow the teachings of Christ, Muhammad, Confucius, namely God. I have no idea what god is, nor do I care. We have all recognized that the possibility that there is an afterlife or an actual person in the clouds that binds us and holds power over us is unlikely. The common depiction of Jesus Christ in modern media and history is Leonardo Da Vinci's gay lover. Catholicism has a culture of pedophilia and sexism. Jesus was likely a dark skinned arab if historical records are true.

The point of Jesus Christ's teachings were beautiful irregardless. He believed in love, and forgiveness. Which is awesome. He believed in humility which I

think is not so awesome. I think that a culture built upon the bones of crusades, staying down, and sin is also not so awesome. Why do we live in restriction when we could live with rules that give. That a god that gives is better than a god that takes.

I believe for the last 15 years of my life I have been living with CPTSD. Its a form of post traumatic stress disorder that continues to disregulate and stress a person as more stressors inhibit there life. I believe the disorder is misunderstood and under studied. I believe that all human beings have a form of it. That stress over the course of your life restricts you from pursuing love and hapiness.

With Love you can evolve. love-evol. That evil is only made when you decide what evil is. That if you love everthing around you, you cannot do any harm. That getting back to the inner child through struggle and love is the goal of all humanity. To become what we're biological supposed to be. People.

Notes on the dialogue:

I believe language should evolve as humanity does. With the advent of texting and typing with 'r' fingers we had a breakthrough in the use of language. Not so orwellian as a destructive way to understand language. But a way to make dialogue and language more fun. I will use acronymic and relanguaging tons of times. 'Cuz' I do what the fuck I want to do, for example:

BTWs (Bee-Teh-Dubs) "by the way"

OM(F)G "Oh My (fucking) God"

FTW "free the world"

KK (kay-kay) "okay"

r "are"

u "you"

ur "your"

y "why"

tho "though"

L "loss or lose"

cuz "because"

B4 "before"

l8r "later"

wtf "what the fuck"

PLZ "please"

ROFL (raw-full) "rolling on the floor"

biographies included:

Liam Made Young; (Kan)YE(West); David
Choe; Carl Jung; Frank Ocean;
Taylor Swift; Tyler, The Creator;
Beyonce; Barack Obama; Yukio Mishima;
Coco Chanel; Vladamir Lenin; A\$AP Rocky;
Friedrich Nietzsche; Naruto Uzamaki;
Brian Wilson; Lady Gaga; Oprah Winfrey;
JK Rowling; Malcolm X; Susan B. Anthony;
Donald Trump; Marcus Aurelius; Confucius;
Sitting Bull; Alexander Ocasio Corteza;
Jesus Christ; Siddhartha; Ur Story;

NOTE ON RELIGION:

I don't fuck with cults. This is not a
cult. I do want to have some sort of
organization for this practice though. I
am gonna call this creed 'the seven dead-
ly joys', and following the creed will
cement u as one of 'THE MAKERS'. It would
be appreciated that if this therapeutic
practice works for you that you follow
@made_corps on instagram. I want to get
THE NEW BIBLE in the hands of the most
people as possible as fast as possible.
If you get a lot out of the creed share
it with anybody and everybody. Friends,
coworkers, and your family. Additionally
I will be developing some merchandising
around 'THE MAKERS' that you can purchase
on my website madecorps.com. The more in-
come that can be made from 'THE MAKERS'
will allow for more product. So if you
want a print version, or you want music,
movies, and clothes surrounding 'THE
MAKERS' buying the merch now and donat-
ing to the cause(venmo @partypalace420)
will allow for those things to exist.
I want to eventually irradiate money.
Not so much communist, as much as I am
a loveist. Capitalism and communism both
have issues. Economic systems breakdown
because they are supported by economics
and not love.

THE NEW DECALOG

INITIAL PROCESSING:

Look at all life traumas. Write down every trauma that you've ever experienced and put them down in writing or as much as you can in thought. I like to do it in reverse chronological order. Describe every time you got rejected, pushed down, or told you weren't good enough. Write down everything that ever happened that made you feel unloved. Every antagonist to your life story. Think about your sexual assaults and your harassers. Think about every single unrequited love. Everything that made you feel like you couldn't be exactly who you wanna be or know who you are. Think back as far back as you can remember. There are memories that are probably hidden in your mind that you don't even know about. Remember childhood traumas that your mind shut out. There are times in your life that will be shaky and will be clouded. Think harder! This will be an incredibly difficult task and likely a very traumatic thing in itself. It may even turn you off completely from reading this book even with all the biographies. Do not run away from these traumatic events though. Take them in and look at them as well and as best you can.

Really feel the pain that you've experienced. Remember that running from the storm does nothing but prolong its existence. You can't run from it any longer. If you wanna be a superhero you must come to terms with this. It has no power over you if you are able to grapple the beast. Take as much time as you need with this. Also don't believe that others have it worse or have it much better than you. This guilt and resentment will only make it harder to work through this. Your trauma is your trauma. It doesn't matter what it is, everyone on this planet experiences trauma. You have to stop avoiding it and running away because cowards run away and you are the strongest person alive.

Example of work:

I was in the ER for 10 days after a psychiatrist threatened to call the cops on me for a manic(honest) episode; I almost got kicked out of boarding school for the second time for messing up a leave request; I was forced to withdraw from school in my junior year because I was suicidal about this girl I was in love with. I lost a lot of friends people who

I had been friends with for three years; Covid-19 isolation; I was raped in my sophomore year of high school by a woman. I had paid 50\$ for a handjob; I was rejected from every single after school activity including basketball which I practiced for 30 minutes a day for an entire summer; MADE corporations the company I worked on for entire summer fell flat as soon as it debuted; I asked out a friend of mine and it sort of ruined the friendship; I was very nihilistic most of my freshman year; I fell in love with a girl and a friend of mine stole her heart; In my first freshman year I had another unrequited love; I was fat and unattractive for all of middle school; I almost got stabbed in spain by a drug dealer when I was 10 years old; My dad was an addict and his addiction tore away at my family; I was called annoying by a friend;

Initial Trauma:

I believe this to be my initial traumatic stressor: When I was four years old I had a notebook that the school gave us kindergarteners. I remember I would write in all the pages and one day I ran out of space in the notebook, I drew a huge mural all over the floor, and the principal of the school made me clean it up.

lesson processing:

Now as difficult as this task might have been you now need to look at these traumas in the face and ask them a question: What did you teach me? In as many words as you need look at each traumatic event, specific important ones or the traumas as a whole and articulate what they told you:

example of work:

I have a psychological fear of rejection and failure based on my father leaving my family. Him leaving showed me that I can never fail or I would end up like him. Him leaving also showed me I am not good enough to be loved. The principal making me clean up my mess in the way she did showed me that I cannot be my self. I never told my parents about my rape because I was to ashamed of making the mistake of paying 50 dollars for a handjob. My friends not being around after I almost killed my self showed me I am unloveable. Being in the ER told me that even when you're completely honest the world will still think you're crazy.

Reprocessing and the seven deadly joys:

The final step of this process makes these agonous memories not so.

Look at these seven joys:

- 1.) absolute love of all things
- 2.) absolute love of self
- 3.) absolute self belief
- 4.) absolute honesty
- 5.) absolute forgiveness
- 6.) absolute presence
- 7.) absolute belief in a higher power

This part is a little bit hard to articulate. If you are able to replace the beliefs you have about yourself with the beliefs above, you will be cured of stress. I will go into detail as of what I mean by each from my perspective but you can also inteprate them as you like. Summon as much love, forgiveness, and honesty that you can muster up, and destroy the trauma.

LOVE OF ALL THINGS:

If everyone loved everything world peace is achieved. When u are able to love and feel compassion for everything around u, u will enjoy this existence considerably more. U will not be able to do harm. Love is being used in terms of compassion. U need to understand that u can like and dislike anything as long as u can empathize with what u dislike. U can see why somebody would like something but u don't like it yourself necessarily. If u love all things no crimes can be committed. Criminal activity is based around taking or hurting something or someone. U can't do that if u love everything. If u love all things then u can understand that if ur car gets stolen it was probably stolen by someone who needed it more than u did.

LOVE OF SELF:

Some will call me a narcissist, a peddler of fake tricks, a TRASH prophet. Me allowing myself to love myself as much as I want destroys this. If I love myself I will stay healthy and fit. I will be confident enough to get any girl whose interested in me. I will be able to express my inner most joys and enjoy my own jokes. An absolute love of self brings into view as much happiness as when you're alone as when you're around a bunch of people. You will have fun in isolation if you love ur self enough.

SELF BELIEF:

Believing in ur abilities is an extension of self love. Believing in urself when no one else does is the greatest strength u can give urself. There is an inner god that must be cultivated. The god within will help you breakdown barriers and obstacles if you believe in it. Letting go of these christian bindings of humility and slowing your self down to fit inside others egos. Go hard. Go as hard as you can to express yourself.

HONESTY:

In this exsistence most humans wear masks. A private, a personal, and a public. These masks only hide ourselves from other people. If u r able to express yourself just as u r at all times u will feel less stress. U keep a whole part of u, a secret. Also keeping secrets and lying only increases stress levels. What are u hiding from. Is the information ur hiding shameful? Than why are u doing it. U should love everything u do and want it to be seen by anyone no matter the occasion. We live in a society in which we have to cover up ourselves, to the external. If u r always being honest u will never have to hide. Also, if it wasn't already obvious the most attractive quality in men, for women, is trustworthiness. partners love a person who is completely honest with them. Lying and manipulating is what makes them say "all men are trash" or "can't trust a bitch". Honestly its not hard to express how you feel honestly in every moment. Its actually the easiest response. We usually have to take brain power to edit ourselves in conversation. Being 100% will just decrease stress and make you more yourself.

FORGIVENESS:

Forgiveness in the terms of this is forgiving people who have harmed u. Forgiving the wrongs of those who have harmed u. Truly being able to look ur antagonist and forgive them will lift away the weight u feel. The anger fear and resentment is resolved if u say "I Forgive u". We exist in a 'cancel culture' which in some respects has done positive educational work, however We don't have the muscle to forgive the wrongs of people in society. This only breeds hatred.

PRESENCE:

Staying in the present moment will leave u with no other options. Not stressing. Thinking of the past will make u think of the pains you have suffered and fear will be ur main response. It will make you complacent and arrogant because u will know u used to be able to do what u r no longer able to do. Thinking of the future will make u think of the fears u have. It will also isolate reality from your expectations. Making plans for the future can also destroy ur ability to adapt. Planning is not bad in itself, but make sure to factor in the fact that every step of ur plan could be unexecutable. Being present allows for the future and past to go away. Its only right now that exists. If u r presently thinking there is no stress. The moments of freedom are the moments when ur working.

BELIEF IN A HIGHER POWER:

This is what makes this a religious creed. I don't believe in a man in the clouds nor do I think what u believe in is relevant to 'THE MAKERS' creed. U can follow this religion and be a christian, muslim, or buddhist. Ur belief doesn't matter. A higher power is just a good therapeutic tool. Hope in a word. An understanding that there is something above you that dictates the motions of ur life. I reiterate that for milenia the exclusive stress relief was religion. With a god to look up to and ask for advice you receive this. Use your imagination. It could be anything. I imagine golden energy. With a entity that links all of humanity together. Prayer and manifestation are essentially the same thing. Yet they both work. This existence will feel a lot more hopeful with a recognition that there could be something more powerful than man helping you out.

ADDITIONAL PRACTICES:

A ice cold rinse as soon as u wake up will wake you up better than an espresso shot and will decrease stress. I suggest meditation as a way to focus ur newfound ability. Focusing on an in and out breath. I typically do 50 breaths then break, scan from my toes to my head, and then another 50 breaths. Then I exercise. I do all calisthenics because the gym is too much of a time expense.

MY ROUTINE:

50 pull ups

100 push ups

200 squats

300 crunches

400 jumping jacks

Then after you develop a workout routine that works for you. I suggest showering after you've finished the workout. Keeping good hygiene and fitness is important for self-love. Then I like to keep a clean room. It will make you feel better. Then take a notebook and write one thing you love, one thing you hate, one thing you want to change, and 5 things to do in the day. Obviously do any of the above to your comfort level. It's mostly unnecessary but it will make you feel like a superhero if you keep up with it.

WHAT NOW?:

After you have completed the tasks you may ask what are you supposed to feel. When I was in the ER I recognized my self curing two people of stress. This practice is a highly logical therapeutic tool. I saw in others a big change. I saw at first their memory is foggy and loose, then in comes a incredible joy, then in comes the lucidity. Obviously this practice has not been rigored by science (scientists riggor me plz!!!). But if you do this practice you will have effectively become a kid again. U will develop a certain level of power and understanding over others. U may find that u r more intelligent and more focused. U may feel that ur whole identity has changed. U will need to understand that this is u and ur loved ones will need to know this to. You're energy might come very quickly and so it might be fun to let loose. Understand that society isn't quite ready for 'THE MAKERS' so you may need to focus your energy. The additional practices will help you with this. Also screaming, not a scared scream a powerful deep glotal scream. Find an isolated place and use all ur power to announce ur name. U r apart of the future of mankind.