

## **The Book of Hare Krishna**

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### **Overview**

The Book of Hare Krishna focuses on promoting God Consciousness (also known as Yoga) where by following a yoga process an individual can live a life of constant happiness by being elevated to a transcendental state of consciousness. The Supersoul is a piece of God inside us and observes the individual soul (which makes us all sons of God/one with God). The problem with society today is the individual soul has become contaminated with material elements for satisfaction (such as alcohol consumption, wealth, adult entertainment and meat-eating). By controlling our senses from such material elements one can obtain spiritual realization through the soul which is beyond the miseries that exist within this material world.

In March/April 2013, Tristan Barnett, encountered three spiritual events at Macquarie University including an 'out-of-body' experience where the soul left the body and Tristan observed a reincarnation of God as a bird in the spiritual world. This event occurred as a direct result of making the connection with yoga and conflict resolution within an ideology, such that 'Yoga is the most effective method to resolving conflicts'. This ideology and associated policies is a revelation that has been approved by God as a method for how society today should function to ultimately bring about world peace. As a consequence Tristan has been appointed by God as the next King for the Jewish people following Messiah Jesus. Thus King Tristan is currently the only official Abrahamic representative of God and the truth about Jesus, and has shown that there are no contradictions within the Old Testament, New Testament and the Qur'an.

'The Book of Hare Krishna' is the next chapter in God's story which summarizes Tristan's life story, the spiritual events that took place at Macquarie University, the Strategic Games ideology and the truth about Jesus. Churches will eventually adopt 'The Book of Hare Krishna', which will be supported by Muslims and ultimately supported by the Jews. This unity amongst the three Abrahamic religions will

help to establish world peace and from God's covenant with Abraham 'The Jews will obtain their promised land and be a blessing to all people and nations'.

## **Types of Yoga**

Yoga can be classified into four types: Raja Yoga, Karma Yoga, Jnana Yoga and Bhakti Yoga. Yoga is typically known amongst Western society as Raja yoga (or Hatha Yoga) and this is generally the way society is introduced to yoga by performing postures in a gym. Karma Yoga generally applies to our working lives; where carried out properly one should not become attached to the results of their work but rather all the work is done for the Supreme and thus the living entity has no reactions of lamentation or hankering. Jnana Yoga is about knowledge of the absolute and typically applies to knowledge that we obtain throughout our educational experiences. The problem with Western society is the knowledge taught at secondary and tertiary level is focused on 'material' knowledge rather than spiritual or true knowledge. The highest form of yoga is Bhakti Yoga (which also integrates elements of Raja, Karma and Jnana Yoga); and this is a complete devotion to the Supreme. Religion could also be considered a form of Bhakti Yoga since religion generally involves worshipping a Supreme. However the highest form of Bhakti Yoga is Krishna Consciousness (also known as the Hare Krishna movement). This involves regular chanting of the Hare Krishna mantra and abstaining from sense gratification of gambling, intoxication, meat-eating and illicit sex.

## **Timeline**

### Education

Tristan was born on the 26<sup>th</sup> June 1977 into a conservative Jewish household in the North Shore of Sydney with family history through The Great Synagogue Sydney. Jewish family life consisted of lighting the candles and reciting blessings for weekly Shabbat dinners. Passover and Rosh Hashanah yearly events were also undertaken with family. A vegetarian diet was never encouraged whilst growing up with family – however meat products of pork and shellfish were forbidden. Spiritual knowledge was rarely discussed throughout family life and the information was biased towards a Jewish context. For example, there was no information discussed in reference to 'Krishna Consciousness'.

At the age of 5 Tristan attended kindergarten and primary school at Lindfield East Public School; located about a 15 minute walk from his family residence in East Lindfield. As expected; mathematics, English and science classes were taught throughout primary school; but never any classes regarding spiritual knowledge. Tristan also attended weekly Jewish scripture classes during primary school but cannot recall ever learning about God or studying the Torah. Tristan also learnt to read Hebrew through a private teacher. On one occasion Tristan recalls asking about who is God; and the response from the teacher was vague and lacking meaning.

At the age of 12 Tristan attended high school at Killara High School; the closest public high school from his family residence. Typically, Tristan would catch the local school bus taking around 15 minutes. As expected; mathematics, English and science classes were taught throughout high school; but never any classes regarding spiritual knowledge. Tristan also attended weekly Jewish scripture classes during

primary school but cannot recall ever learning about God or studying the Torah. At the age of 13 Tristan was given a Bar Mitzvah at The Great Synagogue Sydney which involved reading from the Torah to the congregation. Tristan received private tuition from The Great Synagogue in preparation for the Bar Mitzvah, where again there was no information discussed about 'God Consciousness' during these private lessons. At the age of 17 Tristan was awarded with the Higher School Certificate as his first formal piece of education with a tertiary entrance ranking score of 80.75, meaning that Tristan is ranked in the top 19.25% of all candidates that undertook the HSC for 1994. This consisted of 1U general studies (24.1%), 2U chemistry (62.9%), 2U engineering science (62.6%), 2U general English (51.5%), 2U physics (65%), 3U mathematics (94.4%) and 4U mathematics (91.7%). Only the best 10 units are counted towards the tertiary entrance ranking score; in which for Tristan consisted of 4U mathematics, 2U chemistry, 2U physics and 2U engineering science. Note that 4U mathematics also includes 3U mathematics.

With a tertiary entrance ranking score of 80.75 Tristan was accepted to undertake a Bachelor of Science degree at Macquarie University, which commenced for Tristan at the age of 17. The units undertaken as a full time student in 1995 consisted of Human Biology, Introduction to Computing, Mathematics IA, Mathematics IB, Introduction to Psychology I, Introduction to Psychology II, Statistical Data Analysis and Introduction to Statistical Practice. Note that Tristan failed Introduction to Psychology II and hence 21 credit points were gained in 1995 towards the degree requiring 69 credit points. The units undertaken in 1996 as a full time student consisted of Mathematics IIA, Mathematics IIB, Mathematics IIC, Physics IA, Applied Statistics, Applied Probability and Operations Research I. Note that Tristan failed Mathematics IIB and hence 18 credit points were gained in 1996, for an overall subtotal of 39 credit points. The units undertaken in 1997 as a full time student consisted of Mathematics IIB, Geometry and Topology, Applied Algebra, Physics IB, Astronomy, Applied Statistics, Statistical Theory and Operations Research II. Note that Tristan failed Astronomy and withdrew without failure in Statistical Theory and hence 18 credit points were gained in 1997, for an overall subtotal of 57 credit points. The units undertaken in 1998 as a full time student consisted of Mathematical Methods, Differential Equations, Algebra IIIB, Astronomy, Statistical Theory and Statistical Design. Note that Tristan withdrew without failure in Algebra IIIB and Statistical Design and hence 11 credit points were gained in 1998, for an overall subtotal of 68 credit points. The unit undertaken in 1999 as a part time student was Gambling, Sport and Medicine and hence 3 credit points were gained in 1999, for an overall subtotal of 71 credit points. This satisfied the requirements for completing the Bachelor of Science Degree (major mathematics), and Tristan received this BSc degree (first of three degrees) in 1999 at the age of 22.

In 2001 at the age of 24, Tristan enrolled in his second degree of a Graduate Diploma in Operations Research at University of Technology Sydney. The units undertaken as a full time student in 2001 consisted of Optimisation 2, Probability and Stochastic Processes, Simulation Modelling, Operations Research Practice and Network Optimisation. Tristan passed all these subjects and with initial exemptions in two other subjects, Tristan satisfied the requirements for completing the Graduate Diploma in Operations Research, and received his second degree at the age of 24.

In 2002 at the age of 24, Tristan enrolled in his third degree of Master of Science (converted to a Doctor of Philosophy the following year) at Swinburne University. In 2005, Tristan received The Denise Lievesley student award to attend the 55th session of the International Statistics Institute. Tristan

submitted a thesis in 2005 'Mathematical modelling in hierarchical games with specific reference to tennis', and graduated with a Doctor of Philosophy degree in 2006. Tristan published 5 papers whilst undertaking the PhD from 2002-2006.

In 2007-2008 Tristan was appointed Adjunct Research fellow at Swinburne University, where 7 papers were published for a subtotal of 12 papers.

In 2009-2010 Tristan was appointed Adjunct Lecturer at Victoria University, where 8 papers were published for a subtotal of 20 papers. In 2010, Tristan was successful as Partner Investigator on an ARC Linkage Project: 'Rating and ranking sports players and teams using minimum message length'.

In 2011-2012 Tristan was appointed Adjunct Research Fellow at University of South Australia, where 15 papers were published for a subtotal of 35 papers and a book 'The Mathematics of Tennis'.

In 2013 at the age of 35, Tristan enrolled in a Bachelor of Social Science degree at Macquarie University and received the highest possible recognition by being appointed by God in April 2013 as King for the Jewish people following Messiah Jesus. Hence, Tristan's appointment for 2013 is God Representative at Macquarie University. As a part time student in 2013, Tristan passed 'Australian Politics in Global Context' and withdrew without failure in 'An Introduction to Sociology' (5 weeks completed) and 'Economy and Society' (7 weeks completed). Tristan also published 3 papers in 2013 and 2 papers in 2014 for a subtotal of 40 papers. Out of these 40 publications, 29 were on the 'mathematics' of sport, 7 on the 'mathematics' of gambling and 4 on the 'mathematics' of conflicts (game theory). Further, 27 out of the 29 papers on sport were on the 'mathematics' of tennis. In 2014 Tristan anticipates in enrolling in 'Microeconomics' and 'Thinking Politically'.

Other subjects worth mentioning at Macquarie University are 'The Anthropology of Contemporary Religions', 'Philosophy, Morality and Society', 'Mind, Meaning and Metaphysics', 'Philosophy of Religion' and 'Body and Mind'. Note that true knowledge is spiritual which is rarely taught amongst Australian primary, secondary and tertiary level institutions. The University of Newcastle offers both undergraduate and postgraduate degrees with 'religion and theology' majors. However, the best place to learn spiritual knowledge at a tertiary level is at the Bhaktivedanta College in Belgium. Overall the knowledge that Tristan obtained from the degrees and academic publications is linked to Jnana Yoga where Tristan thoroughly enjoys mathematics and problem-solving. Out of all 'material' knowledge mathematics could be considered the 'closest' to knowledge that is accurate (the 'truth'). Thus Tristan's interest in tennis led to a PhD, a book and numerous publications on applying 'mathematics' to tennis.

1982-1988	Lindfield East Public School
1989-1994	Killara High School Higher School Certificate
1995-1999	Macquarie University Bachelor of Science
2001	University of Technology Sydney Graduate Diploma in Operations Research

2002-2006	Swinburne University of Technology Doctor of Philosophy
2007-2008	Swinburne University of Technology Adjunct Research Fellow
2009-2010	Victoria University Adjunct Lecturer
2011-2012	University of South Australia Adjunct Research Fellow
2013-	Macquarie University God Representative

### Work

Tristan's first paid job in 1993 was tennis coaching at school holiday camps. Tristan was aged 16 at the time and holiday camps would run for a week (3 hours a day) over the winter and summer breaks. Tristan enjoyed this work and was paid at the completion of the week. The tennis coaching progressed until 1996, and in 1995 when commencing tertiary education Tristan began mathematics tutoring. This involved private tutoring as well as working for tutoring companies within a typical working environment. Working for math tutoring companies is more efficient since the shifts were for 4 hours (compared to 1 hour shifts for private tutoring). And hence over the period 1995-1999 private tutoring faded out and Tristan was primarily working for maths tutoring companies. In 2000 at the completion of the BSc degree at Macquarie University Tristan began casual work in Market Research as a phone interviewer and as a courier driver around Macquarie University campus. The market research job continued for the first year whilst undertaking a PhD. In 2002 Tristan was a tutor for a 1<sup>st</sup> year university statistics subject 'Chance and Gaming' and in 2005 was a lecturer for this subject. In 2003 Tristan began Sports IT work which involved setting prices for various betting companies, prediction modelling for a sports multimedia company and performance modelling for Tennis Australia. Tristan's complications arose from the workplace and became too attached to the results in the work, and hence the build-up of bad karma. This caused mental health problems for Tristan after the completion of the PhD in 2006.

1993-1996	Tennis coaching
1995-1999	Mathematics tutoring
2000	Courier work
2000-2002	Market Research
2002-2005	University teaching
2003-2011	Sports IT

### Tennis Clubs

Tristan was a member of Roseville Park Tennis Club 1989-1995; from the start of high school in 1989 as a junior and from the start of year 11 in 1993 as a senior. Tristan won Northern Suburbs tennis competitions in 1993 and 1994, won a handicap club singles in 1994 and men's singles club champion in 1995. Tristan was a member of Macquarie University Tennis Club 1996-2001, winning Spring and

Autumn Badge 2001. Tristan was a member of Hawthorn Tennis Club 2002-2005; obtaining runner-up club graded doubles 2003. Overall Tristan enjoyed playing tennis and could be considered a form of Raja Yoga in the sense that feelings of ecstasy were experienced by Tristan during match-play.

1989-1992	Roseville Park Tennis Club (juniors)
1993-1995	Roseville Park Tennis Club
1996-2001	Macquarie University Tennis Club
2002-2005	Hawthorn Tennis Club

### Student Accommodation

Tristan moved out of his family residence in 2002 at the age of 24. This occurred as a direct result of relocating to Melbourne to undertake a PhD at Swinburne University. The Swinburne Student Apartments were conveniently located near Swinburne University, and the accommodation was affordable and comfortable. Tristan moved to his own private rental accommodation in 2003 until 2012; where Tristan stayed at the Kathleen Lumley postgraduate college in conjunction with Tristan's adjunct appointment with the University of South Australia. In 2013 Tristan moved to the Macquarie University student village as this was a convenient way to obtain accommodation with short notification. Hence enrolling in the Bachelor of Social Science degree was a requirement for the student accommodation.

2002	Swinburne Student Apartments
2012	Kathleen Lumley College
2013	Macquarie University Village

### Macquarie University Clubs

Tristan joined many religious and political clubs during orientation week at Macquarie University in 2013. The Bhakti Yoga club was of particular relevance to understanding yoga knowledge. The weekly sessions consisted of postures (as commonly undertaken in Hatha Yoga at Macquarie Gym), chanting of mantras, talks on spiritual knowledge, and finishing with prasadam (spiritualized vegetarian food). The Bhagavad Gita As It Is as the major source of reference in this area was given to all participants and the connection was made that the Hare Krishna movement is the highest form of Bhakti Yoga, and hence led Tristan to many visits to the Hare Krishna Temple at North Sydney. Meetings also took place at Hari's Vegetarian restaurant in Ultimo. The clubs involving the Abrahamic religions; namely the Australasian Union of Jewish students, Christian Student Life, Macquarie and Sydney Navigators and the Muslim Students Association, were also of significance as the many discussions that took place helped to establish the approach on how to unite the religions together; which was predominately knowledge of the truth about Jesus and thus could be explained through reading 'Bhagavad Gita As It Is'. The Macquarie University MacBuddhi society also was helpful in understanding 'God Consciousness'; where it became clear to Tristan that Buddha meditation is a form of Raja Yoga. Hillsong Church was also introduced to Tristan during mid-year orientation week.

2013	Australasian Union of Jewish Students
2013	Christian Student Life

2013 Muslim Students Association  
2013 Bhakti Yoga  
2013 MacBuddhi  
2013 Hillsong

### The Great Synagogue Sydney

As previously explained Tristan grew up in a conservative Jewish household with family history through The Great Synagogue Sydney and received a Bar Mitzvah in 1990 at the age of 13. Tristan would also attend weekly Shabbat services leading up to the Bar Mitzvah and yearly services of Rosh Hashanah and Yom Kippur.

### Macquarie University Sports and Aquatic Centre

From the start of 2013 Tristan joined the Macquarie University Sports and Aquatic Centre. Various classes in Hatha Yoga, cycling and Body Balance (Yoga, Tai Chi, Pilates all integrated), as well as weight training, swimming, badminton and table tennis would be integrated in Tristan's weekly schedule. This was the first formal introduction of yoga to Tristan. Tristan would also utilize the spa and sauna facilities at Willoughby Leisure Centre and Sydney Olympic Park Aquatic Centre. Tristan would also swim at Sydney beaches.

### Hare Krishna Temple Sydney

From the second half of 2013 Tristan has been making weekly visits to the Hare Krishna Temple. Each visit would generally involve a midday Arati (worshiping Lord Krishna through the chanting of mantras) followed by prasadam food. These visits also enabled Tristan to purchase a collection of Krishna Consciousness books. Tristan would also chant daily at his residence 6 rounds of the Hare Krishna mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare.

### Govindas

From the start of 2014 Tristan has been making visits to Govindas for Kirtan; involving the chanting of mantras. Prasadam (vegetarian food) would follow each chanting session.

### Hillsong

From the second half of 2013 Tristan has been attending Sunday Hillsong services. Typically, this would involve a 10am extension service at Macquarie Shopping Centre cinemas and a 6pm service at the main hills stadium in Baulkham Hills. Hence the Hare Krishna Temple, Govindas and Hillsong became weekly Bhakti Yoga events for Tristan. Integrated with Macquarie University, Tristan was part of the Powerhouse Macquarie group where many social events and gatherings were organized alongside the Sunday services. These events included an acoustic night, New Year's Eve gathering, Summer Camp at Cockatoo Island and many gatherings around Macquarie University lake.

### Macquarie Baptist Church

From 2015 Christmas Carols Tristan attended weekly seminars at Macquarie Baptist Church. This was in the form of singing, Bible studying, and concluding with an evening meal and conversation. Tristan was eventually banned from the church on the 10<sup>th</sup> June 2018 for teaching yogic philosophy.

### Jewish Groups

The Jewish social environment and interaction arose from high school and in particular attending weekly Netzer meetings in 1991-1992 (years 9-10). Whilst undertaking a degree at Macquarie University in 1995-1999 Tristan was a member of the Australasian Union of Jewish Students (AUJS). This membership with AUJS was re-established in 2013 when enrolling in another undergraduate degree at Macquarie University. Tristan also joined and participated in regular events throughout 2013 from the Jewish groups (in Sydney) of Hagshama, Junction and Network. Throughout 2013 Tristan occasionally attended Shabbat services through Young Adult Chabad (orthodox Judaism) and North Shore Temple Emmanuel (progressive Judaism).

### Intellectual Games

Tristan's interest in intellectual type games originated with backgammon in 1995 and would practice daily with backgammon software; Jellyfish and GNU Backgammon. Tristan participated in the Melbourne Backgammon club in 2003 and won the monthly tournament in March 2003. After browsing through various gambling books in local libraries in 1999 it became clear that blackjack was a game known to generate a significant amount of profit, and thus Tristan self-funded a trip to Las Vegas in 1999 from playing blackjack at Star City casino, Sydney. Whilst Tristan had moderate success at blackjack the real interest was the mathematics behind blackjack and other gambling related games rather than the actual playing. During the trip to Las Vegas Tristan became particularly interested in video poker and over the years following this trip Tristan published 3 papers related to video poker and setup a syndicate in 2008 to automate a system through online progressive video poker. Tristan also participated in a Jewish 20's-30's bridge club in 2007 and since 2007 Tristan regularly practices bridge with bridge software Bridge Baron.

### Fundraising/Volunteer Work

As an active cyclist Tristan participated in various fundraising cycling events for charity organizations consisting of Kellogg's Sustain Cycling Challenge 1993, Citibank Sydney to the Gong 1993, 1995 and RTA Cycle Sydney 1995, 1996. Tristan was also a voluntary member for the NSW/VIC Cancer Council from 2001-2006 which included volunteering for Daffodil Day 2001-2003.

Tristan never received youth allowance or a financial scholarship to study in any of his three degrees, and was not receiving any financial income for the research conducted beyond the PhD. It is estimated that Tristan has undertaken \$1,000,000 of research from the start of the PhD in 2002 until the end of 2016.



## Travel

Tristan's first overseas trip involved backpacking around Western Europe and the UK in 1996. This was coordinated with some colleagues from high school. However, Tristan's main interest was observing wildlife, which led to a safari trip to East Africa in 1998 covering world renowned game national parks. In 1999 in conjunction with Tristan's interest in beating the house in blackjack, led to a trip to Las Vegas and Reno. Tristan was able to explore national parks such as the Grand Canyon during this trip. In 2003 Tristan made a trip to South Korea to visit some work colleagues. The overseas trips from 2007 onwards were coordinated with conferences. This consisted of Tennis Science and Technology 3 in London 2007, The 10th International Congress of the Society for Tennis Medicine and Science in Japan 2008, The 14th International Conference on Gambling & Risk Taking in Nevada 2009, and the Second Brazilian Workshop of the Game Theory Society in Brazil 2010. Tristan has also made several trips to New Zealand and many trips throughout Australia, focusing on the highlights recommended in Lonely Planet guides. Tristan has also visited all 13 casinos in Australia.

1996	Europe
1998	Africa
1999	USA
2003	South Korea
2007	London
2008	Japan
2009	USA
2010	South America

## Health

From the start of high school it was evident that Tristan had a bipolar disorder. However during high school years this condition was never diagnosed from medical experts, and in fact Tristan never approached medical experts for a diagnosis. As a consequence of Tristan becoming too attached to the results of his paid work, this bipolar disorder had manifested itself to moderate levels of depression and anxiety from 2008 onwards. These mental health conditions reached a climax during the second half of 2012. In 2013 Tristan moved from Adelaide to Sydney, and was able to obtain student accommodation at Macquarie University. The first real sign of Tristan's improvement in health occurred on the 11<sup>th</sup> Feb 2013, which was the day before enrolment for Tristan's course in a Bachelor of Social Science degree at Macquarie University. At this point in time Tristan was also undertaking regular yoga sessions at Macquarie Gym. Tristan's health continued to improve throughout 2013. This was assisted by the spiritual encounters in March, weekly attendance in the Bhakti Yoga club, weekly visits to the Hare Krishna temple, weekly attendance at Hillsong Church services and reading books of spiritual knowledge. Throughout 2013 Tristan also had regular chiropractic and remedial massage treatments. However, the most effective method for resolving mental health came from regular visits to the Hare Krishna temple and daily chanting of the Hare Krsna Mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare.

## Trail

For convenience the trail of Tristan is grouped by city. This consists of 13 places in Sydney, 4 places in Melbourne and 2 places in Adelaide.

### Sydney

1982-1988	Lindfield East Public School Tryon Road, East Lindfield
1989-1994	Killara High School Koola Ave, Killara
1989-1995	Roseville Park Tennis Club 60 Clanville Rd, Roseville
1990	The Great Synagogue Sydney 166 Castlereagh St, Sydney
1996-2001	Macquarie University Tennis Club Corner of Culloden and Talavera Roads, Marsfield
1995-1999	Macquarie University Balaclava Road, North Ryde
2001	University of Technology Sydney 15 Broadway, Ultimo
2013	Macquarie University Balaclava Road, North Ryde
2013	Macquarie University Village 122 Culloden Road, Marsfield
2013	Macquarie University Sport and Aquatic Centre Gymnasium Road, North Ryde
2013-2014	Hare Krishna Temple 180 Falcon St, North Sydney
2013-2014	Hillsong 1-5 Solent Circuit, Norwest Blvd, Baulkham Hills
2014	Govindas 112 Darlinghurst Rd, Darlinghurst
2015-2018	Macquarie Baptist Church 122 Herring Rd, Macquarie Park

### Melbourne

2002-2008	Swinburne University of Technology John St, Hawthorn
2002-2005	Hawthorn Tennis Club 13 Swinburne Avenue, Hawthorn
2002	Swinburne Student Apartments Wakefield St, Hawthorn

2009-2010      Victoria University  
Ballarat Rd, Footscray

### Adelaide

2011-2012      University of South Australia  
Mawson Lakes

2012              Kathleen Lumley College  
51 Finnis St, North Adelaide

### **Knowledge**

Tristan's knowledge prior to 2013 consisted of mathematics and statistics; resulting from 3 tertiary level degrees in the mathematical sciences. 'Political Economy' became an interest for Tristan in 2012 through reading the book *Political Ideologies* by Andrew Heywood. This led to undertaking a social science degree at Macquarie University in 2013 with subjects 'Australian Politics in a Global Context' and 'Economy and Society'. This latter subject led to reading the book *Market Society* by Ben Spies-Butcher, Joy Paton & Damien Cahill. Prior to the spiritual encounters taking place in March 2013 Tristan had very little knowledge of religion and spirituality. Resulting from Hatha Yoga classes at Macquarie University Gym, Tristan's first spiritual book was *Ashtanga Yoga* by Gregor Maehle. This book was conveniently located in Macquarie University library. Resulting from the Bhakti Yoga Club at Macquarie University and the Hare Krishna Temple Sydney the following books were read by Tristan from the 2<sup>nd</sup> half of 2013. Reference to the Bible and the Qu'ran were also undertaken during this time, along with 'The Bible – the basics by John Barton', Cambridge Studies of Religion by Christopher Hartney, Oxford Studies of Religion – Preliminary and HSC Course and Religion in Minutes by Marcus Weeks.

- Bhagavad Gita As It Is
- Elevation to Krsna Consciousness
- The Higher Taste
- Sri Isopanisad
- Beyond Birth and Death
- The Perfection of Yoga
- Chant and Be Happy
- The Science of Self-Realization
- Srimad Bhagavatam First Canto-Part One
- The Matchless Gift
- Yoga for the New Millennium
- Discover Your Self
- Coming Back – The Science of Reincarnation
- The Nectar of Instruction
- Teachings of Lord Kapila – The Son of Devahuti
- A Beginner's Guide to Krsna Consciousness
- Easy Journey to Other Planets

## **Ideology**

The Strategic Games ideology aims for the creation of a society that most effectively prevents and resolves conflicts. The traditional conflict resolution model utilizes adjudicative processes (i.e. litigation, arbitration) and warfare. The modern and arguably more effective conflict resolution model utilizes consensual processes (i.e. negotiation, mediation, facilitation) and free speech. Whilst consensual processes are a key element to the Strategic Games ideology; the most effective model to resolve (and prevent) conflicts is through following a yoga process.

One of the main problems with political ideologies (liberal, conservative, social democracy, greens, communist, etc.) is the very material nature they operate. The material environment does not reflect on the spiritual environment which is precisely the world/universe that we live in, as typically present in religious ideologies. Political ideologies view 'happiness' through material sense gratification (such as wealth). In comparison religious ideologies view 'happiness' as spiritual, where by controlling the senses from such material elements one can obtain spiritual realization through the soul which is beyond the miseries that exist within this material world. There is evidence to support the assertion that our current capitalist society is getting worse in terms of the individual's well-being and happiness. This is evident through the increasing levels of mental health. The Mental Health Foundation of Australia says: "One in five of us will experience depression at some time in our life. The World Health Organisation has concluded that by 2020, depression will be the world's major health problem." Hence, true happiness and world peace abroad can only be obtained once mental health problems are resolved and this requires an ideology with foundations in religious practices such as worshipping a Supreme/God and abstaining from material sense gratification. In effect, this process of engaging in the spiritual world will eventually clear any mental disturbances in the mind. However in our multicultural and market driven capitalist societies, implementing a particular religious doctrine as an ideology for running the economy is likely to fail (since it can have contradictions with other religions). This is where yoga becomes an important part of an ideology, since yoga itself is defined as 'connecting with the soul' and embraces all religions by worshipping to a Supreme Being (whether a Christian, Hindu, Muslim etc).

Through yoga processes of meditation, chanting and an understanding of yogic philosophy; the individual/s will be in a more relaxed mental state to make better informed decisions. It is precisely the mental state and overall well-being of the individual which are critical to resolving conflicts during consensual type processes; and the practice of yoga in particular can be used to coordinate this goal. This model demonstrates that health and conflict resolution processes become directly connected. Strategic Games therefore argues that public funding should prioritise facilities for yoga and other health related areas including sporting facilities, and regular dentist, chiropractic and remedial massage check-ups.

The Strategic Games economic model is based on resolving class conflict in the workplace as this represents the most important conflict based on our everyday lives; and would therefore reflect on the economy as a whole including welfare. This also reflects on Marxist theory on class conflict in the workplace which has been a major factor in the formulation of left/right political ideologies. From yogic philosophy there are three of modes of material nature that we are all subject to causing miseries in this material world. From lowest to highest these modes are ignorance, passion and

goodness. The majority of society is currently in the mode of passion by always looking at ways to increase one's wealth and is characterized by the attraction between man and woman. In order to obtain a transcendental state of consciousness and be free of miseries that exist within this material world, one must firstly transcend to the mode of goodness; where in this mode the accumulation of wealth is not the main priority but rather sharing the accumulation of wealth towards helping others. However, one's happiness in the mode of goodness may not necessarily be greater than one's happiness in the mode of passion. For example in a working environment, employers are generally in the mode of passion (at least within Australian business) as their level of happiness tends to be greater in this mode regardless of the mode of nature that is present from the employees. This is reflected by the Australian unemployment system since under the current unemployment system there are many restrictions for obtaining unemployment benefits (testing of assets for example) and the unemployment benefits being significantly less (about 40%) of the minimum wage. Therefore there is no threat to the employer to cooperate since it is highly unlikely that the employee will leave the job and the level of happiness for the employer is higher by not cooperating. The modes of passion and goodness could be equated to uncooperative and cooperative strategies respectively as given in Game 1. From this game, the employer will always choose the uncooperative strategies by being in the mode of passion and receive a positive level of happiness. And consequently the employee will receive a negative level of happiness. In order for both the employer and employee to cooperative (and be in the mode of goodness) and receive a positive level of happiness requires changing the unemployment system to force cooperation.

		Employer	
		Cooperative	Uncooperative
Employee	Cooperative	(1,1)	(-2,2)
	Uncooperative	(2,-2)	(-2,1)

Game 1: Levels of happiness under the Australian unemployment system

The Strategic Games economic model involves introducing an unemployment system such that an allowance for unemployment is provided regardless of financial status and the allowance is comparable to the minimum wage. The unemployment system could be funded by an increase in the progressive taxation system and it is necessary for unemployment benefits to be paid back through taxation when work is established in the future. By introducing this employment system both the employer and employee obtain a negative level of happiness by not cooperating (mode of passion). If the employee does not cooperative, then the employer will always end up with a negative payout regardless of the strategy the employer adopts. If the employer does not cooperative, then the employee will always end up with a negative payout regardless of the strategy the employee adopts. Therefore cooperation is forced for both parties to obtain a positive level of happiness and be in the mode of goodness. This is represented in Game 2.

		Employer	
		Cooperative	Uncooperative
Employee	Cooperative	(1,1)	(-2,2)
	Uncooperative	(2,-2)	(-1,-1)

Game 2: Levels of happiness under the revised unemployment system

This revised unemployment system would improve working conditions, 'fairer' pay for workers, increase cooperative ownership of productive property and consequently assist trade unions in these negotiation processes. Increasing cooperative ownership in particular has the effect of weakening private to common productive property which is in agreement with Marx's theory of resolving class conflict through common ownership. Work in general should be positive and a great lifestyle, and arguably the employee's level of happiness is greater when working with both parties cooperating, rather than receiving unemployment benefits. However, when workers become alienated through class conflict (employer not cooperating) then this positive lifestyle can have various health related effects. This unemployment system is likely to improve the welfare of the population through financial security. The Strategic Games economic model on resolving class conflict in the workplace is another example on the connectedness between health and conflict resolution processes.

The following policies reflect many values and morals as documented in religious scriptures. For example, to reflect on the Sixth Commandment "Thou shall not kill", a policy has been implemented to stop the killing and abuse of animals for food or other forms of human satisfaction.

### Health

- Yoga meditation and related activities fully subsidized by the government
- Allow the community free access to all council sporting facilities
- Make accessible relevant statistical information on all games at the particular gambling venue
- Mandatory dispute resolution processes in the workplace with the option of third-party government facilitators that do not have an invested interest in either side of the disputants
- Six-monthly regular dentist check-ups (including cleaning) fully subsidized by the government
- Six-monthly regular chiropractic check-ups fully subsidized by the government
- Six-monthly regular remedial massage check-ups fully subsidized by the government
- Real-time prescription medication monitoring
- Tobacco and other smoking drugs to be illegalized
- Legal age for gambling activities and consumption of alcohol to be 21

### Social Justice

- Allow major sporting events to be televised on free-to-air
- Allow all types of gamblers (including professional and card-counters) to participate under the rules of the particular game without any interrogation and heat from the gambling establishment.
- Adjudicative processes are not allowed in civil law disputes; but rather mandatory third-party facilitation processes are utilized if required
- Bag checking not allowed in retail stores
- Fines and penalties to be abolished on public transport for not travelling with a valid ticket
- Sentencing to be abolished for crimes contributed by mental disorders where there are no signs of physical harm to an individual
- The tenant has the option to not allow inspections during the term of the lease for the residential property
- Objective based formula that determines rental increase that is standardized across the rental property market.

- Implement a system that provides an allowance for unemployment regardless of financial status such that the allowance is comparable to the minimum wage. The allowance is also given to tertiary students.
- Governments cannot seize property for failure to pay fines/infringements.
- Implement a system where all monetary transactions are centralized through a taxation office and taxes debited accordingly.
- Credit card or other monetary deposits are not allowed for short-term accommodation (less than 1 month) during the accommodation period.
- The ownership of residential property is both private and government; where private ownership cannot be used in rental and government ownership is only used in rental.
- Stop the killing and abuse of animals for food or other forms of human satisfaction
- Prohibit any form of reality gambling (sports, racing, elections, reality TV etc)
- Prohibit online gambling
- Ban prostitution and the sex industry in general
- Legal age for sexual activity to be 18
- Cheating on a partner once married to be recognized as an illegal activity

### Education

- Sport and gambling examples to be integrated in the mathematics high school curriculum
- Compulsory high school education on mainstream religions and indigenous cultures
- Compulsory high school education on yogic philosophy
- Compulsory high school education on work agreements and taxation
- Compulsory high school education on political systems and forms of government
- Compulsory yoga meditation and related activities to be a daily practice within schools
- Student information including exam results and progress to remain strictly confidential throughout high school education and not to be circulated by the school to parents/guardians

### Peace

- Minimize security in religious institutions and allow different cultures and religions to enter the premises as welcomed guests without any form of interrogation including personal questions
- Disallow any form of warfare and weaponry for conflict resolution
- Include annual public holidays to represent the three major Abrahamic religions of Judaism, Christianity and Islam
- Allow genuine asylum seekers into a country without mandatory detention

### Lifestyle

Based on the ideology and Tristan's personal experiences the following are recommendations for a lifestyle to obtain constant 'happiness' by being elevated to a transcendental state of consciousness.

- Follow the Ten Commandments
- Chanting at least 4 rounds daily of the Hare Krishna mantra
- Weekly visits to a Hare Krishna temple during Arati /Kirtan or its equivalence
- Adopt a vegetarian diet
- Avoid intoxication and reduce alcohol consumption
- Avoid smoking

- Reduce caffeine consumption
- Avoid gambling
- Participation in a physical or mind sport
- Participate in recreational activities (swimming and gardening are recommended)
- Follow a religion or its equivalence
- Understanding and reading of books in Krishna Consciousness
- Restrict sex life to marriage only
- Not to become attached to the results in working life

### **Spiritual encounters**

In March/April 2013 a series of three separate events took place for Tristan of a spiritual nature at his student residence 22/122 Culloden Rd, Marsfield. The first event featured a black bird tapping its beak on Tristan's front glass door several times before turning its head to look Tristan in the eye, and then flying off. The second event involved a black bird swooping down from the opposite apartment and pecking on the door several times/looking Tristan in the eye in the same spot of the previous bird before flying off. Tristan was standing in the kitchen of his apartment at the time when a strange feeling of energy was felt whilst observing the bird swooping down. During this process Tristan's sense of hearing appeared to block the surrounding sounds and a strange 'whizzing' sound was heard of the bird flying down to the door. The third event featured the skin/feathers of a 'dead' black bird appearing in roughly the same spot that the previous birds had pecked on the door. The exact dates of these events are difficult to trace but can be confirmed to have taken place between the 27<sup>th</sup> March and the 8<sup>th</sup> April. These events occurred as a direct result of making the connection with yoga and conflict resolution within an ideology, such that 'Yoga is the most effective method to resolving conflicts'. Given that all religions are circumstantial for their period in history, it can therefore be concluded that this ideology and associated policies is a revelation that has been approved by God as a method for how society today should function to ultimately bring about world peace. The events also appear to symbolize Jesus, since the final event featured a dead bird with no body present and hence a 'resurrection'. Tristan's 'out-of-body' experience was such that Tristan was 'killed' by God and then raised from the dead. Also, the best explanation for how the feathers appeared on Tristan's doorstep days after the 'out-of-body' experience is such that a Spirit Being descended and placed them there. Noting the timing of another event resembling Jesus and a bird occurring about 1 month prior to Tristan's spiritual encounters it is reasonable to suggest that the Spirit Being was actually God. <http://www.youtube.com/watch?v=oVgNmrlfzQs>. To be killed by God and raised from the dead in such an 'out-of-body' experience is the highest achievement that any individual can obtain. For this reason Tristan has been appointed by God as the next King for the Jewish people following Messiah Jesus. It is worth noting that Tristan had very little understanding of religion and spiritual knowledge prior to these spiritual encounters. The significance of Tristan's 'out-of-body' experience whilst visualizing a bird is directly connected with the Bible. Mathew 3:16 "And when Jesus was baptized, immediately he went up from the water, and behold, the heavens were opened to him, and he saw the Spirit of God descending like a dove and coming to rest on him".



## **Strategic Games**

[www.strategicgames.com.au](http://www.strategicgames.com.au)

Strategic Games was established as a business in 2000. The business model has undergone several changes over the years. Initially, the business model was focused on teaching blackjack for profit. This coincided with Tristan self-funding a trip to Las Vegas from playing blackjack at Star City casino, Sydney. This business model was not successful and in 2002 whilst undertaking a PhD in tennis statistics the business model was focused on obtaining contract work in sport and gambling statistics, which resulted in prediction modelling for betting companies and performance modelling for Tennis Australia. To tie in with the academic work, the business model was such that 'Strategic Games uses mathematics and logic to solve real-world problems in sport, gambling and conflicts'. And hence the Strategic Games website provided a means of distributing Tristan's academic achievements such as publications and media articles. Tristan also developed interactive sports and gambling calculators; which are available for download from the site. On the 20th February 2011 a facebook interest group was established for Strategic Games. Although this group was used for discussing sport and gambling problems, the group was primarily developed by Tristan's realization that the world needed improving based on his own personal experiences in life; particularly in the workforce. This is widely known through the work of Karl Marx on class conflict in the workplace. The posts were initially focused on policies which led to formulating an ideology based on conflict resolution. In particular in March 2013 a connection was made between yoga and conflicts; such that yoga is the most effective method for resolving conflicts. Within days after making this connection a series of spiritual events took place for Tristan. As a consequence of these spiritual encounters the Strategic Games business model is now focused on promoting 'God Consciousness' (also known as yoga) and not concerned about generating an income; such as previously through sport predictions.

## **Truth about Jesus**

The Old Testament, New Testament and Qur'an could be considered three separate books that give accounts of Jesus. The information that is presented is always open to interpretation. The correct version of Jesus is given by the Qur'an, such that Jesus is the Messiah but is not God, nor the Son of God and was not crucified. Noting from Vedic literature that we are all sons of God since all Beings have an individual soul and a Supersoul (piece of God inside us). It is known that Lord can mean King rather than God and therefore references to Jesus in the New Testament as Lord Jesus is referring to Jesus as a King/Messiah. Jesus quotes "I am one with God" and "I am". From Vedic literature we are all part and parcel with God and therefore all Beings can legitimately quote that they are one with God. We also know from Vedic literature that God can only appear in this material world as a Spirit Being such as Lord Krishna (the Supreme Personality of Godhead). Jesus initially had a material body. The Holy Spirit is the Supersoul – a piece of God inside us. Jesus said, "I am the way, the truth and the life. No-one can come to the Father except through me". This implies that 'The Father' was an incarnation of God since there are thousands of incarnations of God. The Qur'an states that Jesus was not killed but was made to believe so. From Vedic literature we are not these material bodies but eternal souls and therefore cannot be killed. Our bodies are changed from one form to the next at the end of each life. Technically speaking Jesus was not killed on the cross but rather given another body, in the same way that we are given another body at our time of death.

From Vedic literature the different types of humans are determined by the level of consciousness (energy emitted from the soul). The highest level of consciousness is where matter is converted to spirit (non-material) which would allow a human to walk through a wall. A high level of consciousness would also allow a human to walk on water as was the case with Jesus.

## **Movie**

Tristan was part of a gambling syndicate through the automation of online video poker machines. The business model was such that by making \$10/hour on 1 machine; \$100/hour can be made on 10 machines with the same amount of risk. Video poker allows for progressive jackpots and so the money is coming from the players rather than the house. Tristan developed a formula on when to start playing these jackpot games based on the size of the bankroll. This is more commonly known as the Kelly Criterion when multiple outcomes exist. At the same time Tristan was involved in a work agreement dispute claiming that he was owed money for holiday pay, late payments, superannuation and being out of work to the total of \$13,000. However, there are risks involved in going to court from legal costs and a remarkable connection between the Kelly formula derived in video poker was applied to the work agreement dispute which was published in an established journal 'Law, Probability and Risk'. Essentially lawsuits can be modelled like a casino game. Proceeds from the movie would go towards building a temple for Lord Krishna as a place of worship and an educational institution for learning about religion, theology and 'God Consciousness'.

## **A Letter from Paul**

'A Letter from Paul' is written by Paul Graham detailing a spiritual encounter involving a bird in 2002. Paul and Tristan both attended primary school at Lindfield East Public School in 1982 and high school at Killara High in 1989. Paul also completed an undergraduate mathematics degree at Macquarie University and an honours degree in atmospheric science at Monash University. Paul also developed a Java applet tennis calculator for the Strategic Games site.

In spring 2002, I had an unusual experience which occurred as follows. One morning, as I woke up and just as I climbed out of my bed next to the window of my second story room, a magpie in an unusual spot caught my attention. The bird hopped down from the guttering above, landing next to the roof tiles directly opposite me. Strangely it began pecking on the glass, seemingly at me. It would stare me in the eye and then repeatedly peck on the glass as though trying to communicate something. It did this several times before flying away.

I'm certainly no animal or bird behaviourist but this was not normal behaviour in my estimation. The timing of the bird's visit just as I was getting out of bed, the location of its landing next to the roof tiles where birds do not normally land, and its subsequent pecking on the glass and staring me in the eye, as though trying to communicate something, was highly unusual. I could think of no natural explanation for the creature's abnormal behaviour and came to the conclusion of a supernatural one: that God is real and in control of nature.

Although I was prepared to believe in God before this bizarre experience, I had many misgivings. Everything in this world follows the natural, physical laws. Nothing ever sways from these laws, or so

it seemed. Miraculous tales described in the Bible seemed like nothing more than fiction, the musings of unenlightened man.

While my experience with the magpie did not clear up all my doubts about God or the credibility of the Bible, it had a big impact on my life. To me, it was a revelation of the reality of God. I began attending church regularly, keen to learn more about the Bible and Jesus. I also undertook a course on world religions. I came to the conclusion that Jesus, as described in the Bible, is who he claimed - Jewish Messiah and the human form of God - and our best hope for eternal life.

### **A Letter from Tim**

'A Letter from Tim' is written by Tim Byrnes detailing a spiritual encounter involving a 'transsexual' in 2013. Tim and Tristan both attended high school at Killara High. Tim completed an undergraduate honours physics degree and PhD in physics at the University of New South Wales.

On 18 September 2013 there was a rather unusual incident which I told a few friends. Tristan asked me to recount the events of that day, they are as below.

I was sitting in Starbucks one morning as is my usual routine for a weekday, where I work for half a day doing quantum physics research in a café around Tokyo, and go to my workplace to continue the research for the remainder of the day. The Starbucks I happened to be in was Harajuku Starbucks, at 1-8-6 Jingumae Tamagami Bldg. Shibuya-ku, Tokyo. Usually in a morning there are not many people, and being on street level it is an excellent place for gazing out the window and watching all the fashion walk by on Takeshita Dori. This Starbucks is relatively small so it fills up quickly, so is not my usual first choice, but I could get a table seat on this day, so I happened to be there.

Harajuku and Omotesando in Tokyo is famous for having people with rather eccentric taste in clothes, and having been living in Tokyo for over 10 years there is not much that I would ordinarily be surprised at. But on this particular day after working for about an hour sipping my matcha (green tea) latte I was to be surprised. At about 11am a shockingly thin tranny (transvestite) walked in wearing a baby blue dress with white stockings. Tokyo has possibly a high percentage of trannies walking the streets. While in other places they tend to be confined to certain areas, in Tokyo they tend to be spotted just in the streets or on the subways, "blending in". What was rather shocking was that in the case of this tranny, there was no attempt to make his face like a girl, so his head was just like a normal old man, perhaps about 50 years old. He had short hair and old man glasses, but was quite short. I would estimate that his weight was in the region of 30-40kg, extraordinarily thin.

He ordered a drink, and took it back to one of the counter seats. This store layout is such that the counter seats are facing the main street (Takeshita Dori) through a glass window (see layout below). So the seat that the tranny chose was a particularly conspicuous choice, no attempt was made of being discreet about himself.

I was at first trying to be polite and ignore the presence of the tranny, my personal belief is that everyone has a right to do what they feel like is right for themselves – and this tranny is no exception. However, the striking appearance of this particular tranny and the fact that no attempt was made at being discreet was somewhat alarming. After trying to concentrate on physics for some time, I decided that I should take a video, to record the unusual event. My position when I attempted to take the video is according to the layout below. Strangely, after taking the video, possibly due to the way the light was shining from the outside, the tranny did not appear at all. All that is seen in the video is a bright light coming from the direction of the tranny and no trace of the tranny is seen.

Later the tranny got up and started talking to one of the shop attendants, very close to where I was sitting. They talked for several minutes, and the shop attendant made no sign of being unwelcoming or discouraging to the tranny at all. It was as if his appearance and presence was not unusual at all. At first the tranny was sitting by himself in the location given in the diagram below. After some time a young girl sat next to him, even though there were several other seats that were free, so again everybody there was treating this as a perfectly normal and everyday occurrence. Perhaps the tranny is a regular at this Starbucks, although I never saw him again and I frequent the area regularly.

