

**Can Teaching
Yoga Philosophy in Schools
Achieve World Peace?**

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Contents

Preface	vii
Acknowledgements	ix
1 Prayers	1
1.1 Prayer 1	1
1.2 Prayer 2	1
1.3 Prayer 3	2
1.4 Prayer 4	2
1.5 Prayer 5	3
1.6 Prayer 6	4
1.7 Prayer 7	5
1.8 Prayer 8	6
2 Background Story	7
2.1 Education	7
2.1.1 Family Life	7
2.1.2 Primary School	7
2.1.3 Secondary School	8
2.1.4 Tertiary School	8
2.1.5 Academia	10
2.1.6 Summary	11
2.2 Media	11
2.3 Knowledge	12
2.4 Family	14
2.5 Private Life	15
2.6 Income	15
2.7 Strategic Games	18
2.7.1 Timeline	18
2.8 Recreation	19
2.8.1 Sport Participation	19
2.8.2 Spectator Sports	20
2.8.3 Leisure	20
2.9 Accommodation	21

2.9.1	Student Accommodation	21
2.9.2	Rental Accommodation	22
2.9.3	Properties	22
2.10	Spiritual Encounters	22
2.11	Macquarie University Clubs	29
2.12	Venture Cafe	30
2.13	Politics	30
2.14	Waverley Library	31
2.15	Macquarie University Sports and Aquatic Centre	31
2.16	Religion	32
2.16.1	Krishna Consciousness	32
2.16.2	Christianity	32
2.16.3	Judaism	33
2.16.4	Buddhism	34
2.17	Intellectual Games	34
2.18	Philanthropy	35
2.19	Travel	35
2.20	Health	36
2.20.1	Headaches	37
2.20.2	Bipolar and Depression	38
2.20.3	Anger Attacks	38
2.20.4	Panic Attacks	40
2.20.5	Generalized Anxiety	45
2.20.6	Recovery from Generalized Anxiety	46
2.20.7	Mania	46
2.20.8	Tremor	47
2.20.9	Major Depression	47
2.20.10	Recovery from Bipolar	48
2.20.11	Summary	50
2.21	Trail	51
3	Letters	53
3.1	A Letter from Tim Byrnes	53
3.2	A Letter from Paul Graham	54
3.3	A Letter from Tim Blencowe	56
3.4	A Letter from Dave McIntosh	59
3.5	A Letter from Elizabeth Harman	59
3.6	A Letter from Michele Kemm	60
3.7	A Letter from Mark Lowy	61
4	Yoga Philosophy	63
4.1	Overview	63
4.2	Our Purpose in Life	65
4.3	What are Our Bodies Composed Of?	66
4.4	Evidence that God Exists	67
4.5	Modes of Nature	68

4.6	Law	69
4.7	Conflict Resolution	69
4.8	Sex	70
4.9	Forces of Nature	70
4.10	Solution to Bigotry	71
4.11	Age of the Universe	71
4.12	Land	71
4.13	Disease	72
4.14	Types of Life	72
4.15	What is God?	73
4.16	Prophets	74
4.17	Types of Yoga	75
4.18	Formula to Obtain Happiness	77
4.19	Disabilities	78
4.20	Caste Division	78
4.21	Truth about Jesus	79
4.22	Sin	81
4.23	Economic Model	81
4.24	Affordable living	82
	4.24.1 Unemployed	82
	4.24.2 Tertiary education	83
	4.24.3 Working lives	83
	4.24.4 Retirement	84
4.25	Politics	84
5	Conclusions	87
5.1	Overview	87
5.2	Second Coming	88
5.3	Key Dates of Tristan	93
5.4	Places of interest	94
	5.4.1 Overview	94
	5.4.2 Macquarie Park	94
	5.4.3 East Lindfield	95
	5.4.4 Great Synagogue Sydney	95
	5.4.5 Willoughby	95
	5.4.6 Places of Particular Significance	95
5.5	Justice	95
	Appendices	97
5.6	Europe Log	97
5.7	Article from the Sydney Morning Herald	103
5.8	Article from the Sydney Morning Herald 2	105
5.9	Letter from Frederick K.S. Leung	107
	References	113

Preface

Tristan had symptoms of bipolar from hypomania at the age of 12 when attending Killara High School in 1989. One can function a normal life with hypomania, but as a result of the shift in mood from bipolar, the hypomania shifted to depression in 2013 and Tristan was subsequently hospitalized for 4 days in Royal North Shore Hospital. In December 2019, the depression shifted to mania and schizoaffective disorder and Tristan was subsequently hospitalized for 6 weeks in Royal North Shore Hospital. Shortly after being discharged from hospital in 2020, the mood shifted to manic depression and Tristan was struggling to get out of bed, eat, shower, cook, shop and do simple household tasks. Further, in 2011, the Vice Chancellor Professor Elizabeth Harman terminated Tristan's adjunct lecturer appointment at Victoria University (VU) for reasons which were not justified. Tristan was not paid for work done for the Western Bulldogs Football Club - partners of the university totalling \$25,600 which could be considered a form of 'slavery' given that Tristan was unemployed at that point in time holding a voluntary adjunct position with VU. Further, Tristan's supervisor Professor John Zeleznikow bullied and 'owned' Tristan over a period of 2 years to the extent of John contacting Tristan's family over an email involving the Head of School Professor Pauline Stanton which got back to Tristan's parents causing a split within the abroad family. The stresses and buildup of anger caused Tristan to develop a generalized anxiety disorder in September 2012 whilst living at the Kathleen Lumley College in Adelaide. Tristan was very unwell at this stage and moved back to Sydney in 2013 initially living with his parents but later in an apartment in Macquarie Park close to Macquarie University.

Based on Tristan's yoga processes from 2013 to 2024 (over 12 years), Tristan was cured of bipolar (depression, mania and schizoaffective disorder) and generalized anxiety to an average level anxiety (given that we all have a certain level of anxiety). Medical experts claim that bipolar and even generalized anxiety cannot be cured. Tristan was taking large amounts of medication from 2013, but from the 19th September 2022 when the bipolar was miraculously cured (which coincided with the Queen's funeral), Tristan became free of all medication and all drugs including caffeine, alcohol and panadol; and Tristan was able to live a normal life by initially joining Young Buddhist in Newtown, Govindas in Darlinghurst and the Macquarie University Catholic Society. Even further, Tristan is immune from COVID given that Tristan travelled on a road trip for 4 days

in December 2022 with two others that tested positive to COVID and Tristan obtained no symptoms. Given that bipolar is arguably the most extreme mental health condition and was cured by Tristan after 10 years of yoga processes, it can then be argued that many diseases can be cured within 10 years by undertaking Tristan's process, and this is all contained in this document. Hence, by teaching this knowledge to the public and ultimately in schools one could develop preventative measures against many diseases including cancer, malaria and COVID; and hence reduce suffering in society. It could then be argued that world peace could be obtained by teaching yoga philosophy in schools, since by undertaking these yoga processes to reduce suffering requires no harm to any living beings on this planet, a philanthropic approach to life and respect for the environment, and these yoga processes are all contained in this document.

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2. Mark Zuckerberg - founder of facebook (platform to distribute knowledge on yoga philosophy in the public domain)
3. Yogi Singh - Hatha yoga instructor home studio Yoga with Yogi (formerly with Macquarie University Sports & Aquatic Centre)
4. Bhakti Yoga Club Macquarie University and in particular Honey, Dipika Singh, Sayali Kelkar and Camellia Bayne
5. Hare Krishna Temple North Sydney and in particular Bhakti Yoga Monk Ghanashyam
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facebook in January 2008. Tristan reached a maximum 5000 facebook contacts in 2023 (15 years after joining facebook).

Chapter 1

Prayers

1.1 Prayer 1

Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare

1.2 Prayer 2

One-Liners
By Tristan Barnett

Yoga is the most effective method to resolving conflicts
Look after the Supersoul and God will look after the material body
Criminal law is unnecessary based on the law of karma
No alcohol and a vegetarian diet is a very high form of religion or yoga process
We have a piece of God inside of us located in the heart known as the Supersoul
Every living entity has a Supersoul located in the heart
Our whole purpose in life is to reach the spiritual sky in the afterlife
Every living entity 8.4 million species in life is connected through consciousness
God owns and is the true custodian past, present and future of all land
Consciousness is energy emitted from the soul
We have two souls - the individual soul and the Supersoul
There is material and spiritual consciousness
There are 400,000 species of humans defined by the level of consciousness
The word yoga means to connect - the individual soul with the Supersoul
There are four types of yoga - bhakti (or buddhi), karma, hatha and jnana
Bhakti (buddhi) yoga is the highest form of yoga
The material body is dead and God is keeping us alive
The soul is one tenth thousandth the size of a tip of a hair

The soul is the smallest unit of life (and only life) and gets inside the atom
 Life is eternal and 3/4 of the universe is spiritual
 We are not these material bodies but eternal souls
 Our bodies are both material and spiritual
 The material body is both gross and subtle
 The spiritual body is the soul; individual soul and Supersoul
 The gross body is water, air, earth, fire and ether (space)
 Note that blood is not part of the gross body because it is impure
 The subtle body is the mind, intelligence and ego

1.3 Prayer 3

Beyond the 10 Commandments
 By Tristan Barnett

1. Avoid meat, egg, mushroom, onion, garlic, chives, shallots, leek, alcohol, smoking, cannabis, caffeine, gambling, illicit drugs and illicit sex. However, milk products are necessary as you need your animal fats
2. Weekly gardening, wrestling and swimming (preferably at the beach)
3. Weekly hatha yoga, mindfulness, kirtan, japa, arati, puja, dharma talks, bhagavatam talks, mathematics, arts-and-crafts and a gifted activity
4. Listen to music frequently
5. Don't accumulate wealth (e.g. build or donate to a foundation)
6. Six hours of sleep maximum per night
7. Eat prasadam (spiritualized vegetarian food) and karma free milk products
8. Read Krishna Consciousness books including the Bhagavad Gita As It Is (at least 3 times) and understand this document
9. Work hard but don't become attached to the results in working life as you could unfairly lose your job tomorrow
10. Avoid household and work conflicts and politics

1.4 Prayer 4

The Minuscule Ant
 By Tristan Barnett

Artist Trista without an n
 Transit with an n
 If tennis is in Tristan Barnett
 Then algebraist is in Ashleigh Barty
 If an ant is minuscule
 Then a ptarmigan is not minuscule
 So call me Bart or call me Tart
 Or simply Bart Tart Tennis with or without an n

1.5 Prayer 5

Just a Coincidence
By Tristan Barnett

Is it just a coincidence that both the words ‘greenbug’ and ‘earthnut’ can be obtained from environmental activist Greta Thunberg? And what about ‘legalist’ as the longest word obtained out of former barrister and now independent MP Zali Steggall? Given that John Foreman is musical director and conductor for carols by candlelight in Melbourne, then why does John wear a maroon jacket when conducting when Santa turns up in a red jacket? Is it merely (ho ho!) the fact that ‘maroon’ can be obtained out of John Foreman and not ‘red’? Further, does the word ‘menorah’ within John Foreman suggest that carols are suitable for Jews as well as Christians given that Jesus was Jewish? But of course, ‘justice’ can be obtained out of Jesus Christ or ‘justices’ if one was trying to use all their letters in scrabble to obtain the 50-point bonus. And further, John’s puppy dog named Fred lends itself to a composition titled ‘Fred is a four-letter word’ in F major given that ‘nonmajor’ is the longest word obtained out of John Foreman. On the tennis front since ‘tennis’ can be obtained out of Tristan Barnett, where Tristan graduated with a PhD in tennis algebra in 2006 and thus must imply that ‘algebraist’ can be obtained out of Ashleigh Barty. Also, Wimbledon commenced on the 26th June in 2006 which coincides with Tristan’s birthday where a triple bagel 606060 can be obtained out of 26062006. But if both ‘saint’ and ‘sinner’ can be obtained out of Tristan Barnett does this imply that Jannick Sinner is a saint or a sinner given that ‘vodka’ can be obtained out of Novak Djokovic and ‘ashtray’ out of Ashleigh Barty? And what about COVID? Can algebra be used to obtain how many slams Novak Djokovic was expected to win due to being denied entry in 2 slams for not being COVID vaccinated and 2020 Wimbledon cancelled altogether? Well firstly COVIDjok is an anagram of Djokovic. To complete the phrase, e is a transcendental number equal to 2.7182818284..... and thus Novak was expected to win due to COVID a transcendental number of slams. If one was to speculate on who is the GOAT, again why not rely on logic and simply search for players that have the word ‘GOAT’ within their name. Thus, call me Mr Coincidence but the record number of slams is 64 which belongs to Margaret Court where the word ‘GOAT’ can readily be obtained. Also, a GOAT cannot be a BULL which eliminates one dimensional clay specialist Rafael Nadal and similarly a GOAT cannot be a HORSE and thus eliminating Phar Lap assuming tennis polo is a sport. Tennys Sandgren is a professional tennis player but unlike Tristan Barnett the word ‘tennis’ cannot be obtained in the real space but only in the imaginary space. The imaginary number $i = \sqrt{-1}$ and thus should Tenn $\sqrt{-1}$ s Sandgren be playing lawn or beach tennis given that beach tennis is a recognized ITF sport played on sand? Okay some politics. Given that ‘archangel’ is an anagram of Rachael Gunn without the UN, should we then simply abolish the UN? Bandt is displayed sequentially in Bandicoot and Albo sequentially in Albatross. Thus, the titles Bandicoot Bandt and Albatross Albo

kind of sound poetic in reference to political leaders Adam Bandt and Anthony Albanese (known colloquially as ‘Albo’). Susie O’Neill, former gold medalist swimmer was nicknamed ‘Madame Butterfly’ in reference to her peerless quality as a butterfly swimmer and butterflies are typically depicted as elegant and gracious animals (even though butterflies cannot swim but could potentially drown if immersed in water). If we assume there is a God in which around 40% of the world’s population would agree then God loves all his creation including the minuscule ant and (drum roll) Prime Minister Ant Albanese. Thus, would nicknaming Susie O’Neill or other personalities including Adam Goodes with names containing Ant, Bandicoot, Albatross etc. be in good taste or offensive given that again to reiterate that Susie O’Neill was nicknamed ‘Madame Butterfly’, God loves all his creation including the minuscule ant and a further 900 million Hindus believe in reincarnation where we were other species animals, plants or otherwise in previous lives? Thus, based on the above is it in good taste or offensive to nickname former PM John Howard as ‘Warthog Howard’ given the coincidental word ‘war’ within Howard and Australia with Howard as PM supporting the 2001-2021 wars in Afghanistan? And is it just a coincidence that there are three political leaders mentioned above where their names resemble species of animals and thus why didn’t we just mention the obvious name of former PM Bob Hawke from the outset?

1.6 Prayer 6

Is the Davis Cup $\frac{1}{2}$ full or $\frac{1}{2}$ empty?
By Tristan Barnett

Consider a single game of tennis on a cold and rainy day, since taking the dog (or horse) for a walk around the local park is no longer an option. Then by applying elementary methods of counting paths, Binomial theorem, Markov Chains and summing an infinite geometric series one can readily obtain the probability of player A winning a game of tennis as a function p (given $p+q=1$) of player A winning a point as $f(p) = p^4(1 + 4q + 10q^2) + \frac{20p^5q^3}{p^2+q^2}$. This simplifies to $f(p) = p^4(1 + 4q + \frac{10q^2}{p^2+q^2})$ since 30-30 and deuce are equivalent states, and thus how many times can one remember playing competition or even club tennis where a confrontation has taken place on whether the score is 30-30 or deuce? Further, advanced methods using absorbing Markov chains represent $f(p) = \frac{p^4(1-16q^4)}{p^4-q^4}$, where it appears that $p = \frac{1}{2}$ is undefined since the denominator equals 0. However, on closer inspection the numerator also equals 0 for $p = \frac{1}{2}$, and we end up with the equation $\frac{0}{0} = \frac{1}{2}$, for $p = \frac{1}{2}$. Using a mathematics software package, factorization follows as $f(p) = \frac{p^4(3-2p)(4p^2-8p+5)}{2p^2+1-2p}$, and the roots $p = 0$ of multiplicity 4 and $p = 1\frac{1}{2}$ can readily be obtained. Agree that probabilities must be between or equal to 0 and 1, but this is a piece of poetry rather than a mathematics course so let’s just be a little bit creative for the purposes of identifying as many instances as possible of a $\frac{1}{2}$ appearing in this

passage given that the probability of winning the coin toss is ? Continuing to obtain further roots of $f(p)$, the quadratic equation can be applied to obtain two complex roots in conjugate pairs $p = 1 + \frac{1}{2}i$ and $p = 1 - \frac{1}{2}i$. Now that we have established the roots of the function $f(p)$, the next task is of course differentiation and anti-differentiation (integration) where with a bit of elbow grease or a mathematics software package, $f(p)$ has a minimum turning point at $p = 0$ and a maximum turning point at $p = 1$ which intuitively is what you would expect. Likewise $f(p)$ has a non-horizontal point of inflection at $p = \frac{1}{2}$. Naturally we choose to integrate a game of tennis in the region from 0 to 1, but before proceeding with the mathematics it can be observed that the area of a rectangle = base (b).height (h). The graph of $f(p)$ from 0 to 1, is visualized as a line that is symmetric about a rectangle with area 1 given that $b = 1$ and $h = 1$ (which is in fact a square). Note that differentiation gives the gradient function, whereas integration gives the area under the curve. Since the graph of $f(p)$ from 0 to 1 is symmetric about a square with area 1, then the area under the curve should be equal to $\frac{1}{2}.1 = \frac{1}{2}$ and verified using a mathematics software package. And similarly applying this piece of symmetry theory to a cup such as the Davis Cup, one can pour water into the cup whereby tilting the cup until the water is just touching the rim, would then determine whether the Davis Cup is (drum roll) $\frac{1}{2}$ full or $\frac{1}{2}$ empty.

1.7 Prayer 7

MATHS MATTERS @ KHS 30th reunion
By Tristan Barnett

On the 21.09.24, Tristan attended the 30th reunion Killara High School for the class of 1994. Since, $21+9=30$ and $30-24=6$ (where 6 is a perfect number $3+2+1=6$), implies that maths was taught in class 30 years ago. Both tennis and maths are major likes for Tristan as documented in the class of 1994 yearbook and this is most applicable in the real-world through Novak Djokovic, where $e=2.7182818284\dots$ is a transcendental number, COVIDjok is an anagram of Djokovic and Novak was denied up to 3 slams due to COVID. Thus, how many slams was Novak expected to win due to COVID to complete the Novak COVIDjok? Also documented in the class of 1994 yearbook is Tristan's hero chemistry teacher Matthew (Matt) Murphy, which is quite fitting since bitartrates (an anion which is the conjugate base of tartaric acid) is the longest word obtained out of Tristan Barnett. Now Tristan turned up to the 30th reunion to reflect his likes of maths and tennis using the Novak COVIDjok2.7182818284\dots with nail polish in the order of 2 white, 7 gold and 1 white. It is also noted that Don White was Tristan's maths teacher in 1994 and Michael Gold was the principal. Thus, how can maths be used to highlight Matthew, Don and Michael using the Novak COVIDjok2.7182818284\dots with Tristan's nail polish in the order of 2 white, 7 gold and 1 white? Solving the first part of the problem is relatively simple given the gold and white refer-

ences. Michael has 7 letters and Don has $2+1=3$ letters, which are reflected by the arrangement of Tristan's nail polish of 2 white, 7 gold and 1 white given the last names of Gold and White from Michael and Don respectively. The second part of the problem to reflect Tristan's hero Matthew Murphy requires ingenuity, such that Dan Murphy's is a liquor chain and vodka can be obtained out of Novak Djokovic (or dovak anagram). Now Matthew has 7 letters (in reference to the 7 gold) and Dan has 3 letters (in reference to the 3 white). MATHS MATTERS

1.8 Prayer 8

Saving Jannik Sinner with the night-time cap
By Tristan Barnett

As of the 14th October 2024, Jannik Sinner holds a 2-0 win record over Casper Ruud in reference to 'Casper the Ghost'. Sinner also holds a 7-1 win record over Alex De Minaur (aka "Demon") and noting the match that Sinner lost to De Minaur was a w/o. Thus, Sinner (where a sinner refers to a person who commits a sin and in a religious context, sin is a transgression against divine law or a law of the deities) has defeated both Demons and Ghosts in all 9 matches noting that Casper is ranked 9 and De Minaur ranked 11. And further, Sinner has won 2 grand slams and has spent in total 18 weeks as ATP world No. 1. How is this possible and has religion or spirituality played a role given the references of 'sinner', 'ghost' and 'demon' from above? If we look at amazing feats in tennis, then a couple of highlights include Michael Chang as the youngest male player to win a singles grand slam and Margaret Court with a record 64 slams including a record 24 singles slams. Both players of course were highly religious with a Christian perspective. Now stating the obvious Sinner is Italian and the Vatican with the current pontiff Pope Francis is in Rome. Roman Catholic bishops (including cardinals, archbishops, and popes) and well-known for the head covering called a 'mitre'. And incidentally Sinner also wears a head covering as simply a 'tennis cap' even at night-time and this is well-known. Now, Sinner has won 2 slams, $r+2=t$ (on the standard alphabet), replacing the 'r' in sinner with a 't' gives 'sinnet' and 'sinnet' reversed is 'tennis'. DIVINE

Chapter 2

Background Story

2.1 Education

2.1.1 Family Life

Tristan was born at the Mater Hospital Sydney on the 26th June 1977 into an orthodox 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, Rosh Hashanah and Yom Kippur yearly events were also undertaken with family. A vegetarian diet was never encouraged whilst growing up - 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 with little discussion about God. For example, there was no information discussed in reference to Krishna Consciousness, other religions or key concepts in the Old Testament such as the soul and the Holy Spirit (or its similarities such as Spirit or Spirit of God or Spirit of the Lord).

2.1.2 Primary School

At the age of 5 Tristan attended kindergarten and primary school at Lindfield East Public School (LEPS); located about a 15-minute walk from his family residence in East Lindfield. Rather than walk, Tristan would mainly catch the local bus or cycle to school. As expected, mathematics, English and science classes were taught throughout primary school; but never any classes regarding spiritual knowledge. Tristan did however attend regular Jewish scripture classes but cannot recall ever learning about God or studying the Torah. Tristan also learnt to read Hebrew through a private teacher Peta Pellach as a 'substitute' for Jewish Sunday school. On one occasion Tristan recalls asking about who is God; and the response from the teacher was vague and lacking meaning. There was schoolyard bullying at LEPS and in particular Paul Graham and Richard Malpass (principal at Sydney Grammar School from April 2017). Former Aus-

tralian professional rugby union player Stirling Mortlock was in the same year as Tristan in primary school. As expected Stirling would come 1st in every running event and Tristan generally came 3rd. Tristan however was the dominant tennis player in the year.

2.1.3 Secondary School

At the age of 12 Tristan attended secondary school at Killara High School (KHS); the closest public high school from his family residence. Tristan would mainly catch the local school bus taking around 15 minutes but on occasions would also cycle to school. As expected, mathematics, English and science classes were taught throughout high school; but never any classes regarding spiritual knowledge. Tristan did however attend regular Jewish scripture classes but cannot recall ever learning about God or studying the Torah. At the age of 13 Tristan was given a Bar Mitzvah on the 7th July 1990 at The Great Synagogue Sydney which involved reading the portion of the Torah Balak to the congregation where Rabbi Raymond Apple was the Rabbi at the synagogue. Tristan received private tuition from The Great Synagogue from Reverend Edmond Belfer in preparation for the Bar Mitzvah, where again there was no information discussed about God during these private lessons. In particular, there was no information discussed about whether we have a piece of God inside of us, what is the soul and is there a spiritual sky in the afterlife? Further, the information taught from the Torah was in Hebrew which made it almost impossible for Tristan to understand the English translation. 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 was 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%). As the results indicate Tristan was gifted in mathematics and typically spent most of his time studying mathematics, with moderate time on the science subjects and little or no time studying English and general studies. There was schoolyard bullying at KHS and in particular someone called Hafis. And more significantly there was physical assault from teachers namely George Stephenson (year advisor and maths teacher) and sexual assault from teachers namely Bill Gates (maths teacher). Classical pianist Simon Tedeschi also attended Killara High School but was 4 years below Tristan. The 10th school reunion was held at the Greengate Hotel in 2004, the 20th reunion at the Oaks Hotel in 2014 and the 30th reunion also at the Greengate Hotel in 2024. Tristan attended all 3 reunions.

2.1.4 Tertiary School

With a tertiary entrance ranking score of 80.75, Tristan was accepted to undertake a Bachelor of Science (BSc) 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 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 1996, 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 the 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 received 3 credits and 2 distinctions for these subjects, and with initial exemptions in three 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. 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. In 2005, Tristan received The Denise Lievesley student award to attend the 55th session of the International Statistics Institute. Tristan also completed a leadership course at Swinburne University 'Leadership and Entrepreneurial Attribute Development Scheme' (LEADS) with instructors Bob and Jane. Tristan also completed a short media course at Swinburne University with Jim Bucknell and recognised by the university as a leading media performer in print and radio interviews.

2.1.5 Academia

In 2007, Tristan was appointed Adjunct Research Fellow at Swinburne University. Tristan left Swinburne University in 2008 (after 2 years of a 3 year appointment) due to ongoing bullying by the Head of Statistics Professor Denny Meyer and also for being accepted as Adjunct Lecturer with Victoria University before leaving Swinburne University. Denny had a PhD student Geoff Pollard (former president of Tennis Australia) undertaking research in tennis statistics and she thought that Tristan was undermining her by writing joint publications on tennis with Geoff where Denny was not included as co-author. And thus Denny premeditated methods of bullying in the attempt that Tristan would resign from Swinburne University.

In 2009, Tristan was appointed Adjunct Lecturer at Victoria University. In 2010, Tristan was successful as Partner Investigator on an ARC Linkage Project with David Dowe (CI) and Arun Khanna (PI): 'Rating and ranking sports players and teams using minimum message length'. Further, Tristan was recognized amongst the university as a leading researcher and media performer. However, Tristan's appointment was terminated in 2010 (after 2 years of a 3 year appointment) by the Vice Chancellor Elizabeth Harman for reasons which were not justified and an official termination letter was sent to Tristan's home address at 1/11 Findon St, Hawthorn. Tristan was not paid for work done for the AFL Western Bulldogs Football Club (partners with the university) at \$25,600. Also, Tristan's supervisor John Zeleznikow was related to the family and John contacted Tristan's direct family through Tristan's cousin Barbara Lewis (now deceased) which got back to Tristan's parents.

In 2011, Tristan was appointed Adjunct Research Fellow at the University of South Australia (UniSA). Tristan left UniSA in 2012 (after 2 years of a 3 year appointment) due to health reasons and in particular generalized anxiety. Tristan was most welcomed at UniSA and his research contribution was greatly acknowledged by the university.

In 2013 at the age of 35, Tristan enrolled in a Bachelor of Social Science degree at Macquarie University. As a part time student in 2013, Tristan received a credit in 'Australian Politics in a Global Context' and withdrew without failure in 'An Introduction to Sociology' (5 weeks completed), 'Economy and Society' (7 weeks completed) and 'Microeconomics' (3 weeks completed). Tristan discontinued the degree during 2nd semester in 2013 as Tristan's health with generalized anxiety was disabling Tristan from studying effectively. Tristan however read a total of 33 social science books from Macquarie University library in 2014 along with religious texts of the Bible, Qur'an, Book of Mormon and the Bhagavad Gita As It Is.

In 2020, Tristan was appointed Adjunct Senior Lecturer at Flinders University and unlike the other 3 adjunct appointments, Tristan completed the full 3 year

term with Flinders University. However, this appointment was not extended for another 3 year term since Tristan's supervisor Vladimir Ejev had retired. However, the Vice President and Executive Dean for the College of Science and Engineering (CSE) Professor Alistair Rendell was not happy about Tristan undertaking research in mental health and peace given that it didn't align with the research interests for the CSE, and Alistair sent some fairly aggressive emails directly to Tristan surrounding this issue.

Tristan joined facebook in January 2008 and by 2023 Tristan had obtained the maximum 5,000 contacts. Further, from 2014-2020 Tristan had read the Bhagavad Gita As It Is 4 times. Furthermore, from the start of the PhD in 2002 until the end of 2024, Tristan has a PhD in applied mathematics, 44 publications (where Tristan was coordinating author on 35 of these publications) and self-published a book 'The Mathematics of Tennis' (which included developing a sophisticated tennis calculator in an Excel spreadsheet).

2.1.6 Summary

1982-1988 Lindfield East Public School

1989-1994 Killara High School, Higher School Certificate

1995-1999 Macquarie University, Bachelor of Science

2001-2002 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

2020-2023 Flinders University, Adjunct Senior Lecturer

2.2 Media

Tristan's first taste of media 'celebrity' status was in 2000 in the North Shore Times featuring a summary of Tristan self-funding a trip to Las Vegas in 1999 from playing blackjack at Star City casino, Sydney. And then from the start of Tristan's PhD in 2002 until graduating in 2006, and then continuing 2007-2010 with adjunct lecturer status at Swinburne followed by Victoria University, Tristan had numerous print and radio interviews mainly on tennis. Tristan was recognized by the media team as a 'media performer' at both Swinburne and Victoria universities. Tristan coordinated five articles in the Australian Financial Review (AFR) and featured in The London Sunday Times. These articles are given below. Tristan's last media endeavour was in the AFR 2012 in relation to the success of professional gambler David Walsh. Tristan has possibly had just as much success on social media as in mainstream media. Tristan joined facebook in 2008 and by 2023 (15 years later), Tristan reached

the maximum 5000 contacts, and is now live streaming on several social media platforms with the branding ‘The Baron Breaks’.

February 2003. All those extra points are pointless. AFR

June 2003. Australian tennis has to outgrow grass roots. AFR

February 2004. Getting the most points is not always enough. AFR

January 2005. The speed of the court surface used at the Australian Open can be misleading. AFR

May 2005. A statistical challenge to what’s really exciting about tennis. AFR

June 2005. Formula that says Federer will win. The London Sunday Times

2.3 Knowledge

Tristan’s knowledge prior to 2013 consisted of mathematics and statistics; resulting from 3 tertiary level degrees in the mathematical sciences including a PhD in applied mathematics with a focus on tennis statistics. Political Economy became an interest for Tristan in 2012 through reading the book ‘Political Ideologies’ by Andrew Heywood whilst staying at the Kathleen Lumley College in Adelaide. This led to commencing a Bachelor of 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. Tristan resigned from the degree in 2013 and continued with his own research out of Macquarie University library by reading 33 social science books and many spiritual texts including the Bible, Qur’an, The Book of Mormon and the Bhagavad Gita As It Is. Prior to various spiritual encounters taking place in March 2013, Tristan had very little knowledge of religion and spirituality. Resulting from Hatha Yoga classes at Macquarie University Sports and Aquatic Centre in 2013, Tristan read his first ‘spiritual’ book ‘Ashtanga Yoga’ by Gregor Maehle as 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 below were read by Tristan in the 2nd half of 2013. In 2014, Tristan read the Bible, Qur’an, The Book of Mormon and the Bhagavad Gita As It Is, along with ‘The Bible: the basics’ by John Barton, ‘Cambridge Studies of Religion’ by Christopher Hartney, ‘Oxford Studies of Religion: Preliminary and HSC Course’, ‘Religion in Minutes’ by Marcus Weeks and many Krishna consciousness books written by Srila Prabhupada. Based on the above, Tristan has researched the spiritual and social sciences. Tristan has also studied the physical sciences of chemistry, biology and physics from high school and in a Bachelor of Science degree at Macquarie University Tristan studied units in human biology and physics. It could then be argued that Tristan has studied all science knowledge both material and spiritual. Being an Alumni member at Macquarie University enabled Tristan to borrow books on the social sciences out of Macquarie University library.

Spiritual Books

1. Bhagavad Gita As It Is
2. Elevation to Krsna Consciousness
3. The Higher Taste
4. Sri Isopanisad
5. Beyond Birth and Death
6. The Perfection of Yoga
7. Chant and Be Happy
8. The Science of Self-Realization
9. Srimad Bhagavatam First Canto-Part One
10. The Matchless Gift
11. Yoga for the New Millennium
12. Discover Your Self
13. Coming Back - The Science of Reincarnation
14. The Nectar of Instruction
15. Teachings of Lord Kapila - The Son of Devahuti
16. A Beginner's Guide to Krsna Consciousness
17. Easy Journey to Other Planets

Social Science Books

1. A Spectators Guide to World Religions by John Dickson
2. Anthropology by Conrad Philip Kottak
3. Mastering Philosophy by Anthony Harrison-Barbet
4. Psychology - from inquiry to understanding by Lilienfeld et al
5. Macroeconomics by Douglas McTaggart, Christopher Findlay and Michael Parkin
6. Introduction to Australian Public Policy by Alan Fenna
7. Issues in 21st Century World Politics by Mark Beeson and Nick Bisley
8. Resolving Conflict by Gregory Tillett and Brendan French
9. Making Australian Foreign Policy on Israel-Palestine by Eulalia Han & Halim Rane
10. Political Theory - An Introduction by Andrew Heywood
11. The Politics of Australian Society by Paul Boreham, Geoffrey Stokes & Richard Hall
12. Political Ideologies 5th edition by Andrew Heywood
13. How we are Governed 11th edition by Claude Forell
14. The Australian Greens by Stewart Jackson
15. Understanding the Australian Legal System 7th edition by John Carvan
16. International Law 7th edition by Martin Dixon
17. Moving Toward Justice: Legal Traditions and Aboriginal Justice edited by John Whyte
18. Indigenous People and the Law in Australia by Chris Cunneen and Terry Libesman
19. Environmental Law by Lee Godden and Jacqueline Peel
20. Microeconomics 7th edition by Douglas McTaggart, Christopher Findlay and Michael Parkin

21. Think Sociology by John Carl, Sarah Baker, Brady Robards, John Scott, Wendy Hillman and Geoffrey Lawrence
22. Labor's Conflict by Tom Bramble and Rick Kuhn
23. Pseudoscience and Extraordinary Claims of the Paranormal by Jonathon Smith
24. The Conscious Body by Perrin Elisha
25. Dreams and Modernity by Helen Groth and Natalya Lusty
26. In Search of the Light by Susan Blackmore
27. A Short Introduction to Climate Change by Tony Eggleton
28. The United Nations 4th edition by Peter Baehr and Leon Gordenker
29. Quantum Physics and Parapsychology edited by Laura Oteri
30. Anomalistic Psychology by Christopher French and Anna Stone
31. Ashtanga Yoga by Gregor Maehle
32. Market society: history, theory, practice by Ben Spies-Butcher, Joy Paton and Damien Cahill
33. From Shaman to Scientist edited by James Houran

2.4 Family

Tristan has parents Wendy (born 2/10/46) and Graham Barnett (born 11/2/44), one brother Lyndon Barnett (born 12/01/76), four grandparents Thelma (born 27/06/18) and Jack Barnett (born 27/03/14), Gladys (born 13/07/15) and Maurice Lilienthal (born 17/12/17), and one aunt Robyn Lilienthal. Tristan has no first cousins but many second cousins more notably music sensation John Foreman. Tristan's great grandparents are Vera and Montigue Barnett, John and Rebecca Grace, Ruben and Yenta Lilienthal, and Fanny and Wolf Goldman. Vera Barnett lived to 105 and Ruben Lilienthal lived to 102. Tristan attended both of their 100 birthdays and Ruben Lilienthal gave a speech at Tristan's Bar Mitzvah saying how important education is but never mentioned anything about God or understanding God. Tristan's family tree can readily be obtained from his eight great grandparents with all second cousins. It has also been recognized through the family that Emily Symons (played by Marilyn Chambers on Australian drama 'Home and Away' is related through the family with Rebecca Grace being a Symons by birth, and thus Emily Symons is likely to be a third or fourth cousin to Tristan and John Foreman.

Tristan's PhD acknowledges the following: "My two grandfathers, Maurice Lilienthal and Jack Barnett, for initially arousing my interest in sport. Maurice received an Order of Australia Medal for services to sport, and in particular NSW country cricket. Jack has assisted in the administration for club lawn bowls".

2.5 Private Life

Tristan's first girlfriend was at Killara High School in year 12 at the age of 17. Tristan has dated eight girls in total and split evenly between Jewish and of Asian origin. Tristan has never been married and has no kids.

2.6 Income

Tristan's first paid job in 1993 was tennis coaching at school holiday camps for Northside Tennis run by Armond Djani. 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 of Promaths and A4 Maths within a typical working environment. Working for maths tutoring companies was 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 at NCS Pearson as a phone and door-to-door interviewer, and as a courier driver at Macquarie Lighthouse Press involving door-to-door deliveries around Macquarie University campus. Complications and bullying took place at NCS Pearson and in particular Brendan Anderson shining a laser beam in the eyes of work colleagues whilst waiting to catch the train home from St Leonards station. However, Tristan left the job at the end of 2000 to relocate to Melbourne to undertake a research degree in tennis statistics at Swinburne University. There was also a lot of politics amongst management and work colleagues at the courier driver job at Macquarie Lighthouse Press, including smoking in the work van and in offices. Tristan made a complaint to management Steve Clifton and reluctantly the smoking issues were addressed given that Steve was also a smoker. Being only a casual employee, Tristan was fired from this courier driver job after 6 months of committed work but continued work with NCS Pearson directly after the termination. Market research as an interviewer continued for Tristan in Melbourne following NCS Pearson for about 9 months at Taylor Nelson Sofres whilst Tristan was undertaking a research degree in tennis statistics (initially a Masters and converted to a PhD the following year) at Swinburne University. This company was highly reputable and Tristan decided to resign from this job to allow more time to focus on the research degree.

In 2002 Tristan was a tutor for a 1st year university statistics subject 'Chance and Gaming' and in 2005 Tristan was a lecturer for this subject.

In 2003 Tristan began Sports IT work which involved setting prices for betting companies Ladbrokes (through a spinoff company Sportsbet21 under Swinburne universities IP arrangements) and Centrebet, prediction modelling for a sports multimedia company Infoplum and performance modelling for Tennis Australia. Tristan resigned from Sportsbet21 in 2007 for not being paid on time for work completed and after resigning Tristan is still owed \$13,000 from the company including unpaid superannuation. Tristan's PhD supervisor Professor Stephen Clarke implemented a formula in the system which caused the betting product to make a loss and Sportsbet21 consequently lost its tennis license with Ladbrokes despite Sportsbet21 making a highest total profit of \$40,000 in a month prior to the new implemented formula. And thus Sportsbet21 were left with only a cricket license which was only breaking even on average each month. Tristan was the mathematician for tennis and was never consulted about this new implementation of formula in the system. Further, Stephen published an article in a Mathsport conference proceedings several years later talking up the brilliance of this newly devised formula even after Sportsbet21 lost their tennis license with Ladbrokes as a result of this 'ridiculous' new formula. As expected, Sportsbet21 became inactive within months after Tristan resigning.

Complications took place at Infoplum from both management and work colleagues which was the reason for Tristan resigning. There was ongoing bullying from work colleagues and in particular Chanakya Reddy and Lei Feng, where Lei was distorting images of work colleagues face's including Tristan to show complete baldness and then posting the images on social media. Tristan was pressured by management Arun Khanna and Trevor George to help carry a pool table up several flights of stairs which dropped on Tristan's foot but there was no serious injury. Tristan was also pressured to move boxes where Tristan used a trolley to move boxes down several flights of stairs (but the trolley with the wheel structure was only designed for moving boxes up stairs) and consequently Tristan fell down several flights of stairs, but luckily there was no injury (just the shock from relief that there was no serious injury). Finally before resigning, Tristan was blamed for the projector being the wrong way around, required to clean the back room full of 'mess' to be thrown out and even do some electrical work (although this task was not carried out). CEO Arun Khanna would get into fights with several staff through high levels of rage and aggressive verbal language and consequently staff were frequently resigning from the job. Infoplum became inactive within months after Tristan resigning.

Tristan is still owed an estimated \$13,000 from Sportsbet21 and \$25,600 of work completed for the Western Bulldogs AFL club that was never paid when Tristan did commercial work whilst having an adjunct appointment at Victoria University (the university and the Western Bulldogs are partners). Since resigning from Infoplum in 2012, Tristan has been unemployed and never received unemployment benefits during this time. Also, Tristan never received youth allowance throughout his three degrees. Tristan's wage from tennis coaching started at \$10 per hour and at the last job with Infoplum was at a maximum

of only \$44 per hour despite having a PhD before commencing this latter job. Tristan would typically work 4 days a week on casual employment for an annual salary of about \$70,000. Note that Tristan has never had a full-time job (only casual and contract work).

Based on the above, Tristan made a career out of predicting sporting outcomes by developing mathematical models. This included setting prices for Ladbrokes and Centrebet, and for sports multimedia company Infoplum. The total is estimated at \$250,000. Tristan also made an estimated \$140,000 from work carried out prior to work involving predicting sporting outcomes. Hence, Tristan made \$390,000 or $\$390,000/30 = \$13,000$ per year since leaving high school in 1994 (30 years in the workforce 1994-2024).

Tristan's main source of income has come from a deceased estate from the late Yvonne Elaine Thompson of \$998,508.55 (property was sold for \$2,350,000 with settlement 9th April 2018). Tristan owns a property at 12/5 Leisure Close, Macquarie Park NSW 2113 (purchased for \$450,000 by Tristan's parents in 2013 given the advertised price was \$400,000, where an online silent auction was used for the selling process with no hard evidence from agents Ray White that the 'auction' ever existed). Tristan also purchased a property in 2018 at 23/166 Mowbray Rd, Willoughby NSW 2068 (purchased for \$925,000 using the money from the deceased estate given that the advertised price was \$850,000 and a silent '2 person playoff auction' was used for the selling process with no hard evidence from the agents that the 'auction' ever existed). The latter property was sold by Garwoods Estate Agents for \$1,050,000 in 2024 (almost 6 years later), in which Tristan has to pay capital gains tax given that to be exempt from tax the owner needs to have lived at the property for at least 6 months. James Garwood (principle agent for selling the property) contacted Tristan to offer an 'agents discount fee' (Garwoods fees totalled \$16,096 at settlement) to sell the property given that Tristan initially contacted Aurora Property, where Trevor Richardson was allocated to sell the property. James stated that Tristan was not to tell anyone that Garwoods were giving this 'exclusive agents discount fee' to sell the property. James also slandered Aurora Property by stating that "Trevor is a bit pushy and other people have said this about Trevor". Further, James breached confidentiality during the sales process by contacting Tristan's parents and then trying to persuade Tristan to not sell the property even though Tristan had already spent \$9758 on marketing costs and \$5170 on styling.

Tristan had about \$160,000 in cash left over after purchasing the property 23/166 Mowbray in 2018 and a healthy 1.1 million after selling the property in 2024. As of 29/06/24 Tristan has made \$137,818 from rent on both properties. Tristan's grandparents Jack and Thelma Barnett paid all of Tristan's HECS in both the undergraduate and graduate diploma degrees. Jack and Thelma also contributed to Tristan's living expenses during the PhD degree to a total of about \$50,000. Hence, Tristan had about $\$390,000 + \$160,000 + \$137,818 + \$50,000 = \$737,818$ or $\$737,818/30 = \$24,594$ per year to live on

since leaving high school. As of 29/06/24 Tristan had \$121,177 in the bank account. This means that Tristan has lived on $(\$737,818 - \$121,177)/30 = \$20,555$ per year. Note that unemployment benefits as of 29/06/24 are \$19,830 per year. The PhD degree fees was funded by Swinburne University and Tristan paid \$2100 (with \$400 accumulated interest) for the Bachelor of Social Science degree fees through 2 subjects (1 subject completed) during 2013. Finally, Tristan's superannuation as of the 29/06/24 is only \$34,067 after 30 years in the workforce.

1993-1996 Northside Tennis
 1995-1996 Promaths
 1997 A4 Maths
 1995-1999 Private mathematics tuition
 2000 Macquarie Lighthouse Press
 2000-2001 NCS Pearson
 2002 Taylor Nelson Sofres
 2002-2005 Swinburne University
 2003-2007 Ladbrokes
 2008 Centrebet
 2009-2012 Infoplum
 2012 Tennis Australia

2.7 Strategic Games

2.7.1 Timeline

strategicgames.com.au

2000: Strategic Games established as a registered business 8th June 2000 with a free website hosting through tripod. The business model focuses 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.

2002: Whilst undertaking a PhD in tennis statistics the business model now focuses on obtaining work in sport and gambling statistics, which resulted in prediction modelling for betting companies Ladbrokes and Centrebet, sports multimedia company Infoplum and performance modelling for Tennis Australia. A paid website is created through Webcity. The business model is such that 'Strategic Games uses mathematics to solve real-world problems in sport, gambling and conflicts'. Tristan establishes himself as an avatar "The Baron" as a result of playing bridge software 'Bridge Baron'.

2003-2007: \$50,000 of work for Ladbrokes in predicting live outcomes in tennis using analytic methods in Excel. Note that Strategic Games is still owed

\$13,000 from unpaid work with Sportsbet21 (spinoff company under Swinburne universities IP arrangements where Ladbrokes had the license for live betting).

2008: \$38,000 of work for Centrebet in predicting live outcomes in tennis, AFL, NBA, ice hockey, soccer and NFL using analytic methods in Excel.

2009-2010: Work carried out for the Western Bulldogs Football Club (AFL) over 2 years in developing decision support software in player drafting, where Strategic Games has not been paid to the total of \$25,600.

2009-2012: \$160,000 of work for Infoplum over 2.2 years in live predictive modelling in tennis, football codes, basketball, netball and different cricket formats using analytic methods in Excel.

2012: \$3,750 of work for Tennis Australia in analyzing match statistics data as a decision support tool to increase performance.

2022: A professional website and logo developed through Vodien (takeover of Webcity in 2020) and the Strategic Games School was added. Tristan also established 'The Baron Breaks' - a tennis interaction for all fans featuring a predictive tennis calculator, live stream tennis commentary through social media sites, poetry and comedy on tennis, finding the GOAT, improvements to tennis regulations and performance strategies.

2023: Strategic Games business card created and Tristan reaches a maximum 5000 facebook contacts (15 years after joining facebook in 2008).

2024: 'The Baron Breaks' streaming live on facebook, Youtube, dLive, kick, twitch, twitter and instagram. Strategic Games flyer created and distributed on community noticeboards as a form of advertising. The Strategic Games Foundation also added.

2.8 Recreation

2.8.1 Sport Participation

Tristan's sport participation has consisted of badminton, squash, table tennis, volleyball, cycling, sailing, downhill and cross country skiing, snowboarding, bodyboarding, water skiing, bodysurfing, darts, pool, snooker, tenpin bowling, lawn bowls, golf, kayaking, canoeing and pickleball. But Tristan's main sport participation where he has competed in tournaments has come from tennis.

Tristan would have weekly coaching at 16 Adelaide Ave, East Lindfield by Armond Djani 1985-1988, and later Armond established Northside Tennis where Tristan was employed by Armond as a tennis coach for school holiday camps. Tristan had more advanced coaching from Ben Sternberg at Roseville Park

Tennis Club in 1994. 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. Due to ongoing injuries Tristan stopped playing tennis after leaving Hawthorn Tennis Club at the age of 28.

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

2.8.2 Spectator Sports

Tristan has viewed live a large number of professional sports. At the 2000 Olympics in Sydney; Tristan watched athletics, volleyball and the marathon. At the 2006 Commonwealth Games in Melbourne, Tristan watched badminton, table tennis, squash, weightlifting, diving, gymnastics and track cycling. Tristan has watched tennis on a large number of occasions at White City (NSW Open), Olympic Park (NSW Open), Sydney Entertainment Centre (Sydney Indoors and Masters Cup), Kooyong (Davis Cup), Melbourne Park (Australian Open) and Flushing Meadows (US Open).

Tristan has also seen live the sports of rodeo, swimming, skateboarding, lacrosse, snooker, baseball, sumo wrestling, kick boxing, poker, cricket, golf, rugby league, rugby union, Australian rules football, basketball, netball, soccer, American football and ice hockey.

2.8.3 Leisure

Tristan played tennis from the age of 5 by attending school holiday tennis camps and weekly coaching, and played tennis with a school colleague almost daily throughout year 10. Tristan was a cub (leader Billy O'Donoghue) from the age of 8 and scout (leaders Gary Ewen and Bob Whyburn) from the age of 11 with 1st Middle Harbour Sea Scouts. Tristan did many activities with scouts including free camping, bushwalks, cycling, skiing, sailing, kayaking, canoeing, water skiing and attending Jamborees. Tristan would also go to the movies with school friends during school holidays in high school. For \$20, we would get a movie, popcorn and a coke during the movie, McDonalds for lunch after the movie and many games at Timezone. Television was a popular pastime for Tristan whilst growing up in East Lindfield. Regular programs included Astroboy, Monkey Magic, Inspector Gadget, Danger Mouse, Dr Who, Hey Hey It's Saturday, Home-and-Away and Sale of the Century. Tristan owned a Nintendo and

would play for several hours a day throughout years 9 and 10. Games included Super Mario Bros and Zelda.

After leaving high school, Tristan's recreation consisted of hanging out weekly with friends mainly at North Sydney Leagues Club, Chatswood RSL and the Greengate Hotel. We would have an evening meal, purchase a couple of alcoholic drinks, and play snooker and table tennis. On many occasions we would then go to Berry Street nightclub in North Sydney. Tristan would also play weekly tennis and frequently golf. Tristan would cycle frequently for leisure as a form of transport using road and mountain biking. Tristan also obtained a scuba diving license and went scuba diving in Sydney Harbour and Jervis Bay. After giving up scuba diving within a couple of years, Tristan would resort to snorkelling and has snorkelled on the Great Barrier Reef from Cairns, Townsville and the Whitsundays. Tristan has snorkelled alongside a green turtle, sea lions, seals, manta ray and whale sharks. While keeping a distance, Tristan observed a 5 metre reef shark in the Great Barrier Reef from Townsville. Tristan would go on road trips with a couple of high school colleagues Tim Byrnes and Paul Graham every six months or yearly (exception with the COVID pandemic) covering a different place mainly within Australia and New Zealand. Initially we travelled together over 2.5 months around Europe in 1996 and the final trip to New Caledonia in 2023 over 3 nights - hence 27 years of travelling together! Our road trips consisted of many National Parks and Tristan enjoyed four wheel driving and observing wildlife. The most memorable 4WD trip was to Palm Valley in Alice Springs. We also went kayaking on Jervis Bay and cycling on Maria Island. The appendices features a daily log written by Tristan during the 2.5 month trip around Europe with Tim and Paul. After leaving Macquarie University with a BSc degree the weekly trips to North Sydney Leagues Club, Chatswood RSL, Greengate Hotel and Berry Street nightclub ceased.

2.9 Accommodation

2.9.1 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 research degree 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 2011; where in 2012 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 Macquarie University Village as this was a convenient way to obtain accommodation with short notification, and a requirement for the student accommodation was to enrol in a degree. And hence Tristan enrolled in a Bachelor of Social Science degree just to obtain the student accommodation at Macquarie University Village with short notification.

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

2.9.2 Rental Accommodation

Tristan left Swinburne Student Apartments in 2003 and moved to private rental at 178 Mary St, Richmond 2003-2004 and 1/11 Findon St, Hawthorn 2005-2011. At the latter place the landlord Jillian Dickson filed an arbitration hearing with the Victorian Civil Arbitration Tribunal for \$150 compensation for Tristan not keeping the kitchen and bathroom clean. As a result of the hearing it was decided that the landlord was to pay for the bathroom walls to be painted as a result of the mould build-up and Tristan was to pay for the place to be professionally cleaned. Both of these tasks were carried out and there were no further repercussions. Tristan paid from \$140-\$250 per week for student and rental accommodation.

2003-2004 178 Mary St, Richmond
2005-2011 1/11 Findon St, Hawthorn

2.9.3 Properties

Tristan grew up living at 92 Chelmsford Ave, East Lindfield. In 2013, Tristan purchased a property (funded by Tristan's parents) at 12/5 Leisure Close, Macquarie Park which is Tristan's current place of residence. Tristan also purchased at 23/166 Mowbray Rd, Willoughby in 2018 funded by money obtained from a deceased estate and the property was sold in 2024. Note that Tristan was travelling from 31st July 2023 - 7th August 2024 and primarily had no fixed address by storing minimal possessions in a locker in Macquarie Park. The Macquarie Park property above was being rented out and the Willoughby property was being rented out until sold in September 2024.

1977-2001 92 Chelmsford Ave, East Lindfield
2013- 12/5 Leisure Close, Macquarie Park

2.10 Spiritual Encounters

Tristan's first spiritual encounter was captured on a photo as a UFO in 2004 taken at Squeaky Beach, Wilson's Promontory National Park, Victoria. Tristan was on a road trip with Tim Byrnes and Paul Graham at the time. A distinct object is visible in the picture which typifies what a UFO may look like and both Tim and Paul found this 'blimp' in the photo to be unusual given that there was no unusual activity on Squeaky Beach at the time and the three of us spent over an hour on the beach.

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 roof of the opposite apartment and landing at Tristan's front door before pecking on the door several times and looking Tristan in the eye in the same spot of where the previous bird occurred before flying off. Tristan was standing in the kitchen of his apartment at the time when a strange feeling of energy (as a force) 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 from the roof of the opposite apartment. This encounter with the bird appears to reflect the situation when Jesus was baptized as documented in 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". The third event featured the skin and feathers of a 'dead' black bird without a 'body' appearing in roughly the same spot that the previous birds had pecked on the door and confirmed by Tristan's house mate with the quote "That is something out of the Bible" in reference to a 'resurrection' as there was no 'body' present on the bird just the skin and feathers. The exact dates of these events are difficult to trace but can be confirmed to have taken place between the 27th March and the 8th April 2013. These events occurred as a direct result of making the connection with yoga and conflict resolution and posted on facebook (with Tristan studying politics in an undergraduate degree at Macquarie University at the time coordinated with research in yoga, conflict resolution and political science), such that 'Yoga is the most effective method to resolving conflicts'. In coming months Tristan deduced that this second event was an out-of-body experience where the 'soul' left the material body and Tristan was visualizing a bird in the spiritual world. Tristan contacted the Australian Institute of Parapsychological Research about this spiritual encounter and the response was that the out-of-body experience (which occur in about 20% of the population) was not a typical out-of-body experience which is veridical, but rather the reviewer regarded it as something more of a mystical experience and therefore can be regarded as something very unique.

On the 1st November 2019, Tristan was standing in the living area in his apartment 12/5 Leisure Close, Macquarie Park at night time when the leaves of Tristan's closest tree in the backyard became illuminated. On closer inspection the leaves blended together, shined in the dark sky and formed 'creatures'. In particular the top two creatures looked something of 'spiritual' nature rather than 'material' as it is difficult to describe by words what these 'creatures' represented. Tristan has seen a lot of art work and this was something out of 'The X-files'. This can be confirmed by Tristan's neighbour with the quote "That is absolutely beautiful". Even during the daytime the intricacy of the

way the leaves were constructed to represent objects or creatures is something that natural formation would be virtually impossible to obtain. Further, Tristan's garden was an art gallery. There were faces of bears blowing in the wind from the trees. Pictures of angels and animals appearing in photos that weren't visible from the naked eye. These creatures on the leaves of the tree, photos of animals and angels appeared directly after writing a document as a predecessor of this document and posting on facebook 'Second Coming of Jesus: a solution to world peace'.

In early December 2019, Tristan was stalked by a Macquarie University student by the name of Ed Chen at the Macquarie Animal Rights Society for posting on facebook about the Hare Krishna movement. Tristan visualized Ed at the Macquarie University Incubator coming at Tristan saying "Be careful what you post on facebook but don't stop posting".

In late 2022 when Tristan attended Ryde Adventist the same image that occurred in April 2013 of a 'dead' black bird featuring the skin and feathers without a 'body' appeared on the footpath when Tristan was walking to church but was not present on the return journey. On that particular occasion in church the senior paster stated that the Second Coming will face Satan as documented in Corinthians and said 'God Bless' to Tristan when departing church.

On Friday 25th August 2023 in New York City which coincided with Shabbat and exactly 4 months prior to Xmas Tristan met some orthodox Jews and did a common Jewish ritual known as putting on tefillin. Straight after this ritual bird poop hit Tristan's shoulder and when Tristan looked up there were birds flying high in the sky. Note there was a video posted on youtube on March 2nd 2013 of bird poop on a car resembling Jesus and this event occurred only weeks prior to Tristan's out-of-body experience at 22/122 Culloden Rd Marsfield, where Tristan was visualizing a bird in the spiritual world.

Tristan wrote a poem as documented in section 'Prayer' and after reading this poem out on the final night Wednesday 13th December 2023 on a young Buddhist retreat Vijayaloka Centre which coincided with a new moon there was an isolated lightening display over the centre that lasted most of the night.

Tristan was camping at Daylesford Holiday Park and there was just the one black feather appearing outside of Tristan's tent on the morning of Friday 2nd February 2024 (that was not present the night before). Further, there was some unusual flying activity demonstrated by a black bird just after Tristan noticed the feather where the bird flew quite 'close' to Tristan and circled in a spectacular way. This post was made by Tristan the night prior Thursday 1st February 2024: "If one is suffering in this current life, then Voluntary Assisted Dying (VAD) could lead to even greater suffering in the next life. Rather than legalize VAD it is more productive to say ban the mushroom since mushroom addiction could have caused the suffering in the first place. Note VAD is supported by

known philosopher Peter Singer which is why it was probably passed through parliament. Thus should we ban Singer philosophy and learn true knowledge or philosophy through Krishna?"

On Sunday 21st April 2024 which coincided with the day before the eve of Jewish Passover, Tristan attended Christian Church in Cloncurry. After leaving church, Tristan then travelled to the information centre down the road and there was another incident involving a bird where bird poop landed very precisely on Tristan's right hand and bag. Within days of this event, Tristan developed a website yoga-for-peace.com where this actual document can be downloaded from the site.

On ANZAC day Thursday 25th April 2024, Tristan read out 'The Minuscule Ant' in Mt Isa just after the commemorative dawn service and a flock of birds flew overhead when reading the words 'Ashleigh Barty'. This video can be viewed strategicgames.com/the-baron-breaks/

On Wednesday 1st May 2024, Tristan read out 'The Minuscule Ant' in Alice Springs and birds started tweeting really loud when reading the words 'Ashleigh Barty'. The landscape featured a sign 'ANT' standing for Australia Northern Territory. This video can be viewed strategicgames.com/the-baron-breaks/

On Sunday May 26th May 2024, Tristan attended the Anglican church in Darwin which is celebrating 50 years since the church was almost destroyed from Cyclone Tracy Xmas eve 25th December 1974. Incidentally, the only remains to the cyclone were the front porch and gateway with the cross. In a live stream video by Tristan there appeared birds flying high in the sky when Tristan read out the words 'Xmas eve' in relation to the church.

Tristan left Melbourne in February 2024 just after the Australian Open tennis to travel to Darwin via Cairns and Alice Springs on a 4 month unlimited greyhound bus. From Darwin, Tristan was embarking on an anticipated 10 days Adventure Tour camping trip through the Kimberley's. However, on the 6th day Tristan evacuated to Kununurra after being stranded on the previous 2 nights in the cold with an 'unwelcomed' traveller Craig Vion from Griffith QLD on the tour who was bossing, bullying and manipulating Tristan, and Craig had the support of the tour guide Adam. Here are some events that took place. **1st June** - We left Darwin early morning where everything was completely normal as you would expect on the 1st day. We went for a swim at Edith Falls and hiked to a lookout at Katherine Gorge at sunset. We observed and some of us sampled green ants from a plant, where ants are the indigenous animal of the NT. Tristan attached a copy of 'The Minuscule Ant' (Strategic Games flyer) to the permanent tent that Tristan slept in at the camping ground in Nitmiluk National Park. **2nd June** - The morning began with a dip in Katherine Hot Springs before travelling to Lake Argyle for a sunset cruise and a swim in the river where we did some fish feeding and observed a freshwater crocodile on the bank from a distance. This

is where Tristan became highly suspicious of Craig by his choice of swimming in underwear and there were many ladies some quite young on the tour. Also, Craig would wear very unusual clothing such as a cap that said RAF and a long-sleeved blue shirt. It was quite hot in the day and would appear quite strange to be wearing a long-sleeved shirt. Further, Craig was quite aggressive and loud in his voice and on one occasion where it appeared that something had fallen off the truck, Craig shouted as loud as possible “Adam” (tour guide driving the truck), and Adam found this rather ‘aggressive’ behaviour to be unusual given that Craig could have quietly approached Adam on the incident. We camped on the Ord River that night. **3rd June** - The morning began with canoeing on a lake near the camping ground and this is where the ‘bullying’ started in that Craig splashed a large amount of water at Tristan whilst in the canoe. After the canoe trip we then drove to the Bungle Bungles National Park a UNESCO World Heritage site and walked the magnificent Echidna Chasm. At night time a snake was spotted by a traveller surrounding our tents. This appeared a little unusual for several reasons. Firstly, snakes typically pick up on movement and move away into the bush. Thus, why would a snake be around a camping ground? Secondly, snakes are attracted to sunlight and generally do not appear in the open at night time. Thirdly, the snake was a red belly black rather than the more common eastern brown, and thus the black snake could represent some type of symbol that there is evil within this tour. Snakes are also the indigenous animal of WA. **4th June** - We stopped at a service station in the morning to fill up on petrol and the customer service lady was wearing a name tag ‘Trista’. At lunch an incident occurred where Craig was bossing Tristan around and told Tristan to carry quite a heavy container back to the vehicle. Realizing this container was quite heavy, Tristan asked for assistance and the tour guide Adam responded “I’ll get a girl to do it”. At around sunset we did some yoga for about 20 minutes led by Rachel. At washing up after dinner Craig was bullying Tristan to do simple tasks to the extent that Tristan walked away from the washing up and Adam the tour guide commented “He is spitting the dummy”. Tristan was finding it difficult to sleep that night due to the cold and from the trauma that occurred earlier in the day. Tristan went inside the vehicle for the night and encountered many spiritual anomalies including objects formed out of the leaves of trees and objects appearing formed by light. **5th June** - Tristan skipped the sunrise morning walk and breakfast at Cathedral Gorge which is of course the tour guide Adam was not happy about. We then went on a 30-minute helicopter flight over the Bungle Bungles for those who decided to pay for the optional activity. Tristan did not partake in this activity but rather spoke to Adam about his concerns on continuing the tour mainly due to the ‘unwelcomed’ traveller Craig Vion. Once again, at around sunset we did some yoga for about 20 minutes led by Rachel. And again, Tristan went inside the vehicle for the night and encountered many spiritual anomalies including objects formed out of the leaves of trees and objects appearing formed by light. **6th-7th June** - Craig was using more subtle forms of ‘bullying’ given the fact that Tristan made a complaint to Adam the tour guide. For example, Craig placed a can of empty fanta on the table during breakfast in front of a young lady which was

the same can of fanta that Tristan was drinking the night before. The trauma and bullying from Craig and exacerbated with support by Adam the tour guide, forced Tristan to leave the tour on the 6th day and make his own way to Broome. And thus conveniently another tour guide with Adventure Tours was heading back to Kununurra early that morning (gateway to the Kimberley's), where there was an airport with relatively cheap flights to Broome. Our group with the tour were also travelling back to Kununurra to replenish the food supply at a supermarket, where Tristan saw someone from our tour in a cafe when in Kununurra and gave them 18 copies of the Strategic Games business card to circulate to everyone, and suggested to read out 'The Minuscule Ant' (poem on the back of the card) when camping at Mount Barnett on the 7th June. Tristan stayed in a caravan park for the next 2 nights in Kununurra and flew to Broome on the 8th June. **8th-9th June** - Tristan stayed on an eco-retreat for 2 nights about a 1.5-hour bus ride from Broome airport. Tristan had a close encounter with an octopus when walking through rock pools at the beach and although it wasn't of the blue-ringed type, it gave Tristan quite a fright when almost stepping on it. **10th-18th June** - Tristan stayed at a backpackers in Broome for 8 nights where one of his dorm mates was called Muhammad. However, nothing unusual occurred at the backpackers, where Tristan left for Perth the morning of the 18th June.

Based on the above, what actually took place after Tristan left the Kimberley's tour on the 6th June and did anything unusual occur when the tour camped at Mount Barnett on the 7th June? The story continues for Tristan when embarking on a trip to India 6th August-3rd September 2024 and in particular to the reference of Muhammad at the backpackers in Broome. Tristan stayed at Delhi Fab Hotel 6th-7th August and although it is common for cows to be roaming the streets, cows typically don't park themselves at the front door of a hotel. In particular, there was a cow sitting at the front entrance at Delhi Fab Hotel on the evening of the 7th August. This is particularly unusual because cows in general are standing or walking, and this is the only cow that Tristan observed around Delhi that was sitting at the front door of a hotel which just happened to be the same hotel that Tristan was staying at. Note that cows are sacred in India and could also be a reference to senior pastor Tim Blencowe given the word 'cow' in Blencowe. Tristan got caught up in a scam through the official tourist information of the Indian government and ended up flying to Srinagar, Kashmir to stay in a 'radical' Muslim family home on the 8th August. And note the 'Muhammad' reference from above to the Muslim family. Tristan paid \$700 Australian to a fraudulent business claiming to be the 'official' tourist information of the Indian government at Connaught Place, New Delhi known as 'India Excellent Tours'. Tristan had paid for 4 nights at Baktoo's Villa with claims from 'India Excellent Tours' that the \$700 would include overnight trips to the Himalayan mountains amongst other activities within the area. The 'host' Muslim became highly aggressive when Tristan refused to withdraw an additional \$1000 from an ATM machine and also when Tristan refused to hand over his passport to a a random guy on the street on a scooter to obtain an

Indian SIM to access the network. Following these incidences the 'host' Muslim stated 'you can leave tomorrow' even though Tristan had paid for 4 nights accommodation at Baktoo's Villa and thus Tristan with a sleepless night and no mobile coverage bought an additional ticket at the airport for \$130 to fly back to Delhi. Note that Tristan gave the two kids in the household several 'minuscule ant' stickers and at least one sticker appeared on their fridge. On a private tour 28th August 2024 to Ranthambore National Park for a tiger safari, there suddenly appeared bird poop on the windscreen (another reference to many encounters above involving birds). Note also that 28 is a perfect number ($14+2+7+4+1=28$) and Ash Barty was 28 on the 28th August 2024. There was also an abundance of cows on the road just prior to this event in reference to senior pastor Tim Blencowe at Macquarie Baptist Church given the word 'cow' in Blencowe. Although we didn't spot any tigers on the safari, we did spot on two separate tours a rarer sloth bear, where on the second tour the sloth bear walked in front of the vehicle for a 'bird's eye view'. We also briefly spotted a snake on the second tour (believed to be of green colour), as a possible reference to the black snake to appear at the camping ground in the Kimberley's.

On Sunday 15th September 2024, the Rotary Club hosted fireworks from North-bridge which were visible from Tristan's apartment 23/166 Mowbray Rd, Willoughby. Directly after the conclusion of the fireworks there was a sudden cold snap followed by strong winds given that it had been quite 'warm' the past couple of days. When Tristan was lying down that night with the light on, there was a flicker from the light bulb where the light turned off and on. On Tuesday 17th September there appeared to be a 'ghost-like figure' in the trees directly opposite Tristan's third floor apartment and captured on both camera and film. Note that it was a full moon that night and the previous Friday was 'black Friday' the 13th September. The 'ghost-like' figure was only made out of plastic, but the rearrangement was changing each day with 'alien' like representations. On Saturday 21st September to coincide with Tristan's 30th Killara High School reunion a black bird was captured in a photo when taking a picture of the 'ghost-like' figure. The relevance of this is going back to the 25th Killara High School reunion in 2019 where Satin appeared a few days prior to this 25th school reunion, and thus Tristan was unable to attend the reunion but rather as documented below, Tristan was hospitalized for 6 weeks in Royal North Shore hospital. Thus, this is an indication that Satin has been defeated on Saturday 21st September 2024, where only weeks prior to this event Tristan travelled to India with the main purpose of distributing this document through facebook www.yoga-for-peace.com

Tristan stayed at the White Lanterns Motel, Armidale 23rd-30th September 2024. Given the Xmas reference, there was a single Xmas tree located on each table outside each motel room. On Saturday 28th September 2024, the Xmas tree outside Tristan's motel room had blown over to be horizontal. Due to the fact that the tree was neatly aligned still allowing Tristan to enter the room and that natural forces would be unlikely to have caused the tree to blow over given

the weight of the pot the tree was place in (and the fact that the whole table didn't blow over), it could be concluded that a 'spiritual being' descended to reconfigure the alignment of the tree such as Angel Gabriel given the Muslim references from above. Note also that the room was number 12 reflecting the song 'The Twelve Days of Christmas' and the 'horizontal tree' appeared on the Sabbath evening of Friday 27th September.

2.11 Macquarie University Clubs

Tristan joined many clubs including religious and political during orientation week at Macquarie University from 2013. The Bhakti Yoga club was of particular relevance to understanding yoga philosophy and run by Honey, Dipika Singh and Sayali Kelkar. The weekly sessions consisted of postures (as commonly undertaken in Hatha Yoga at Macquarie Gym), chanting of mantras (from world renowned Camellia Bayne), 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 use many elements of Bhakti Yoga in their practices, and hence led Tristan to many visits to the Hare Krishna Temple at North Sydney, where Ghanashyam was a Bhakti Yoga monk at the temple and would give talks to the Bhakti Yoga club. Meetings also took place at Hari's Vegetarian restaurant in Ultimo and there were opportunities to hear from spiritual masters.

The clubs involving the Abrahamic religions were also of significance as the many discussions that took place helped Tristan to understand the Bible and the Qur'an, and how the terminology can be translated to the Bhagavad Gita As It Is. This in turn enabled Tristan to show that there are no contradictions between the Bible, Qur'an and the Bhagavad Gita As It Is in general and specifically in relation to Jesus; with the aim of uniting the three Abrahamic religions to help establish peace. These clubs consisted of the Australasian Union of Jewish students, Christian Student Life (later changed names to 'Power to Change'), Catholic Chaplaincy, Macquarie and Sydney Navigators, Christian Union, Powerhouse and the Muslim Students Association.

The Macquarie University MacBuddhi society was also helpful in understanding yoga philosophy; where it became clear to Tristan that Buddhism has many similarities with Bhakti Yoga (and thus Buddhism could be referred to as 'Buddhi Yoga' which is somewhat equivalent to Bhakti Yoga). Hillsong Church was also introduced to Tristan during mid-year orientation week in 2013 where Powerhouse was the student group representing Hillsong at Macquarie University.

By 2018 Tristan was banned from attending Christian Student Life/Power to Change, Macquarie and Sydney Navigators (for teaching yoga philosophy) and Young Labor (for being older than 28). In 2018 Tristan joined the Macquarie

University Nordic Society (MUNS) and the Macquarie University Philanthropy Club (MUPC). In 2019 Tristan joined the Macquarie University Catholic Society (which includes daily Mass). Tristan was most welcomed to daily Mass and other Catholic events including the end of year black-tie ball in 2022. However, Tristan was not allowed to go on the mid-year 3 day retreat in 2023 for not being a student and being too ‘old’. Also, comments were made from committee members within the Catholic society that meat is good for you and it is okay to drink coffee as it can help with productivity in studying for exams.

2013-2019 Australasian Union of Jewish Students

2013 Christian Student Life/Power to Change

2013-2023 Muslim Students Association

2013-2014 Bhakti Yoga

2013-2014 MacBuddhi

2013 Hillsong/Powerhouse

2013 Young Labor

2014-2016 Young Liberals

2014 Young Greens

2014-2015 Macquarie and Sydney Navigators

2014-2023 Christian Union

2018-2022 Macquarie University Nordic Society

2018-2022 Macquarie University Philanthropy Club

2019 Macquarie Animal Rights Society

2019 Macquarie University Chess Club

2019-2024 Macquarie University Catholic Society

2.12 Venture Cafe

In 2019 Tristan attended Venture Cafe, Macquarie Park as an alumni each week held on Thursdays 3-8pm, until its eventual closure in 2020. The concept was how technology and innovation can be used to improve society through featured talks and portable interactions. Alcohol was freely available but over time the alcohol limit was capped to 2 drinks per person, and Tristan’s proposal to give a presentation on religion and spirituality was rejected. However the staff were friendly and Tristan looked forward to Thursdays each week to meet people and hear some interesting talks.

2.13 Politics

Tristan’s initial involvement with politics was volunteering for the NSW Cancer Council in 2001 to influence the banning of smoking in pubs and clubs. At Macquarie University, Tristan was part of Young Labor in 2013, Young Liberals in 2014 and Young Greens in 2014, and had association with the Socialist Alternative Club from 2013. Tristan attended many social events for both Young

Labor and Young Liberals from 2013-2016. Tristan's initial political orientation was Labor in 2013 until orientating to Liberal in 2016 and Tristan campaigned by letterbox drop for former professional tennis player John Alexander (seat of Bennelong) through the Young Liberals for the 2016 Australian Federal Election. Tristan shifted to the Greens in 2019 and campaigned through social media on facebook for the Australian Greens Tony Adams (seat of Bradfield) and Viki Zhang (seat of Bennelong) for the 2019 Australian Federal Election. Tristan became a member of the Australian Greens on the 2nd December 2022 and campaigned at the polling booth for the NSW state election 25th March 2023 for Sophie Edington (seat of Ryde). From the 18th May 2023, Tristan joined former Olympian Zali Steggall independent for Warringah and consequently left the Australian Greens.

2013-2015 Labor

2016-2018 Liberal

2019-2023 Greens

2023-2024 Zali Steggall

2.14 Waverley Library

From July 2024 Tristan has been attending Waverley Library, Bondi Junction for arts and crafts. In particular Sketchflash run 3-5pm each Wednesday and Collage Making runs 2-4pm each Thursday. Tristan has generally been welcomed although the organizers were not particularly happy about Tristan building 'ants' out of pieces of cupboard during collage making.

2.15 Macquarie University Sports and Aquatic Centre

Tristan originally went to Macquarie University Sports and Aquatic Centre during his BSc degree just to do weight training for tennis. Tristan was getting pain in the left shoulder from serving. Tristan would do weight training three times a week but ceased the gym once graduating with the BSc degree.

From the start of 2013 Tristan again joined Macquarie University Sports and Aquatic Centre. Various classes in Hatha Yoga (taught by Yogi Singh), cycling and Body Balance (Yoga, Tai Chi, Pilates all integrated), as well as weight training, swimming, badminton, table tennis and volleyball would be integrated in Tristan's weekly schedule. This was the first formal introduction of yoga to Tristan. By the end of 2013 Tristan had left the gym and since 2024 Tristan has been attending yoga classes taught by Yogi Singh at his own home studio in Cheltenham ('Yoga with Yogi').

2.16 Religion

2.16.1 Krishna Consciousness

From the second half of 2013 Tristan has been making visits to the Hare Krishna Temple and met many Bhakti Yoga monks. 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 anywhere between 2-6 rounds of the Hare Krishna mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare. In conjunction with the Bhakti Yoga club at Macquarie University, Tristan completed the Bhakti Tree Program course and was issued with a certificate by Bhakti Yoga monk Ghanashyam. From 2022, daily chanting ceased and visits to the temple were infrequent.

From the start of 2014, Tristan has been making visits to Govindas for a kirtan and frequently from the 19th September 2022 as a result of Tristan's significant health improvement. This involves the chanting of mantras along with prasadam (vegetarian food). Tristan met Tony during these visits and also made a trip to Gokula Farm in 2022 as a result of attending Govindas.

Since 2019 Tristan has attended many meetings for the new Hare Krishna & Community Cultural Centre West Sydney.

2.16.2 Christianity

From the second half of 2013, Tristan attended 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. Integrated with Macquarie University, Tristan was part of the Powerhouse Macquarie group within Hillsong 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. The Powerhouse Macquarie student group were generally international students and left at the end of 2013, and thus Tristan attended Hillsong infrequently from 2014. Tim Blencowe from Macquarie Baptist Church (MBC) contacted Hillsong as a result of Tim banning Tristan from MBC. Consequently threats were made by Hillsong in 2018 'You are entitled to say what you want but be careful about what you say particularly to new members of the church'.

Tristan attended weekly seminars at Macquarie Baptist Church after attending 2015 Christmas Carols with the church. This was in the form of singing, Bible study, and concluding with an evening meal and conversation. Tristan was eventually banned from the church on the 10th June 2018 for teaching yoga philosophy and claiming to be the next King for the Jewish people.

Tristan attended The Bridge Church in Macquarie Park in 2022 and made claims of being the Second Coming of Jesus. The church was not happy about Tristan making these claims and in a meeting on Macquarie University grounds (rather than at the church) the pastors Andrew West and Josh Maule made threats that you will be banned from the church if you discuss the Bible or any religious content with other attendees.

Tristan also attended Ryde Adventist in 2022 and Turramurra Korean Baptist in 2023. The former welcomed Tristan to church with comments of “God Bless” by the senior pastor when Tristan was departing church after the morning service but the latter became highly aggressive during Bible study when Tristan informed them to become vegetarian in line with the 6th commandment ‘Thou Shalt not Kill’. On one occasion when Tristan attended Ryde Adventist in late 2022 the same image that occurred in April 2013 of a ‘dead’ black bird featuring the skin and feathers without a ‘body’ appeared on the footpath when Tristan was walking to church but was not present on the return journey. On that particular occasion in church the senior paster stated that the Second Coming will face Satan as documented in Corinthians and said “God Bless” to Tristan when departing church.

2.16.3 Judaism

As previously explained Tristan grew up in an orthodox 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.

The Jewish social environment and interaction for Tristan 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, J Junction and Network. Throughout 2013 Tristan occasionally attended Shabbat services through Young Adult Chabad (ultra-orthodox Judaism), Newtown Synagogue, The Great Synagogue (orthodox Judaism), North Shore Temple Emmanuel (progressive Judaism) and North Shore Synagogue (orthodox Judaism). Tristan has also visited historic Broken Hill and Hobart Synagogue. Tristan was banned from North Shore Synagogue in 2022 for claiming to be the Second Coming of Jesus but no response was made by The Great Synagogue after making these claims through an email. Tristan would also go on regular Jewish speed dating events when undertaking a research degree at Swinburne University 2002-2006 and resulted in some dating.

2.16.4 Buddhism

Tristan attended Young Buddhist at Newtown temple on Wednesday evenings from the 19th September 2022 as a result of Tristan recovering from depression and able to function a normal life. This usually involved 45 minutes of mindfulness meditation and 45 minutes of a dharma talk. The evenings were run by Aryadharmā, Cittamāyā, Dhammakumārā, Priyadā and Fynn. Tristan attended Young Buddhist retreats at Vijayaloka over the Easter long weekend 4 nights and a 6 night retreat just prior to Christmas in 2023. For the latter, Tristan wrote a poem as documented in the section ‘Prayers’ titled ‘The Minuscule Ant’ and after reading this poem out on the final night Wednesday 13th December which coincided with a new moon there was an isolated lightening display over the retreat centre that lasted most of the night. Tristan has been most welcomed at young Buddhist despite being older than the recommended age of 18-35 and the young Buddhist team also welcomed Tristan’s discussions on yoga philosophy which has not been the case in the many churches and Christian groups that Tristan has been involved in. Tristan also attended an introductory meditation retreat for 2 nights 26th-28th July 2024.

2.17 Intellectual Games

Tristan’s interest in intellectual type games originated with backgammon in 1995 after finishing secondary school and Tristan 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 to Tristan 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. From about 2002, casinos in Australia switched to automatic shuffling machines to eliminate any advantage from card-counting and Tristan had to investigate other games that were potentially profitable. During the trip to Las Vegas in 1999, Tristan became particularly interested in video poker and over the years following this trip Tristan setup a syndicate with Guy West, Bill Jordan and Andrew Scott in 2008 to automate a system through online progressive video poker. However, for several reasons the syndicate was not successful even though we hit a progressive jackpot. Tristan also participated in a Jewish 20’s-30’s bridge club in 2007 and Tristan would regularly practice bridge with bridge software Bridge Baron, and hence established the avatar of “The Baron”. Tristan also made about \$250,000 from setting prices in sport for bookmakers Ladbrokes and Centrebet, and sports multimedia company Infoplum.

2.18 Philanthropy

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. In 2018 Tristan joined the Macquarie University Philanthropy Club where events included Red Nose Day and Paint for Purpose.

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 during or beyond the PhD. It is estimated that Tristan has undertaken over 2 million dollars of research from the start of the PhD in 2002 until the end of 2024. These calculations were based on the salaries for a PhD (2002-2006), lecturer status (2006-2019) and senior lecturer status (2020-2024).

2002-2006 $\$17,000 \times 3 = \$51,000$
 2006-2019 $\$95,000 \times 14 = \$1,330,000$
 2020-2024 $\$130,000 \times 5 = \$650,000$

2.19 Travel

Tristan's first overseas trip involved backpacking around Western Europe and the UK for two and a half months in 1996. This was coordinated with secondary school colleagues Tim Byrnes and Paul Graham (the appendices features a daily log written by Tristan during the 2.5 month trip around Europe with Tim and Paul). 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 Tristan 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 his Korean partner. The overseas trips from 2007-2023 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, The Second Brazilian Workshop of the Game Theory Society in Brazil 2010, The International Conference on Gambling & Risk Taking in Nevada 2023 and The Worldwide Tennis Coaches Conference in Bogota 2023. For the latter, Tristan travelled throughout the US for three and a half months and flew from New York to Bogota for the tennis conference. Tristan has also made several trips to New Zealand, visited Hawaii and New Caledonia, and many trips throughout Australia (including road trips with Tim and Paul), focusing on the highlights recommended in Lonely Planet guides. Tristan has visited all 14 casinos in Australia (although was not able

to get past the door at Crown Casino, Barangaroo for not being a member). Tristan travelled on a four month unlimited greyhound bus from Melbourne to Darwin via Cairns and Alice Springs leaving Melbourne 9th February 2024. Tristan also travelled to India in 2024 and visited the Taj Mahal in Agra and Jyotisar in Kurukshetra - birthplace of the Bhagavad Gita where Lord Krishna descended on Earth about 5000 years ago. As below Tristan has visited 25 countries (including New Zealand) and every continent except Antarctica over 28 years from 1996-2024.

1996 England, Ireland, Scotland, Wales, France, Germany, Italy, Switzerland, Austria, Spain, Belgium, Netherlands

1998 Kenya, Uganda, Tanzania, Singapore

1999 USA

2003 South Korea

2007 England

2008 Japan

2009 USA

2010 Brazil, Chile

2023 USA, Canada, Columbia

2024 India

2.20 Health

Tristan had symptoms of bipolar from hypomania at the age of 12 when attending Killara High School in 1989. One can function a normal life with hypomania, but as a result of the shift in mood from bipolar, the hypomania shifted to depression in 2013 and Tristan was subsequently hospitalized for 4 days in Royal North Shore Hospital. In December 2019, the depression shifted to mania and schizoaffective disorder and Tristan was subsequently hospitalized for 6 weeks in Royal North Shore Hospital. Shortly after being discharged from hospital in 2020, the mood shifted to manic depression and Tristan was struggling to get out of bed, eat, shower, cook, shop and do simple household tasks. Further, in 2011, the Vice Chancellor Professor Elizabeth Harman terminated Tristan's adjunct lecturer appointment at Victoria University (VU) for reasons which were not justified. Tristan was not paid for work done for the Western Bulldogs Football Club - partners of the university totalling \$25,600 which could be considered a form of 'slavery' given that Tristan was unemployed at that point in time holding a voluntary adjunct position with VU. Further, Tristan's supervisor Professor John Zeleznikow bullied and 'owned' Tristan over a period of 2 years including John contacting Tristan's family over an email involving the Head of School Professor Pauline Stanton which got back to Tristan's parents causing a split within the abroad family. The stresses and buildup of anger caused Tristan to develop a generalized anxiety disorder in September 2012 whilst living at the Kathleen Lumley College in Adelaide. Tristan was very unwell at this stage and

moved back to Sydney in 2013 initially living with his parents but later in an apartment in Macquarie Park close to Macquarie University.

Based on Tristan's yoga processes from 2013 to 2024 (over 12 years), Tristan was cured of bipolar (depression, mania and schizoaffective disorder) and generalized anxiety to an average level anxiety (given that we all have a certain level of anxiety). Medical experts claim that bipolar and even generalized anxiety cannot be cured. Tristan was taking large amounts of medication from 2013, but from the 19th September 2022 when the bipolar was miraculously cured (which coincided with the Queen's funeral), Tristan was free of all medication and all drugs including caffeine, alcohol and panadol; and Tristan was able to live a normal life by initially joining Young Buddhist in Newtown, Govindas in Darlinghurst and the Macquarie University Catholic Society. Even further, Tristan is immune from COVID given that Tristan travelled on a road trip for 4 days in December 2022 with two others that tested positive to COVID and Tristan obtained no symptoms. A breakdown of Tristan's health and yoga processes outlining Tristan's full recovery including curing bipolar and generalized anxiety from 2003 up until 2024 are documented below.

2.20.1 Headaches

Tristan was working for a company Sportsbet21 in the years 2003-2007, a Swinburne University start-up company which provides to Ladbrokes (betting company) computer-generated odds driven by statistical models for live betting on cricket and tennis within a sporting contest. Tristan was undertaking a PhD in tennis statistics at Swinburne University and employed by Sportsbet21 to set prices on live tennis predictions. During this time there were late payments and Tristan constantly kept reminding the chairman of the company Mark Lowy to be paid. At some stage within 2006 headaches started to appear in the mornings to the extent that the headaches would occur on a daily basis and Tristan would take one Nurofen tablet daily to stop the headaches. The company in 2007 lost its license with Ladbrokes in tennis due to Tristan's PhD supervisor Professor Stephen Clarke entering a formula that consistently gave odds in favour of the consumer. As a result of Sportsbet21 losing its tennis license with Ladbrokes, caused further delays in Tristan's fortnightly wages and thus Tristan decided to resign from the job due to becoming depressed for not being paid. The work agreement stated that Tristan was an employee and that "On appointment your remuneration will be \$500.00 per week which will be paid fortnightly". Tristan was claiming that he was owed money for holiday pay, late payments, superannuation and being out of work to the total of \$13,000. When these issues were raised with the chairman of the company Mark Lowy it was stated that "Tristan was a contractor and it is okay for contractors to be paid late". Tristan went through various legal processes to recover the money but it all became too stressful, and thus Tristan sought help through Macquarie University support service counselling with Michelle Kemm. Further, in a private meeting with Bruce Whan, a director for Sportsbet21 and lead academic

business and management with Swinburne University, Bruce quoted “the sun will keep shining even if you are not paid” and “it is okay to do things in business to cut costs” (implying that illegal activities is encouraged in business to reduce costs). Sportsbet21 lost all of their license with Ladbrokes shortly after Tristan resigning and Sportsbet21 became inactive. In 2008, Tristan received a 6 month contract project with Centrebet (betting company) in sports prediction modelling and eventually the headaches disappeared. Centrebet were highly reputable and always paid the money on time.

2.20.2 Bipolar and Depression

From the start of secondary school in 1989 at the age of 12, it was evident that Tristan had a bipolar disorder by being on an overall high with initial symptoms of hypermania. However, during secondary school years this condition was never diagnosed from medical experts, and in fact Tristan never approached medical experts for a diagnosis. The bipolar was eventually identified in early 2013 after being recommended by a counsellor at Macquarie University based on having a generalized anxiety disorder to see a psychiatrist at the Ryde Community Health Centre, Sydney. Tristan was put on 10mg of Olanzapine as a mood stabilizing drug and to take one tablet before bed. The bipolar reached a level of depression in late 2013 which led Tristan to be hospitalized for 4 days at Royal North Shore Hospital mental health unit. In addition to the Olanzapine, Tristan was then put on 20mg of Escitalopram as an anti-depressant and to take one tablet daily in the morning.

2.20.3 Anger Attacks

Tristan’s traumatic childhood whilst growing up may have contributed to the anger attacks, panic attacks and generalized anxiety. Tristan experienced child abuse and witnessed high levels of family violence including a member of the family being threatened with a knife. Tristan experienced high levels of school-yard bullying in primary and secondary school including being unconscious for a period of time after a school colleague Adam Sternberg (brother of Tristan’s tennis coach Ben Sternberg) had choked Tristan around the neck at Roseville Park Tennis Club. The location believed to be Tennis Court 6 - closest court to Cranbrook Ave, Roseville.

Tracing the exact timing on when symptoms of anger attacks began for Tristan is difficult to ascertain. But the symptoms appeared to occur after the completion of Tristan’s PhD in 2006. The symptoms involved shouting out loud and getting angry whilst walking, and would typically last for about 30 seconds. The anger attacks would occur about twice a day. The initial anger attacks appears to be related to Tristan adding additional author’s names on publications that did not do any work. Tristan in particular added a PhD student former president of Tennis Australia Geoff Pollard at Swinburne University as a first author on a number of publications, where Geoff did not make any contribution

to these publications and Tristan was not a supervisor. The anger attacks were exacerbated with various conflicts, workplace bullying, not being paid on time and resigning from Sportsbet21. In particular, Professor Denny Meyer constantly bullied Tristan from the years 2007-2008 as Denny thought that Tristan was undermining her by Tristan adding her PhD student Geoff Pollard on publications without including Denny. Tristan also added Denny as a co-author on a publication and she did no work. Tristan was initially contacted to help Geoff by Geoff's brother Professor Graham Pollard as a result of Tristan's research (where both Tristan, Graham and Geoff were undertaking research in tennis statistics). Tristan was not eligible to be coordinating supervisor but could have potentially been a co-supervisor, but was not informed by Denny. Denny did no or very little work to help Geoff complete the PhD, given that Geoff published 21 co-authored articles with Graham without adding Denny as a co-author on the publications. An incident occurred when Tristan was at Victoria University (VU) in 2011, where Tristan was asked to leave the staffroom by Denny. Tristan was an adjunct lecturer with VU at the time, Denny was a visitor from Swinburne University and Denny had a meeting with an academic Tony Morris from Victoria University. Following this incident, Tristan made a complaint to administration of the university, and to coverup Denny tried to inappropriately give Tristan a hug at a Mathsport conference several months later and Tony also tried to coverup for Denny by writing an email apologizing to the university and taking the blame.

Tristan got Swinburne University into trouble by contacting the police over an incident where someone that went by the name 'Steven Mishner' was interested in Tristan working for him in sports prediction modelling for betting. Steven stated in an initial meeting "there is a lot of illegal gambling in the Philippines" and Steven threatened legal action by saying "I suggest that you get yourself a lawyer in case I decide to prosecute you for the damages you have caused" after Tristan sent an invoice for payment of \$2,000 for work completed including an unlocked version of a spreadsheet with the code for prediction modelling in tennis. Hence, Tristan panicked for his life after reading the word 'prosecute' and contacted the police straight away via email given that it appeared to Tristan based on above that Steven was into illegal gambling in the Philippines. This occurred on Tristan's birthday 26th June in 2006, just days after Tristan had been approved to receive a PhD award. Steven was contacting students around universities in Melbourne to potentially work for him in the 'dirty' side of gambling and Tristan found the behaviour of Steven throughout various meetings to be highly crooked. Steven also wanted Tristan to travel to the Philippines to work for him in what appears to be illegal gambling which is an indication of 'slavery' given that Steven would not be paying Tristan for the work completed and Tristan would have paid for the flight and accommodation to stay in the Philippines. Further, if hypothetically Tristan had sent an invoice for work completed when based in the Philippines, Steven would have most likely made legal threats against Tristan so Steven would not have to pay for the work completed. What would you have done in this situation where your supervisor

(in Tristan's case Professor Stephen Clarke) has given someone that is arguably into illegal gambling your mobile number and someone was threatening legal action against you with the word 'prosecute' after sending them an invoice for \$2,000 worth of work completed which they weren't prepared to pay including an unlocked spreadsheet of a tennis prediction model that is likely to be used and is likely to be still on the market today for illegal gambling in the Philippines? The obvious question is why would Tristan be so naive and even enter some form of verbal contract given that Tristan was told in an initial meeting that there is a lot of illegal gambling in the Philippines? The reasoning appears to be the vulnerability given that Tristan had just completed a PhD and was excited about getting some paid work given that Tristan had earned very little income throughout his PhD 2002-2006 - no scholarship to complete the PhD and was not receiving unemployment benefits (which is not allowed for a fulltime PhD candidate). Also, on the last face-to-face occasion Steven walked into Tristan's office at Swinburne University uninvited as there was no security preventing 'strangers' from walking off the street to speak with academic staff. Prior to this event, Tristan would have dismissed any involvement with Steven including sending an invoice for payment, but decided to send an invoice for payment after this face-to-face event due to Tristan's frustration of spending time talking face-to-face and doing a lot of work for Steven in prediction modelling after this face-to-face meeting. In a later meeting with Denny Meyer (informed about the incident as a breach of confidentiality through a work colleague Brian Phillips), she stated "If you get us into trouble again I will be a very angry woman" and Tristan almost fainted to the ground with an extreme headache for the remainder of the day. As a result of this incident and other areas of workplace bullying from Denny, Tristan shortly resigned from Swinburne University once an adjunct appointment was established at Victoria University in 2009. Tristan never spoke to a medical specialist about the anger attacks and so was not administered with any drug treatment. However, the anger attacks did go away in 2012 after the generalized anxiety disorder occurred. Note also that Denny undertakes statistics research for Beyond Blue on mental health, which is somewhat disturbing given that workplace bullying is a major contributor to ones mental health including an increase in depression and anxiety. Overall Denny felt that Tristan was undermining her through Tristan's research in tennis statistics and in particular helping her PhD student Geoff Pollard and to prosper her career she needed to do everything possible including workplace bullying to eliminate Tristan from Swinburne University.

2.20.4 Panic Attacks

The panic attacks occurred whilst living at the post graduate Kathleen Lumley College in Adelaide in conjunction with Tristan's adjunct appointment with the University of South Australia. The first panic attack occurred in September 2012 with the buildup of anger whilst working in the library room at the Kathleen Lumley College. The following gives an indication as to why this panic attack occurred.

Tristan received a termination letter from the Vice Chancellor Elizabeth Harman whilst having an adjunct appointment with Victoria University, Melbourne in 2010 for reasons which were not justified and an official termination letter was sent to Tristan's home address at 1/11 Findon St, Hawthorn. Tristan was not paid for work done for the Western Bulldogs (partners with Victoria University) at \$25,600. Also, Tristan was constantly bullied by a staff member at Victoria University Professor John Zeleznikow who is related to Tristan through the family and spoke to Tristan's cousin Barbara Lewis (now deceased) on the first evening of Passover 18th April in 2011. Barbara then contacted Tristan's father Graham Barnett (Graham and Barbara are first cousins) over an email that was sent by Tristan to the Head of School Professor Pauline Stanton written by John Zeleznikow stating "I nor my school are not interested in gambling". John is anti-gambling and was not happy about this email being circulated to the Head of School. So for revenge, John decided to raise concerns about Tristan's conduct in academia with Tristan's direct family. Incidentally, John claims to be an expert in dispute resolution and Tristan modelled lawsuits as a casino game and published in an international law journal 'Law, Probability & Risk'. Further, Tristan added John as a co-author on three publications in sport statistics and John made no contribution. John along with Emilia Belluci won their heat on 'New Inventors' on a piece of software for distributing assets in a divorce settlement. This software was plagiarized from software developed by Steven Brams and Alan Taylor, and Tristan contacted Steven who was considering taking legal action against John for plagiarism. John published a book on dispute resolution claiming that his software is an extension of the Brams and Taylor software (where Steven claims this is not correct as John's method is not envy free). This is quoted in John's book: "But most of all John owes his successful completion of the book to his loving family. Eight year old Joseph looks lovingly over John's New Inventors trophy and wants to emulate him. Whilst driving Ashley, Annie and Eva to cycling, lacrosse, water polo, athletics and theatrical performances, many negotiation strategies were practiced. Sarah was always available to give legal advice. But John's primary support for this project as well as over the last eighteen years is his gorgeous wife, Lisa. Without her generosity love, patience and warmth he would not have envisaged undertaking this monumental task. Without her, his life would be infinitely poorer". Further, when Emilia gave birth to a child, John circulated an email to the entire school stating that Emilia has given birth including the weight of the baby. John was also getting into disputes with many colleagues of the school and trying to justify his position by circulating emails to the entire school and obtaining support from the Head of School Pauline Stanton.

Tristan had a meeting with the Head of School Pauline Stanton and school coordinator Alexander Burns on the breach of John contacting Tristan's family where it was stated by Pauline "I don't wish to talk about this anymore given you have no evidence". By John contacting Tristan's direct family created alienation within the family of Tristan, Graham Barnett (Tristan's father), Barbara Lewis (Graham's 1st cousin), Valmae Freilich (Graham's 1st cousin) and Karen

Lewis (Barbara's daughter); and thus from the 31st July 2023 when Tristan travelled around the US for three and a half months, Tristan has no contact anymore with the above including his own parents.

Tristan also did work for the Western Bulldogs AFL club (partners of Victoria University) but was somewhat bullied into doing this work by John Zeleznikow and Clare MacMahon but more importantly Tristan was never paid for the work at \$25,600 (which is in fact illegal) and hence a form of slavery (violation of human rights under the UN) given that Tristan was unemployed at the time and held an unpaid adjunct position with Victoria University. Simon Dalrymple was the recruitment manager for the Western Bulldogs (WB) and given the partnership with VU, it would be very easy for the WB to 'use' students and even staff (as in the case of Tristan) for free work, and thus the WB using in their defence that the partnership allows such arrangements. Also, James Robortella (a student at the time at VU) was part of this project and 'using' Tristan to complete the work for the Western Bulldogs such that James could claim this work experience on his CV. James is a Registered Fitness Professional and worked with Tennis Victoria amongst other roles sports related.

Michael McKenna (director for the Institute of Sport & Health within Victoria University) initially welcomed Tristan to be affiliated with the institute but at the last minute decided that the institute would not accept adjuncts (which is a form of discrimination against adjuncts).

The Victorian Institute of Sport (VIS) recommended that Tristan become a post-doctoral research fellow (post-doc) given the expertise of Tristan in operations research and probability models (given that Tristan has a PhD in tennis statistics). This was coordinated through John Zeleznikow and after spending time doing work experience for the VIS including a publication in performance modelling in a sports journal, Steven Bannon at the VIS decided not to accept Tristan to do a post-doc since Tristan does not have a background in data mining (given John has a background in data mining and Tristan is an expert in operations research and probability models). So, they decided to get Bahadorreza Ofoghi who is an expert in data mining. This is a form of workplace bullying from Steven. Further, John Zeleznikow and Clare MacMahon bullied Tristan in a private meeting for not doing what the VIS want and that is research in data mining. The above is an indication that Victoria University, Victorian Institute of Sport and the Western Bulldogs Football Club are corrupt and engage in workplace bullying. Further, John is now claiming to be an expert in data mining in sport as documented on the Victoria University website, but yet Bahadorreza Ofoghi has done all the work for the VIS as a post-doc. Both John and Clare were added as co-authors on several publications written by Bahadorreza, where it indicates they have made little or no contribution given that John has no background research in sport and Clare's background research is in skill acquisition in sport (which has no relation to data mining). Even further, after Bahadorreza completed the post-doc John was invited to do work

for the Australian Institute of Sport (AIS) without including Bahadorreza and further John obtained no publications from this research with the AIS.

It is ironic that if John is claiming to be an expert in dispute resolution why was John unable to resolve the disputes that he was involved in with Tristan and other staff within Victoria University? Further, Tristan has proven that yoga is the most effective method to resolving conflicts and John failed to find this discovery. Furthermore, do conflicts ever get resolved satisfactorily for both parties by the recognized processes of negotiation, litigation, arbitration and mediation? Hence, John's research on dispute resolution is a complete waste of time and waste of government funding. In a news article, it is documented that John's parents were subject to Nazi persecution and it appears that as a form of revenge John enjoyed bullying and somewhat 'owning' Tristan throughout the years of Tristan's adjunct appointment with Victoria University 2010-2011.

Note also, The Herbert and Valmae Freilich Project for the Study of Bigotry is a philanthropically funded, interdisciplinary research centre based at the Australian National University (ANU). The project supports research into the causes, histories and effects of ethnic, cultural, religious, and sexual bigotry and animosity. It promotes public discussion on how such intolerance can be combated and how co-existence can be promoted through social, research and educational programs. Valmae and Herbert Freilich left their entire estate of 18 million dollars to the ANU for this project in combating bigotry. Tristan came up with a solution to combating bigotry overnight in 10 minutes of work throughout Tristan's research on yoga philosophy. Even further, Herbert received a Member of the Order of Australia (AM) for setting up the foundation, where Tristan's father Graham Barnett nominated Herbert for the reward (Valmae and Graham are 1st cousins). Graham is a solicitor and did the legal work for the Freilich Project. If they are investing 18 million dollars in to this venture, then why would Valmae and Herbert Freilich get someone directly related to the family to do the legal work just to save a couple of dollars? The Freilich Project celebrated their 20th anniversary at ANU, where Tristan's parents Wendy and Graham Barnett were invited, but Tristan of course was not invited despite coming up with the best solution to combat bigotry and Valmae was initially considering inviting both Tristan, Lyndon (Tristan's brother) and Robyn (Tristan's aunt). At a family gathering for Rosh Hashanah shortly after the 20th anniversary of the Freilich Project, Valmae brought an article written on the 20th anniversary of the Freilich Project to show everyone thinking she was 'God' and the whole family couldn't care a less about the publication. Valmae is a board member of the Freilich Project and has no tertiary education and Valmae would always contact Tristan's parents when Tristan contacted the professors about his solution to combat bigotry. The Freilich Project are making false claims of obtaining world peace through their research and ending racial type remarks such as the racial event that occurred at the AFL football involving Adam Goodes. The Freilich Project and all its associated professors have no solution to combating bigotry and Tristan has come up with the best solution to

combat bigotry as documented in the section on yoga philosophy, which Tristan solved overnight in 10 minutes of work. Further, Valmae made comments that Tristan's research on sports statistics including his PhD on tennis statistics is esoteric; despite Tristan's research on tennis modelling being an excellent method for teaching secondary school mathematics. Even further, Valmae's sister Barbara Lewis was homophobic and made comments about members in the family being gay, which is someone ironic given that the Freilich Project is against sexual bigotry. Barbara also made a trip to India and became very sick on this trip. India is the most spiritual place in the world. Barbara never recovered from this disease after returning to Melbourne from India and she passed away as a result of this disease within a couple of years. Herbert Freilich passed away as a result of a terminal illness from excessive smoking during tertiary school and both Valmae and Herbert would drink excessive amounts of alcohol on a regular basis even after Herbert was diagnosed with emphysema from excessive smoking. Herbert had a medical degree and was a radiologist by trade, and yet suffered considerably from excessive smoking and drinking. Hence, what are the chances that the 18 million dollars contributed to the Freilich Project are invested in education and teachers to teach yoga philosophy (as contained in this document) in schools once Valmae Freilich passes away, which would help combat bigotry and ultimately obtain world peace? Even further, the 18 million dollars was inherited by Herbert from a toilet paper business that Herbert's parents were involved in.

After Tristan's adjunct appointment had been terminated from Victoria University, Tristan obtained an adjunct appointment with the University of South Australia given that Tristan knew a colleague Vladimir Ejov with a background in tennis statistics. This is when the panic attacks occurred where Tristan contacted Victoria University whilst in the library of the Kathleen Lumley College about the situation where John contacted Tristan's parents and there was this buildup of anger from Tristan. In the evening on the same day the first panic attack occurred and Tristan walked to the nearest hospital but was told it was only a maternity hospital for women, but they did recommend a general hospital about a 20-minute walk away. Tristan proceeded to this hospital and was in transit for about 30 minutes before being seen by a doctor. Tristan was given sleeping tablets for the next two nights.

The second panic attack occurred after Tristan had a phone call from an aunt Robyn Lilienthal and she may some highly abusive and loud remarks about not contacting Tristan's grandfather Maurice Lilienthal and parents given that they hadn't been well. Tristan never proceeded to go to a hospital.

The third panic occurred after ongoing pursuing by a staff member Gerald Cheung at the University of South Australia. This panic attack led to a generalized anxiety disorder in September 2012, but no panic attacks occurred after this incident.

2.20.5 Generalized Anxiety

Once the generalized anxiety occurred in September 2012, Tristan saw a GP and was recommended to see a counsellor. These counselling sessions were fortnightly but of course counsellors are unable to prescribe medication. The GP also did not prescribe any medication.

In January 2013, Tristan moved back to Sydney (original place where Tristan completed a BSc degree at Macquarie university graduating in 1999). Tristan stayed at Macquarie University Village in 2013 but as a requirement to stay in the village you have to enroll as a student. So Tristan enrolled in a Bachelor of Social Science degree. During 2013, Tristan had several appointments with the counselling service at Macquarie University and eventually was recommended to Ryde Community Health Centre to speak with a psychiatrist. Tristan left the village at the end of 2013 primarily as a student was smoking outside the villa Tristan was staying at and the smoke would diffuse throughout the villa.

In 2014, Tristan's parents bought Tristan an apartment at Macquarie Park (close to the university). Since the psychiatrists at Ryde Community Health Centre rotate on a regular basis, it was recommended by a GP at Macquarie University Health Clinic to go a private psychiatrist - in particular the Gordon Lawson Clinic. As well as taking the Olanzapine and Escitalopram, the psychiatrist also prescribed 2mg of Clonazepam to treat the anxiety and to take half a tablet twice a day in the morning and in the afternoon. Tristan initially would visit the psychiatrist monthly. Over time the Olanzapine was eliminated altogether as after an episode of being hospitalized for four days with depression, the psychiatrist identified that the manic depression was a one-off episode and would not return again. At some point in time the psychiatrist decided to replace the Escitalopram with 20mg of Paxtine to be taken one tablet daily (to assist with the anxiety) but later this was replaced back to the Escitalopram. At a later stage the psychiatrist introduced Quetiapine with the aim of coming off the (known to be highly addictive) Clonazepam. This consisted of taking 25mg tablets one in the morning and one in the afternoon, and a 100mg tablet in the evening. With the generalized anxiety, Tristan found it hard to sit still and he would walk for hours during the day and night time and the only way Tristan could get to sleep was from taking medication, and in particular the Clonazepam.

Also, Tristan spoke with another psychiatrist and was diagnosed with schizophrenia and given appropriate medication consisting of 5mg of Artane to be taken one tablet in the morning and 1mg of Rexulti to be taken four tablets daily. Tristan never took this medication and was confirmed by the psychiatrist at the Gordon Lawson Clinic that Tristan does not have schizophrenia. Therefore, Tristan was unable to get the National Disability Insurance Scheme (NDIS) despite being unemployed for the past 7 years. NDIS do not give subsidies for depression or generalized anxiety disorder. Tristan would call lifeline on a regu-

lar basis and on one occasion where Tristan's situation was quite serious, lifeline didn't even answer the phone.

2.20.6 Recovery from Generalized Anxiety

The first real sign of Tristan's improvement in health occurred on the 11th February 2013, which was the day before enrolment for a course in a Bachelor of Social Science degree at Macquarie University. At this point in time Tristan was also undertaking regular Hatha yoga sessions at Macquarie University Sports & Aquatic Centre. Tristan's health continued to improve throughout 2013. This was assisted by weekly attendance at the Macquarie University Bhakti Yoga club, weekly visits to the Hare Krishna Temple Sydney for an arati and daily chanting of the Hare Krishna mantra known as japa. Tristan read many books on Krishna Consciousness obtained from the Hare Krishna Temple. Tristan also had regular chiropractic and remedial massage treatments throughout 2013.

Tristan would continue the chanting of mantras known as a kirtan by weekly visits to Govindas Sydney in 2014.

Tristan's health significantly improved after reading the Bhagavad Gita As It Is for the 3rd time in May 2019, where the depression and anxiety significantly eased off; and thus Tristan temporarily came off the anti-depressant drugs. From the 26th May 2019, Tristan temporarily became vegetarian and no consumption of alcohol or caffeine. Further on the 26th June 2019 which coincided with Tristan's birthday, the generalized anxiety disorder disappeared (given that we all have a certain level of anxiety) and the anti-anxiety medication was reduced to very low doses. Tristan was standing in his apartment 12/5 Leisure Close, Macquarie Park and felt like he was being 'elevated' off the ground in hysteria and laughter and could feel the anxiety being released.

2.20.7 Mania

In 2019, when the anxiety and depression had significantly eased off on Tristan's birthday 26th June, Tristan thought he had made a full recovery after living with anxiety and depression for such a long period of time. However, what was only realized by Tristan about 6 months later when ending up in hospital for 6 weeks with a schizoaffective disorder, the mood had been elevated to mania over a period of 6 months as a result of the bipolar. Tristan's mind was so elevated that he was writing large volumes of content on very obscure topics such as 'Is circumcision justified' and publishing the findings on his Strategic Games website. After completing a document 'Second Coming of Jesus: a solution to world peace', on the 1st November 2019 there appeared these creatures on the tree represented by leaves outside Tristan's apartment at night time 12/5 Leisure Close, Macquarie Park. At night time, the leaves of the top two creatures blend together and shine in the dark sky as the one object. This can be confirmed by Tristan's neighbour. Further, Tristan's garden was an art gallery. There were

faces of bears blowing in the wind from the trees. Pictures of angels and animals appearing in photos that weren't visible from the naked eye. Tristan would also make frequent posts on facebook on yoga philosophy.

Tristan was stalked by a Macquarie University student by the name of Ed Chen at the Macquarie Animal Rights Society for posting on facebook about the Hare Krishna movement. This led to a schizoaffective disorder where Tristan visualized Ed at the Macquarie University Incubator coming at Tristan saying "Be careful what you post on facebook but don't stop posting". Tristan contacted security at Macquarie University straight away and then went to Macquarie University counselling service where Tristan contacted the police to file a report as the stalking incident appeared to be real to Tristan at the time given that Ed was a real person. Tristan also contacted the police that night at his apartment 12/5 Leisure Close, Macquarie Park because Tristan was afraid for his life because the comments were religious driven. Tristan was obsessed with the creatures formed out of the leaves of his tree and tried to show this to the police on his mobile phone as a photo. The police saw nothing and contacted an ambulance for Tristan to be taken to Royal North Shore hospital where Tristan spent the next six weeks in the mental health ward in December 2019. Tristan was taking no medication prior to entering hospital and was put on high doses of lithium and sodium valproate. Some of the stories Tristan encountered were quite disturbing. One guy was saying that he can't live anymore and one girl said she had been raped (quite likely at a young age) and she was okay with it.

2.20.8 Tremor

After spending six weeks in hospital Tristan was discharged in January 2020. Tristan was put on a Community Treatment Order (CTO) through Ryde Community Mental Health Centre consisting of taking medication of lithium and sodium valproate, as well as a monthly injection of 150mg of paliperidone and the mania had reduced to hypermania. The medication was causing Tristan to have suicidal thoughts and this was exacerbated with a tremor mainly in the legs. Tristan would visit the psychiatrist at Ryde Community Health on a monthly basis. Episodes of schizoaffective disorder continued after leaving hospital but were not threatening like the episodes at the Macquarie University Incubator. Tristan was visualizing people that he knew personally around Macquarie Centre, Macquarie University and the surrounds. One exception was an encounter after Mass had finished with the Macquarie University Catholics Society where Tristan was approached by two strangers and one was holding the Bible.

2.20.9 Major Depression

As a result of the bipolar the mood had shifted from mania to manic depression in June 2020 and Tristan was put on 10 mg of escitalopram. The psychiatrist was reluctant to go back to the 20mg of escitalopram as previously taken as it

could increase the mania. It was a struggle for Tristan to get out of bed, eat, shower; and was sleeping around 14 hours a day. Tristan was having severe side effects from the lithium and sodium valproate and although the psychiatrist was not happy about it, Tristan decided to stop taking these medications. Tristan was also not happy about having monthly paliperidone injections (claiming that this medication led to a tremor side effect) and overtime the injections were tapered off altogether and Tristan was put back on 10mg of olanzapine to be taken orally, where the treating team through the CTO would visit Tristan at his house daily to make sure the medication was taken. As a result of coming off the injection, the CTO was not renewed after the 12 month order and hence the treating team stopped visiting Tristan's house. And in July 2022 (roughly 2.5 years after being on the CTO), this resulted in Tristan being discharged from Ryde Community Mental Health Centre.

2.20.10 Recovery from Bipolar

After being discharged from Ryde Community Mental Health Centre, the depression, anxiety and tremor was slowly easing off; and Tristan would stay awake on many nights as to not feel any depression the following morning. Note the manic depression periods lasted for several weeks. Tristan could be regarded as a facebook junkie making upwards of 30 posts each day mainly on yoga philosophy from knowledge obtained primarily from the Bhagavad Gita As It Is. These posts on yoga philosophy started after reading Krishna Consciousness books from 2013. On the 19th September 2022 (to coincide with the Queen's funeral and the end of the mainstream COVID pandemic), the depression had disappeared completely (and arguably immune from depression for life), the anxiety had eased off (given that we all have a certain level of anxiety), the schizoaffective disorder was cured, the tremor was cured, the mood had stabilized (no depression or mania) and hence Tristan was cured of bipolar in which medical experts claim cannot be cured but only managed by medication. Tristan thus came off all medication and became vegetarian and no consumption of alcohol and coffee (after two failed attempts of becoming vegetarian from 2013). Tristan's GP at MQ Health General Practice stated in a final consultation just after the 19th September 2022 that the bipolar has not been cured and the depression would return. 2 years later (on the 19th September 2024) Tristan can verify with 100% certainty that the bipolar has been cured as the mood has stabilized with no symptoms of depression or mania. Clearly this is a miracle that cannot be explained by science and proves somewhat scientifically that we have a piece of God inside of us as the Holy Spirit from the Bible or more generally as the Supersoul from the Bhagavad Gita As It Is.

Tristan cured bipolar after 11 years of following yoga processes by reading the Bhagavad Gita As It Is 3 times, writing this document and making posts on facebook about yoga philosophy from knowledge obtained from the Bhagavad Gita As It Is. Even further, as of the 19th July 2024 (12 years after being diagnosed with generalized anxiety), Tristan is now at an 'average' level of anxiety

given that everyone has a certain level of anxiety. Also, Tristan appears to be immune from COVID, rarely gets sick at all and takes no drugs including a panadol. As a result of curing the bipolar and anxiety over time, the physical ailments of dandruff, tinea, blepharitis, eczema, lip inflammation and cramping have also disappeared. Further, the seborrheic dermatitis on the face of Tristan also disappeared around the 19th July 2024 which occurred in year 11 at secondary school.

Tristan has been receiving monthly remedial massages from the 1st May 2023 to help relieve muscle tension and stress which in turn helps to release anxiety. Each massage costs around \$90 for the hour and Tristan does not have private health insurance to reduce the fees. It is also worth noting that on a couple of days post 19th September 2022, Tristan felt very faint and dizzy, and was unable to see a medical doctor or the counselling service at Macquarie University due to the fact it was a weekend and also a consultation needs to be booked days in advance. Tristan was reluctant to go to hospital given the whole situation that happened previously where Tristan was hospitalized for six weeks, given large amounts of medication and then put on a Community Treatment Order which was very difficult to be discharged from. Thankfully the dizziness disappeared after a couple of days and appeared to be a way of the body recovering from the anxiety. Tristan has also experienced mouth ulcers, sneezing, runny nose fits, sudden bowel movements and an itchy scalp post 19th September 2022 which also appears to be a way of the body recovering from anxiety.

Finally, throughout the years 2019-2024 when the generalized anxiety was cured on Tristan's birthday 26th June 2019, Tristan had various emotional and confronting encounters as a form of recovery from the bullying from both Denny Meyer and John Zeleznikow. Initially, Tristan would have visions of facing both Denny and John in court and wanting to lash out at them in an aggressive way and then collapse to the floor crying both at home and on the streets. In December 2019, following when Tristan had the schizoaffective disorder at the Incubator in Macquarie University and Tristan sought help at Macquarie University counselling service before the police arrived to file a report against the perceived 'stalker'; Tristan had an encounter of collapsing to the floor and making various loud statements by revisiting the incidents of the Vice Chancellor terminating Tristan's appointment at Victoria University and Tristan contacting the police at Swinburne University when threats were made by Steven Michner 'I suggest you get yourself a lawyer in case I decide to prosecute you for the damages you have caused'. Note that these encounters subsided over time and this was followed by frequent and possibly even daily episodes of internal swearing whilst visualizing either Denny or John. Many aggressive emails and legal threats were sent to both John and Denny, where Tristan felt that he had no control over sending these emails. To make matters worse Tristan contacted his lawyer Paul Duffy about wanting to sue Victoria University and Paul contacted Tristan's parents about this procedure to litigate and of course Tristan's parents were not happy about this which made Tristan's health situation even

worse. However, Tristan did not proceed with the litigation process and emails containing legal threats to Denny and John eased off and ended completely.

As of the 19th July 2024, Tristan is still having episodes of internal swearing whilst visualizing either John or Denny but the frequency is easing off. Further, Tristan is having episodes of the chanting of mantras out loud in an aggressive way whilst walking with visions of previous events involving members of the family. Tristan now lives in fear of the possibly of confronting either Denny or John in real-life. This is exacerbated with John due to the fact that John is related through the family and thus Tristan has to avoid contact with direct family including Tristan's parents. One further observation is that Tristan was essentially born with a bipolar disorder whereas the generalized anxiety was caused by stresses and bullying in the workplace. Hence, could Tristan have avoided getting generalized anxiety when symptoms of stress first appeared such as the daily headaches in 2006? One of the interesting observations is that Tristan went on this spiritual and yoga path from 2013 to cure the anxiety and as a consequence cured the arguably more extreme condition of bipolar. It is unlikely that Tristan would have cured the bipolar without obtaining the generalized anxiety in the first place.

2.20.11 Summary

Hypermania bipolar - February 1989

Generalized anxiety - September 2012

Spiritual advancement initiated - January 2013

Generalized anxiety (cured by reading the Bhagavad Gita As It Is 3 times) - June 2019

Mania bipolar - June 2019

Schizoaffective disorder - December 2019

Major depression bipolar - February 2020

Tremor - June 2020

Bipolar, depression and tremor (cured by writing this document) - September 2022

Schizoaffective disorder (cured by making posts on facebook on yoga philosophy) - October 2022

Anxiety (cured with average level anxiety) - July 2024

We can deduce several things:

- 1) One can be cured of a tremor with 2 years of spiritual advancement
- 2) One can hit major depression and be free of depression within 3 years of spiritual advancement
- 3) One can be cured of schizophrenia within 4 years of spiritual advancement
- 4) One can be cured of generalized anxiety within 8 years of spiritual advancement
- 5) One can be cured of bipolar within 10 years of spiritual advancement

- 6) One can hit generalized anxiety and reach an 'average' level of anxiety within 12 years of spiritual advancement
- 7) Medical experts claim that bipolar, schizophrenia and generalized anxiety cannot be cured; and yet Tristan is cured of all three conditions in 10 years of spiritual advancement.
- 8) As indicated in the Bible, Qur'an and Bhagavad Gita As It Is, we have a piece of God inside of us located in the heart as the Holy Spirit or Supersoul. Look after the Supersoul and God will look after the material body and based on Tristan curing bipolar, schizophrenia and generalized anxiety which medical experts claim cannot be cured; indicates that many diseases can be cured through spiritual advancement. Based on the above this proves somewhat scientifically that God exists and that we have a piece of God inside of us.

2.21 Trail

For convenience the trail of Tristan is grouped by city. This consists of 22 places in Sydney, 6 places in Melbourne and 3 places in Adelaide.

Sydney

- 1977-2001 92 Chelmsford Ave, East Lindfield
- 1977-2024 The Great Synagogue Sydney, 166 Castlereagh St, Sydney
- 1982-1988 Lindfield East Public School, Tryon Road, East Lindfield
- 1985-1989 1st Middle Harbour Sea Scouts, East Lindfield
- 1985-1988 16 Adelaide Ave, East Lindfield
- 1989-1994 Killara High School, Koola Ave, Killara
- 1989-1995 Roseville Park Tennis Club, 60 Clanville Rd, Roseville
- 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
- 2013-2024 Macquarie University, Balaclava Road, North Ryde
- 2013 Macquarie University Village, 22/122 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
- 2014-2024 12/5 Leisure Close, Macquarie Park
- 2015-2018 Macquarie Baptist Church, 122 Herring Rd, Macquarie Park
- 2019 Macquarie University Incubator
- 2022-2024 Govindas, 112 Darlinghurst Rd, Darlinghurst
- 2022-2024 Sydney Buddhist Centre, 24 Enmore Rd, Newtown
- 2023-2024 Vijayaloka Buddhist Retreat Centre, 36 Howard Ave, Minto Heights
- 2024 23/166 Mowbray Rd, Willoughby
- 2024 Yoga with Yogi, 148 Castle Hill Rd, Cherrybrook
- 2024 Waverley Library, 32-48 Denison St, Bondi Junction

Melbourne

2002-2008 Swinburne University of Technology, John St, Hawthorn
2002-2005 Hawthorn Tennis Club, 13 Swinburne Avenue, Hawthorn
2002 Swinburne Student Apartments, 15 Wakefield St, Hawthorn
2003-2004 178 Mary St, Richmond
2005-2011 1/11 Findon Street, 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
2020-2023 Flinders University, Tonsley

Chapter 3

Letters

3.1 A Letter from Tim Byrnes

‘A Letter from Tim’ is written by Tim Byrnes detailing an encounter involving a ‘transvestite’ in 2013. Tim and Tristan both attended secondary school at Killara High School, and along with Paul Graham eventuated in many road trips around Australia and New Zealand 1996-2023 (27 years in total). Tim completed an undergraduate honours physics degree and PhD in physics at the University of New South Wales.

On the 18th 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 cafe 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 ‘transvestite’ walked in wearing a baby blue dress with white stockings. Tokyo has possibly a high percentage of ‘transvestites’ 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 ‘transvestite’, 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. So the seat that the ‘transvestite’ 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 ‘transvestite’, my personal belief is that everyone has a right to do what they feel like is right for themselves - and this ‘transvestite’ is no exception. However, the striking appearance of this particular ‘transvestite’ 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. Strangely, after taking the video, possibly due to the way the light was shining from the outside, the ‘transvestite’ did not appear at all. All that is seen in the video is a bright light coming from the direction of the ‘transvestite’ and no trace of the ‘transvestite’ is seen.

Later the ‘transvestite’ 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 ‘transvestite’ at all. It was as if his appearance and presence was not unusual at all. At first the ‘transvestite’ was sitting by himself and 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 ‘transvestite’ is a regular at this Starbucks, although I never saw him again and I frequent the area regularly.

3.2 A Letter from Paul Graham

‘A Letter from Paul’ is written by Paul Graham on various ‘UFO’ sightings and a bird encounter. Paul and Tristan both attended primary school at Lindfield East Public School and secondary school at Killara High School, and along with Tim Byrnes eventuated in many roads trips around Australia and New Zealand 1996-2023 (27 years in total). Incidentally, whilst growing up Tristan lived at 92 Chelmsford Ave, East Lindfield and Paul lived at 91 Chelmsford Ave, East Lindfield. Paul completed an undergraduate degree in mathematics at Macquarie University and an Honours degree in meteorology at Monash University. A ‘UFO’ appeared in a photo taken by Tristan at Wilsons Promontory National Park in 2004. Both Tristan, Paul and Tim were there at the same time on the road trip.

In August 2021, I witnessed a ‘UFO’ over the eastern skies of Melbourne. I tend to gaze out my window when I get bored of staring at the computer screen and I have an excellent view of the eastern sky, so it caught my attention. It was a metallic object reflecting the late afternoon sunlight high up in the atmosphere, just below a deck of mid-level cloud, so it appeared a reddish-orange metallic colour. It was oscillating in brightness from dim to bright light across the sky. I suppose it could have been a balloon rotating between a reflective side and a less reflective side, but it was a bit mysterious. It didn’t seem to be a regular aircraft. Still not as spectacular as what I witnessed a few years ago when I saw several brilliant, white objects above Port Phillip Bay one morning, orbiting a central point before dispersing in different directions.

Another ‘UFO’ occurred in 2016. I was a shift worker in the city at my office, which was level 20 of a building on Queen St. It was early on a weekend morning (I think Sunday) in late spring or summer, between about 7:30-8am, so the sun was well up. It was sunny with a tiny bit of low cloud - a beautiful morning. The office had good but obscured views towards the south. You could see the sky clearly but not so much the bay, which was obscured by buildings. I was at my desk gazing out the window when I noticed the usual sky divers over St Kilda or thereabouts (I have very good eyesight so I could see them even before their parachutes opened). However, my attention was immediately drawn to several (about five) oval shaped, white objects, seemingly very high up above Port Phillip Bay, well above where I could see the sky divers. The objects were circling in a ring quite rapidly. After about a minute, the objects began to disperse, going off in different directions. One of the objects drifted toward the city. I walked away from my desk to some other windows to get a better view as it approached. It appeared gleaming white, seemingly reflecting the sunlight. I then went back to my desk to get my phone so I could take a picture or video, but when I returned to the window I had last seen it from, the object had vanished. I looked everywhere but could no longer see it. I could not think of a man made or natural explanation for what I had witnessed, given the behaviour of the objects (circling before dispersing) and that they appeared so high up in the atmosphere.

A further ‘UFO’ experience I had was around 2003. It was a sunny, summer evening in Keilor. I had been visiting family and had stepped outside to leave. We were saying our goodbyes when my attention was caught by a cluster of several, bright, flashing lights in the sky above (it was still daylight but late in the day, around 7pm). The only thing I could think of was perhaps mylar balloons rotating and reflecting the sunlight on each revolution.

In spring 2002, I had an unusual experience involving a bird 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.

3.3 A Letter from Tim Blencowe

Hi Tristan

Thanks for the chance to meet up today to talk about where things are up to for you. As you mentioned, you're certainly managing a lot at the moment with the ongoing issues around mental illness affecting you and your family, and the anxieties of long term unemployment. Thanks for making the time to meet. An Email for Clarity I wanted to follow up our conversation with an email so as to make sure our communications are clear and there's no misunderstandings. As mentioned, I had chatted to McClure earlier in the day about the conversation I was going to have with you as he has had similar concerns, and you've been mentioning how Greg has also been engaging with you, so I've included McClure and Greg on this email so that they are in the loop on where things are up to. Your Connection with MBC is Changing As we discussed today, you've always been warmly welcomed at MBC over these recent years, but as you've been learning more about what the Bible says about Jesus it's been clear that you are coming from a very different place in your thinking. We've been happy to tolerate that, but the difference now is that you have decided to publish the attached document via your facebook group and are now proactively circulating and propagating extracts from that document along with your philosophical ideas and religious teachings whereby you proclaim yourself as God-appointed king and effectively the world leader of a new religious movement. I have strongly urged you today to not go the way you are going, and

to repent of these claims. I've also made clear that if you continue in this way it will bring your relationship with MBC to an end. It's one thing to attend our public gatherings as someone who is seeking truth and finding out about the claims of the Bible, but its another thing to claim to have found alternative truth and to seek to gather a following to that truth. I will also communicate with Christian Union and Navigators to let them know the situation. If this is the choice you make I'd like for us to finish well. You've become a friend to many at MBC and that will continue to be the case I'm sure. I think many of us appreciate your kind nature. If you really have decided to go take this path that leads you away from MBC then I'd like to have the opportunity to have you visit with us one more time on a Sunday night so that we can say thanks for your time with us. As mentioned today, that should probably be this coming Sunday. I would be very happy to print off copies of the attached document and hand them out to people as a way of helping them understand the decision you have made and the direction you are going. As we talked more about this today, I suggested to you that this needn't happen this Sunday, and that instead you should take the next couple of weeks to seriously consider what you are doing. If you are happy to hold off making any more internet posts and religious claims for the next few weeks, then we would be happy for you to continue with us on Sundays while you make your decision. Why I think you are going the wrong way As explained today, there are a number of reasons why I think you are going the wrong way in making these claims...

(1) You are going against what God clearly says in the Bible and putting yourself in great danger of God's judgement. Your religious outlook is similar to Bahai, attempting to take portions of various religions and claiming to have a superior path that supposedly brings them all together. This is not new and is based on a faulty understanding of each of the religions you seek to represent. It is definitely not Christian and does not accord with the Bible in any way.

(2) Your religious claims have an extremely flimsy basis. Having experienced a subjective encounter involving a vision of a bird, you have concluded that the blog post you had just written at the time was therefore being confirmed as true by God appearing to you as a bird. As you mentioned today, the other two experiences mentioned in your paper, one from a guy called Paul and another one from a guy called Tim, do not substantiate your claims in any way, except that they suggest that other people may have subjective experiences too. This is a unique claim. The world is full of subjective experiences. I suggest this one experience of yours is an extremely thin basis on which to claim that you are leader of a new world religion and the appointed representative of God on earth.

(3) As explained today, I think that your mental illness is leading to your experience of religious delusion. It is not uncommon for some mental illnesses to involved such delusions, where people believe that they are the messiah or a divine representative. I really appreciate that you are able to be honest with

yourself about the fact that you suffer with mental illness, so I strongly urge you to take seriously the implications of that and accept there must be a connection.

(4) I do not believe you have a serious following for your ideas. Your facebook group is called 'strategic games' and is associated with your website. It is not surprising that a web presence with that name has attracted numbers of people who are no doubt interested in 'games', 'strategy' or 'strategy games'. But having people subscribe to your site on that basis does not mean that they are interested in your religious claims or are supportive of them in any way. I think it's wrong that you refer to this as your 'interest group' when no-one is dialoging at all with your ideas or reading or circulating the paper you have written.

(5) As mentioned today, I think you are making false claims about yourself. I don't think you mean to be deceptive, but I do think that you are twisting the facts so as to convince yourself of a number of things that are not really true. First, it's not true that you have the occupation of 'academic researcher'. To hold such a position you would need to have a formal post with a recognised institution. You may have had this many years ago, but it's not the case now. I'm sure you do lots of research, but anyone can do that. Second, your 'adjunct' positions with Swinburne uni and Adelaide uni were unpaid roles which did not involve any teaching or lecturing of any kind, and yet the way you write your document it makes it sound otherwise. These roles were undoubtedly openings that were given to you to develop your statistical work to do with gaming prediction but which do not seem to have resulted in tenure. Third, I don't think you should be claiming your mathematics PhD or a book you once wrote as some kind of qualification for the claims you are making. There is no connection. And fourth, as mentioned above, your facebook group does not represent an 'interest group' as you claim. It's not real.

(6) I believe that you are searching for identity and purpose for your life. I really feel for you Tristan. Ten years ago your mind was wonderfully busy with the amazing mathematical and statistical work you were doing at that time. As mentioned today, it seems to me that your mind is very active and that these ideas have become something of an obsession for you. I think you've been dwelling on the ideas far too much and have started convincing yourself that you see connections that really are not there. I think underneath it all you want to find purpose and meaning for your life, and you want to feel like the capacity of your mind is being used to its potential.

(7) I think there is an unhealthy elevation of yourself that you should repent of. I have noticed how much you talk about the reward you are seeking for all your thoughts and ideas, and you talk about how the university research you once did was worth millions of dollars that you were never paid. I think there is a worrying tendency to want to be recognised as someone great. I really think

you are searching for a sense of worth and value and this is feeding the delusion that you have been specially appointed by God as king.

Please Do Change Your Mind Tristan, please listen to us as your friends. Please recognise that the claims you are making are not based on reality are are connected with the illness you have been suffering from for some time. Please allow us to help you to get the psychological help and emotional support that you need. And in the meantime, I urge you to hear the call of Jesus to repent, and to submit your life to following Him and the Way, the Truth and the Life. In Him you will find the identity, purpose and joy that you are searching for. I am praying for you Tristan.

Sincerely, Tim Blencowe

3.4 A Letter from Dave McIntosh

Hi Tristan. I just wanted to get in contact about your involvement in Nav Nights. As you are not currently a student at Macquarie Uni and you are not in the peer group of the students who attend I think it would be best for you not to come along. I would be happy to meet with you if you wanted to talk further about this or anything related to Jesus and the Bible. You know where I stand on your personal claims of revelation. I do care for your well being but I also need to care for the well being of those in our group, particularly the young ladies who join. Thanks. Dave McIntosh

3.5 A Letter from Elizabeth Harman

Dr. Tristan Barnett
1/11 Findon Street
Hawthorn, Vic, 3122

Friday 24 September 2010
Via email tristan.barnett@vu.edu.au
Also via hard copy to address above

Dear Dr. Barnett,

I hereby terminate your appointment as an Adjunct Lecturer at Victoria University, effective immediately, as I am empowered to do under procedural Clause 3.6 of the University's Honorary, Adjunct and Visiting Appointments Policy. I do this following the recommendation of the relevant delegate, being the Executive Dean of the Faculty of Business and Law, that it is in the best interests of the university to do so. His recommendation was based upon the facts that:

1. you have been causing problems with Victoria University partners through inappropriate communications, personally and in a variety of emails, and
2. that you have sent a number of emails to various staff of the University, making a series of unjustified claims, causing additional unnecessary work to be carried out by those individuals.

Yours Sincerely
Professor Elizabeth Harman
Vice-Chancellor and President

3.6 A Letter from Michele Kemm

16th April, 2008

TO WHOM IT MAY CONCERN

Re: Tristan Barnett
Date of Birth: 26th June 1977

Tristan is a client of the Swinburne University Counselling Service and has attended the service for support and assistance through March and April of 2008. He initially sought assistance for managing the stress and depression he was experiencing regarding his employment situation.

Tristan was disputing the conditions of his employment with the company – Sportsbet21. He had concerns regarding the fact that his wage from the company was invariably late. Tristan was under the impression that he was to receive regular fortnightly payments for his work as stated in his employment agreement. The situation was having a considerable impact on his ability to manage his daily finances. As a result of his financial uncertainty and the consequent negative impact on his psychological wellbeing, Tristan was experiencing symptoms of depression which included moderate sleep disturbance.

Because of the difficult situation Tristan was experiencing and his deteriorating physical wellbeing he felt he had no option but to hand in his resignation to Sportsbet21 taking effect from 28th March. Since that date he has not been employed. If you have any queries regarding this issue please contact me at Student Services ph 9214 8025.

Yours sincerely

Michele Kemm MAPS
Counselling Psychologist
Student Services

3.7 A Letter from Mark Lowy

EMPLOYMENT AGREEMENT

Employer: Sportsbet21 Pty. Ltd.
Employee: Dr Tristan Barnett, Gaming Mathematician
Reports To: Chairman

Principal Responsibilities:

Operations

- Review of results as required
- Revision of statistical and mathematical models as required
- Implementation of models within operational systems
- Assisting with integration of systems with clients and documentation as required
- Ensure operations continue with clients and preparation of documentation as required
- Provision of statistical and system updates (where possible)

Product Development

- Generation of ideas for new sports and products
- Development of theoretical structure for a game
- Assist in selling the concept to clients
- Assisting in preparing collateral
- Updating the website, when required

Terms & Conditions of Employment:

1. Commencement Date:

The date for commencement of duties is Monday 17th July 2006

2. Remuneration:

a) Position Hours

The position will be based on 0.6 of an equivalent full time position

b) Remuneration

On appointment your remuneration will be \$500.00 per week which will be paid fortnightly.

c) Expense Reimbursement

Such expenses as are reasonable incurred in the course of your duties and with the consent of the Chairman, will be reimbursed by the company.

3. Probationary Period

A probationary period of three (3) months will apply.

4. Development of Intellectual Property

In the course of your duties you will be developing Intellectual Property (IP) that will be owned by SportsBet 21 Pty. Ltd. By signing this agreement, you agree not to use or share any IP, either existing or developed by yourself or others, in a manner that is not first approved by Sportsbet 21 Pty. Ltd. This will remain binding in the event your employment ceases with the company.

5. Termination of Services

Either party may terminate this agreement by giving the other party notice in writing of not less than 1 month or payment by the Company in lieu of that period of notice.

6. Confidentiality

In the course of your duties you will be dealing with information regarding the operations, activities, policies, procedures and financial arrangements of the company which are regarded as highly confidential. Such matters are not to be disclosed to or discussed with any other person or organisation external to the business, unless in the course of business it is essential to do so. Breach of this clause provides grounds for dismissal.

It is agreed that the terms and conditions of employment are as set out in the two (2) pages that comprise this Agreement.

On behalf of SportsBet 21 Pty. Ltd.

Mark Lowy
Chairman

Chapter 4

Yoga Philosophy

4.1 Overview

Tristan cured bipolar from 11 years of following yoga processes by reading the Bhagavad Gita As It Is 3 times, not putting any intoxicants into the body including meat, alcohol and coffee, writing this document and making posts on facebook about yoga philosophy from knowledge obtained from the Bhagavad Gita As It Is. How is this possible? Firstly, lets describe what is so special about the Bhagavad Gita and the Bhagavad Gita As It Is.

The Bhagavad Gita is a conversation between Arjuna, a supernaturally gifted warrior about to go into battle, and Krishna - the Supreme Personality of Godhead, his charioteer. In the course of giving Arjuna all manner of spiritual and material advice, Krishna explains karma, the self, the Supreme Self, the purpose of yoga, the difference between our self and our material body, how our environment affects our consciousness, and how to attain the perfection of life. The Bhagavad Gita appears as a central chapter in the Mahabharata, the history of greater India. It is the essence of Vedic knowledge and one of the most important books of Vedic literature. Lord Krishna spoke the Bhagavad Gita to his first disciple Arjuna about 5000 years ago (3000 BCE) on the battlefield of Kurukshetra and through disciplic succession the Bhagavad Gita As It Is gives commentary on the verses by Lord Krishna by His Divine Grace A.C. Bhaktivedanta Swami Pradhupada. Essentially the Bhagavad Gita As It Is, is the highest authoritative text to explain the universe and the commentary is 'almost' 100% accurate.

The Bhagavad Gita As It Is was first published in 1968 by Macmillan Publishers and is now available in nearly sixty languages and is primarily promoted and distributed by followers of International Society for Krishna Consciousness (ISKCON). Prabhupada's translation and commentaries of the Bhagavad Gita As It Is considered by adherents to the ISKCON movement and many Vedic

scholars to be one of the finest literary works of Vaishnavism translated into English.

It is thought (correctly or not) that Albert Einstein, himself, may have reflected by saying something like; “When I read the Bhagavad-Gita and reflect about how God created this universe everything else seems so superfluous”.

“When doubts haunt me, when disappointments stare me in the face, and I see not one ray of hope on the horizon, I turn to Bhagavad-Gita and find a verse to comfort me; and I immediately begin to smile in the midst of overwhelming sorrow. Those who meditate on the Gita will derive fresh joy and new meanings from it everyday.” - Mahatma Gandhi

A fundamental concept from the Bible is the Holy Spirit or Holy Ghost or Spirit of God or Spirit of the Lord or Spirit. This is more commonly known as the Supersoul (Paramatma) from the Bhagavad Gita As It Is and is a plenary expansion of God located in the heart. The individual soul (atma/self) is also located in the heart and is referred to as just the ‘soul’ in the Bible. Hence we have two souls - the individual soul and the Supersoul. The Supersoul sits on top of the individual soul as an observer (like two birds in a tree). The soul is one ten thousandth the size of a tip of a hair and can’t be measured under laboratory conditions (it is purely spiritual). The soul is life and is keeping us alive (the material body is dead). The soul is the smallest unit of life (and is only life) and gets inside the atom. Hence, the piece of God inside of us as the Supersoul located in the heart is aware of our actions and Tristan was able to cure bipolar over 11 years by understanding true knowledge or yoga philosophy as documented in the Bhagavad Gita As It Is, devotional service by distributing this knowledge on facebook, writing this document and also not putting any intoxicants into the body. The word yoga or ‘to yoke’ as in the Bible means to connect - the individual soul with the Supersoul, and by following yoga processes many diseases can be cured and hence prevented. The reason for understanding yoga philosophy is two-fold. Firstly, one can advance spiritually to the extent of reaching Samadhi or Enlightenment, whereby in this state of consciousness one is free of all anxieties and hence no suffering in this material world. Secondly, by advancing spiritually one can obtain the spiritual sky in the next life (also known as ‘being saved’ or salvation in the Bible) and escape the cycle of death and re-birth, which is our whole purpose in life. We are not these material bodies but eternal souls, where life is eternal and 3/4 of the universe is spiritual. Further, the truth about Jesus could help to unite the three Abrahamic religions and hence the ‘church’ could consist of Christians, Muslims and Jews all worshipping Lord Krishna (or incarnations of Krishna as the Father, Allah or Yahweh/Jehovah). Ultimately, by teaching this knowledge in schools one could develop preventative measures against many diseases including cancer, malaria and COVID; and hence reduce suffering in society. It could then be argued that world peace could be obtained by teaching yoga philosophy to the public and in particular in schools, since by undertaking

and following these yoga processes to reduce suffering requires no harm to any living beings on the planet, a philanthropic approach to life and respect for the environment. Below is a summary of yoga philosophy as summarized from the Bhagavad Gita As It Is, an extension of the Bhagavad Gita As It Is, Krishna Consciousness books and websites, key concepts from the Bible and the Qur'an, and the truth about Jesus. Note that the Bhagavad Gita As It Is will be referred to as just the Gita.

4.2 Our Purpose in Life

As stated above we have a piece of God inside of us located in the heart as the Supersoul and this is the most fundamental concept in yoga philosophy. Our whole purpose in life is to reach the spiritual sky in the afterlife (also known in different religions as being saved, salvation, moksha, liberation, nirvana, kingdom of God and heaven). Life is eternal and we keep taking on bodies through reincarnation and transmigration of the soul until we reach the spiritual sky where 3/4 of the universe is spiritual. Krsnaloka is the highest spiritual planet where there are spiritual cows with unlimited milk. We take on another species in the next life depending on our karma where everyone gets to the spiritual sky eventually - it just depends on how many bodies we take in this material world. In the spiritual sky we become angels which are purely spiritual and hence no suffering. There are 8.4 million species in life including 400,000 species of humans defined by our level of consciousness (where there is material and spiritual consciousness) where in theory with the highest level of consciousness (100% spiritual consciousness) one could walk through a wall (known as quantum tunnelling). Hence $400,000/8,400,000=4.8\%$ of species in life are human. Note that we are constantly fluctuating in our level of consciousness. Every living entity has an individual soul and a Supersoul located in the heart and thus God is keeping every living entity alive through spiritual consciousness as a source of energy. The material body is dead and is simply a covering over the soul which is life (it is just like putting on a shirt). We can reach the spiritual sky in the next life by advancing spiritually (known as back to Godhead) in this life and ultimately reach Samadhi or Enlightenment where there is no suffering in this material world. The Buddha was Enlightened, and although Jesus reached states of consciousness equivalent to being Enlightened including walking through a wall as the highest state of consciousness, Jesus was not Enlightened per se since Jesus fluctuated constantly in consciousness throughout his life. An interesting problem - was Jesus at a state of consciousness of being Enlightened when on the cross, since being Enlightened implies no suffering and hence no pain? Also note that many of us have experienced being Enlightened since there is no suffering during the 'pleasure' phase of having sex.

4.3 What are Our Bodies Composed Of?

Our bodies are composed of the gross material body (water, air, fire, earth, ether or space, blood*), the subtle or astral material body (mind, intelligence, ego) and the spiritual body (individual soul, Supersoul), where the material body (gross and subtle) is separate from the spiritual body. The spirit soul is encaged within a machine. Note that it is interesting that we have fire in our bodies. The amount of energy in calories/kilojoules that we obtain from food is disproportionately very low compared to the amount of work we do in a day. How does the heart keep beating 24/7 and the complexity of the brain function? There must be an additional energy source. The Gita does not say directly what is consciousness but it is reasonable to conclude that consciousness is an additional energy source. There is material and spiritual consciousness. Spiritual consciousness must be coming from God as the Supersoul and therefore material consciousness is coming from the individual soul. The soul has become contaminated with material elements or maya (such as alcohol, smoking, coffee, meat, wealth) and thus releasing material consciousness from the individual soul. The word yoga means to connect (or 'to yoke') the individual soul with the Supersoul by following yoga processes and thus releasing spiritual consciousness, where one can become free of all anxieties in this material world and hence no suffering. This is evidence that the soul and God as the Supersoul exist through consciousness as an additional energy source to keep us alive.

*Note that Lord Krishna does not include blood as part of the gross body because it is impure. For example, women lose blood through the cycle and men cut themselves in various religious practices to release blood. Also fire, light and electricity are somehow connected as demonstrated through a lightening strike. Further, there is a spiritual component to air, water, fire, electricity and ether. There is also material and spiritual light. Note also that the words yoga, God, religion, work, education and spiritual can be used somewhat interchangeably.

The subtle material body of the mind, intelligence and false ego is comprised of material consciousness all located within the heart. Note that ego is comprised of material consciousness (false ego) and spiritual consciousness (real ego). The mind is the central subtle sense and has 3 functions of thinking, feeling and willing. We have 8 senses - 5 gross (touch, vision, smell, taste, sound), 2 spiritual (sex objects) and 1 subtle (mind). We have 9 holes all driven by senses (and eyes are holes). Note that touch is a sense located all over the body and is not a hole. The senses are very strong and rather than use taste as a sense by eating meat, listen to music through sound and travel through vision. Note that alcohol, drugs, coffee and cannabis affect the mind directly without going through the gross or spiritual senses. The mind interacts with the 5 gross and 2 spiritual senses to release depression and anxiety. The mind also stores memory and it is important to resolve all conflicts otherwise this can lead to depression and anxiety. Note that yoga is the most effective method for resolving conflicts.

The intelligence is the power of discriminating between the functions of the mind. As documented Srimad-Bhagavatam 4.30.26, Purport. “The Lord is present in everyone’s heart, and He gives the living entity intelligence. According to the desires of the living entity, the Lord makes him remember or forget. If the living entity is demoniac and wants to forget the Supreme Personality of Godhead, the Lord gives him the intelligence to be able to forget the Supreme Lord forever. Similarly, when a devotee wants to serve the Supreme Lord, the Lord, as Paramatma, gives the devotee the intelligence to make progress in devotional service. The Lord directly witnesses our activities and experiences our desires. The Supreme Lord gives us the facilities to act in the way we wish”.

Higher than mind and intelligence is ego, the point of self-identification and the next door neighbour to the soul. False ego is what makes us think that our self and our external body are one and the same. The reality is that we are all spiritual. We don’t die. Without understanding that, we think, “This body is who I am”. We think our temporary bodily labels - white, black, tall, short, young, old, man, woman - apply to us. We’re made of spiritual energy, which means that we’re eternal and conscious. Spiritual energy is superior to the temporary, unconscious matter our bodies are made of. False ego is the most subtle feature of the inferior, material energy. It’s the very point of contact between spirit and matter. It’s what keeps us tied to repeated births and deaths. This point of identification at the point of ego is of prime importance because it will determine one’s direction in life. Which road will one take? What a tragedy that at the end of one’s life one looks back and realizes that he has taken the wrong road. Through gross bodily identification one will travel the “materialistic path” in pursuance of material advancement, happiness and sensual pursuits. If one identifies the self with the mind and intelligence one will centre one’s life on philosophical and mental pursuits. If one identifies the self as a spirit soul then one will travel on the “spiritual path” and pursue spiritual goals. Identifying with the gross or subtle bodies is called false ego and identification of one’s self as being spiritual is called real ego.

4.4 Evidence that God Exists

1) Tristan was able to cure generalized anxiety, bipolar and schizoaffective disorder after 12 years of yoga processes (2013-2024) which medical experts claim cannot be cured. Tristan is also immune from COVID given that Tristan travelling with two people over 4 days that tested positive to COVID and Tristan did not show any symptoms after this event. This is evidence that we have a piece of God inside of us as the Holy Spirit or more generally the Supersoul. Hence it makes sense that if one looks after the Supersoul then God will look after the material body and thus many diseases could be prevented and cured by following yoga processes.

2) You can’t create something out of nothing there must be a starting point or

a driver and that starting point must therefore be God. But who created God? Well obviously God is eternal.

3) The amount of energy in calories/kilojoules that we obtain from food is disproportionately very low compared to the amount of work we do in a day. How does the heart keep beating 24/7 and the complexity of the brain function? There must be an additional energy source. The Gita does not say directly what is consciousness but it is reasonable to conclude that consciousness is an additional energy source. There is material and spiritual consciousness and spiritual consciousness must be coming from God as the Supersoul or in particular when the individual soul connects with the Supersoul by following yoga processes. This is evidence that the soul and God as the Supersoul exist.

4.5 Modes of Nature

There are three modes of material nature - ignorance, passion and goodness. The mode of ignorance is typically someone engaged in activities of intoxication, meat-eating, smoking, gambling, illicit sex and illicit drugs; where intoxication, meat-eating, gambling and illicit sex represent the four biggest sins according to the Gita. The mode of passion is typically someone engaged in activities of accumulating wealth and gaining pleasure out of sleep, sex and food. Most of society are in the mode of passion. The mode of goodness is typically someone engaged in activities of a vegetarian diet, philanthropy and a regular devotee to a religious organization where pleasure derived from the material elements of sleep, sex, food and money are discouraged. Beyond the three modes of material nature there is a transcendental state of consciousness, where in this state it is theoretically possible to be free of all suffering in this material world. There are 400,000 species of humans defined by our level of consciousness where spiritual consciousness is energy emitted from the Supersoul piece of God inside of us located in the heart. Note that our level of consciousness is constantly changing and we can even shift between the different modes of nature. There are 8 million species in life excluding humans where every living entity also has a level of consciousness given that every form of life has a soul. Animals are somewhere in the range of the mode of passion by typically engaged in sleep, eat, mate and defend. Given that intoxication, smoking and illicit drugs are in the mode of ignorance, implies that animals have a higher level of consciousness than humans in the mode of ignorance taking such intoxicants. Animals don't have the intelligence to understand God like us humans have. Hence we should use this life to understand God, and by doing so we would advance spiritually by increasing our level of consciousness (or spiritual consciousness) to the mode of goodness (and potentially to a transcendental state of consciousness). This would give us the best chance to minimize suffering in this material world and also reach the spiritual sky in the next life which is our whole purpose in life. Given that Tristan is immune from COVID suggests that COVID has a level of consciousness in the mode of passion. By advancing spiritually to the mode of

goodness one can become immune from such viruses. Note that the effects from alcohol, drugs, caffeine and meat are just a quick fix by releasing depression and anxiety in a short period of time whilst consuming these intoxicants; and hence can become an addiction.

4.6 Law

Criminal law is unnecessary based on the law of karma (or God's law). In the case of murder for example, the victim is likely to ascend to the spiritual sky (which is our whole purpose in life given that life is eternal and 3/4 of the universe is spiritual) and the injurer could potentially descend into a lower species in life in the next life. Thus the 6 million Jews killed in the Holocaust and the 9/11 victims are likely to have ascended to the spiritual sky. Given that criminal law is unnecessary then arguably no law is required in this material world and criminal activities will decrease in the future once yoga philosophy is taught in schools. Note that everyone gets to the spiritual sky eventually, it just depends on how many bodies we take on through reincarnation and transmigration of the soul.

4.7 Conflict Resolution

The four recognised dispute resolution processes are negotiation, arbitration, litigation and mediation. Tristan was involved in a work agreement dispute claiming he was owed \$13,000 when working for Sportsbet21. Negotiation and mediation processes failed, arbitration was not an option for this particular dispute, and thus Tristan was considering filing a lawsuit to recover the money. There are risks involved in going to court due to the legal costs. Tristan published an article in 'Law, Probability and Risk'; that uses a piece of mathematics to enable the victim to make an objective decision on whether it is beneficial to file a lawsuit given the legal costs and based on maximizing the long term growth of the bank. Tristan initiated the litigation process given that his piece of mathematics published in an established law journal indicated to file a lawsuit. However, Tristan did not proceed to court due to the significant amount of stress involved during the litigation process which led to an increase in Tristan's depression and anxiety levels, and this could have been exacerbated if the litigation process was not successful in court. Further, the mind stores memory and even if the litigation process was successful would the memory of the trauma in general go away completely - a rape victim for example? Hence, resolving a conflict is two-fold. Firstly, the memory of the trauma from the conflict needs to disappear and secondly the victim needs to obtain justice. Therefore, is it possible to resolve the conflict such that the memory of the trauma goes away, the litigation process is not utilized since this can be quite stressful for the victim and also the victim of the conflict obtains justice? Note that it is important to resolve all conflicts otherwise this could lead to depression and anxiety.

Tristan made the connection that “yoga is the most effective method to resolving conflicts” and posted this discovery on facebook. Days after making this connection, Tristan had an out-of-body experience by visualizing a bird in the spiritual world which reflected when Jesus was baptized ‘the Spirit of God descending like a dove’. Tristan demonstrated that memory from the Sportsbet21 dispute as above could be erased by undertaking yoga processes over a period of 11 years and even erased memory from workplace bullying that occurred over a period of 4 years at Swinburne and Victoria universities. The process of yoga in its different forms namely Bhakti or Buddhi, Karma, Jnana and Hatha yoga cleanses the mind by processing information and the memory from the conflict will eventually be erased. Hence, “yoga is the most effective method to resolving conflicts”, and this quote has arguably been approved by God as the spiritual encounter involving a bird for Tristan occurred directly after making this quote to reflect when Jesus was baptized. Finally, the victim will obtain justice through the law of karma since we have a piece of God inside of us as the Holy Spirit or Supersoul, and thus the injurer could potentially descend into a lower species in life in the next life.

4.8 Sex

Sex is transitory, with the ‘pleasure’ from sex on average for men lasting between 10-30 seconds and for women lasting 13-51 seconds. Animals typically have sex and hence sex is for animals given that sex becomes distasteful as we advance spiritually. Sex should only be used for procreation and no illicit sex. Further, since the cells regenerate 7 times throughout a life, it is possible that your partner could look like a ‘demon’ at some point in time. Also, sex with God is possible as we advance spiritually. Note that many of us have experienced being Enlightened since there is no suffering during the ‘pleasure’ phase of having sex. Thus, is it possible that reaching Enlightenment is equivalent to having sex with God, since there is no suffering during the ‘pleasure’ phase of having ‘animal’ sex.

4.9 Forces of Nature

The established four fundamental forces of nature are gravitational force, weak nuclear force, electromagnetic force and strong nuclear force. There is a fifth force of nature the will of God as spiritual consciousness - energy emitted from the Supersoul (plenary expansion of God located in the heart) and every living entity in the universe both material and spiritual are connected through spiritual consciousness. Energy and force are related through work in physics. Tristan felt this fifth force of nature as an out-of-body experience in 2013 where the soul left the body and Tristan was visualizing a bird in the spiritual world. Further, if we assume there is only one God, then it makes sense that the pieces of God located in the heart of every living entity 8.4 million species in life are

somehow connected through a force. Even further, there is a fifth dimension in the universe that sits within the space-time dimension as the spiritual universe given that 3/4 of the universe is spiritual. It makes sense that there would be a spiritual force as spiritual consciousness that exists within the spiritual universe.

4.10 Solution to Bigotry

There are 400,000 species of humans defined by our level of consciousness given there is material and spiritual consciousness - where spiritual consciousness is energy emitted from the Supersoul given that we have two souls the individual soul and the Supersoul or Holy Spirit (piece of God located in the heart). We are not defined by whether we are Asian, Muslim, Aboriginal or this or that, but rather by our level of consciousness. God is keeping us alive through the Supersoul and the material body is dead. Hence there would be no bigotry if yoga philosophy were taught in schools to understand the above in that what we are perceiving of the material body is in fact dead, and ultimately, we should be perceiving every living entity 8.4 million species in life as eternal souls (which is life) and not the dead material body. We were other species in previous lives - human or animal etc and we keep taking on bodies through reincarnation and transmigration of the soul until we reach the spiritual sky where life is eternal and 3/4 of the universe is spiritual.

4.11 Age of the Universe

Krishna gives the universal time frame revealing that this material universe that we inhabit has a life span of 311 trillion & 40 billion earth years. Currently we are approximately 160 trillion years in, just over halfway on the universal time clock. Therefore, there are approximately 151 trillion & 40 billion earth years of life left on this material universe, where every living entity 8.4 million species of life will obtain the spiritual sky and the 1/4 material universe will be annihilated. The soul existed since time immemorial 160 trillion years ago and that is our current age given that the material body is dead and we keep taking on bodies until we reach the spiritual sky. Jews for example may have existed as Muslims in a previous life or aardvarks or artichoke plants. As previously stated, everyone including the minuscule ant is guaranteed to get to the spiritual sky in the next 151 trillion and 40 billion earth years.

4.12 Land

God created the universe (material and spiritual) and owns all land past, present and future. We are servants of God and God owns all knowledge. With this mentality there would be no lamentation or hankering if one was to unfairly lose their job tomorrow and thus not inhibit one's spiritual advancement where in theory it is possible to be free of all suffering in this material world known

as Enlightenment or Samadhi. By doing what God wants through the different forms of yoga (Bhakti or Buddhi, Karma, Hatha, Jnana) one can not only be free of all suffering in this material world but also obtain the spiritual sky in the next life which is our whole purpose in life where life is eternal and 3/4 of the universe is spiritual.

4.13 Disease

Birth, death, old age, disease. Man has no solution. When someone obtains a disease they either die straight away from the disease, are cured from the disease in time and eventually die or are diseased the rest of their lives and eventually die from the disease. We have a piece of God inside of us and thus we can be killed at anytime by God. Without a soul or a Supersoul as the piece of God inside of us the material body cannot survive. Dying straight away from the disease could be considered a blessing since we end the suffering by taking on another body either human, a lower species in life or a higher species in life as an angel in the spiritual sky, and eventually every living species including COVID and the minuscule ant will get to the spiritual sky - it just depends on how many bodies it takes. Curing the disease over time is the best outcome because firstly the suffering goes away and it gives one the best chance to reach the spiritual sky in the next life since suffering is caused by sin or bad karma in the first place. The worst outcome is living with the disease the rest of your life since there is suffering, where obtaining the spiritual sky in the next life could be uncertain since we are suffering in the first place because we are not advancing spiritually by following yoga processes and accumulating too much sin or bad karma. Note that since we have a piece of God inside of us it could theoretically be argued that every disease can be cured - it just depends on how long it would take. Thus, by teaching yoga philosophy in schools many diseases can be prevented from occurring in the first place such as COVID and cancer, where COVID is now the third leading cause of death at least within Australia.

4.14 Types of Life

The recognized forms of life are plants, animals, fungi, protists, archaea and bacteria. Note that mushroom is not a plant but a fungi and that is why mushroom is not recommended to consume in the body. Note also that viruses such as COVID is a form of life. Other forms of life include ghosts, angels, demigods, God, fire, light, air, water and electricity.

Ghosts contain a subtle material body of mind, intelligence and false ego; with no gross body. Ghosts are predominately material consciousness, are on the bottom end of the spectrum in terms of levels of consciousness (spiritual consciousness), and hence not a pleasant life. Typically, if one suicides which is the biggest insult to God they are reincarnated into a ghost.

Angels are 100% spiritual consciousness and 100% spiritual. They have no gross or subtle material body. Angels are messengers of God and have truth such as angel Gabriel. Angels and God are purely spiritual and thus have a spiritual body covering over the soul as spiritual light given there is material and spiritual light. There is the impersonal Brahman concept of God as rays of light. But yet the light that we can see is purely material. Hence, there must be spiritual light which we cannot see.

Demigods are the highest form of a human given there are a 400,000 species of humans defined by our level of consciousness. Lord Brahma was a demigod and the first created species in the universe. There are many demigods throughout history and living on demigod planets as documented in Vedic literature. Jesus reached the state of a demigod and was able to walk through a wall as the highest state of consciousness, but constantly fluctuated throughout his life in the different modes of nature. Whereas the Buddha reached Enlightenment as a state of consciousness where there is no suffering in this material world.

Water is poured onto a dead material seed and it becomes life. It is impossible to create life from material substances. So essentially, a soul is transmigrating from water to the seed and therefore water is actually life with a soul and a material covering over the soul. Also, through transmigration the soul comes down with the rain and gets inside the sperm (that is how animal life is created).

It appears somewhat magical that you can create fire by simply striking a dead match against a dead box. Fire requires air and given there is life living within fire implies that air is also life with a soul and a material covering over the soul. There was also Moses and the burning bush with God appearing as fire. Similarly, electricity and light are also life, as fire somehow encapsulates electricity and light. It is therefore plausible to conclude that there is a piece of God inside laptops and mobile phones through chemical energy stored in batteries.

There are also spiritual cows on Krsnaloka (highest spiritual planet) with unlimited milk.

4.15 What is God?

God the Supreme Soul is a very complex form and we will not understand everything about God in this material world. Here is a summary of God. The most fundamental aspect of God is the Supersoul or Holy Spirit plenary expansion of God inside of us located in the heart where God is keeping us alive and the material body is dead. The soul is one ten thousandth the size of a tip of a hair and can't be measured under laboratory conditions as the soul is spiritual. The Supersoul is present in the heart of every living species 8.4 million species in life. Lord Krsna is the Supreme Personality of Godhead who descended approximately 3000 BCE (5000 years ago) and spoke the Bhagavad Gita to his

first disciple Arjuna on the battlefield of Kurukshetra. In disciple succession Srila Prabhupada wrote the commentary for the Bhagavad Gita known as the Bhagavad Gita As It Is (Gita) and is the highest spiritual text for understanding true knowledge. One who understands the Gita understands the universe. There are incarnations of God such as the Father, Allah and Yahweh/Jehovah. There are expansions of God such as Brahman. The impersonal Brahman concept of God is rays of spiritual light where there is material as well as spiritual light. There are also the five Buddhas and God appeared as fire to Moses as a burning bush. Lord Chaitanya is the most recent incarnation of God and appeared in Bengal in around 1490. Lord Krsna will descend on earth again in approximately 470,000 years time. From above it appears that God is also present in water, air, fire and electricity.

4.16 Prophets

From the Bible and the Qur'an the most significant prophets in chronological order are Noah, Abraham, Moses, Jesus and Muhammad. But what about other recognized religions? For example is Gautama Buddha a prophet? Given there are four types of yoga (Bhakti or Buddhi, Karma, Hatha, Jnana), then it is quite reasonable to conclude that the Buddha is a prophet as a result of Jnana or Buddhi yoga. Similarly, Patanjali is a prophet as a result of Hatha yoga. And of course Srila Prabhupada is a prophet as a result of writing the commentary for the Bhagavad Gita known as the Bhagavad Gita As It Is (Gita). And consequently, the disciplic succession from Arjuna to Srila Prabhupada are all prophets. Chaitanya Mahaprabhu (or 'Lord Chaitanya') is an incarnation of Krishna who appeared in Nadia, West Bengal, India in the 15th century A.D. Essentially, Lord Chaitanya is the Supreme Personality of Godhead Himself, appearing as His own devotee, teaching how to best practice Krishna consciousness by his own most authorized example. The role of prophets are then to deliver a message which may be documented in a 'book' to ultimately achieve peace in this material world. Each prophet adds some message that is an extension of messages from previous prophets. Recognized texts include the Bible, Qur'an, Gita, Yoga Sutras by Patanjali and various Buddhist texts. Note that Joseph Smith is arguably a prophet, but the message delivered in the Book of Mormon is not clear to Tristan as to how that delivers a message as an extension of the Bible and the Qur'an. A list of significant prophets in chronological order are as below.

Arjuna 3000 BCE
 Noah 2970 BCE
 Abraham 1800 BCE
 Moses 1391–1271 BCE
 Gautama Buddha 563-483 BCE
 Jesus 0
 Patanjali 300

Muhammad 570-632
 Lord Chaitanya 1490
 Joseph Smith 1830-1844
 Srila Prabhupada 1896-1977
 Tristan Barnett 1977-

4.17 Types of Yoga

The word yoga means to connect or 'to yoke' - the individual soul (known as the 'soul' in the Bible) with the Supersoul (known as the Holy Spirit or Holy Ghost in the Bible or the Spirit or Spirit of God or Spirit of the Lord in the Torah) and this produces spiritual consciousness as energy emitted from the Supersoul. Yoga can be classified into four types: Hatha Yoga, Karma Yoga, Jnana Yoga and Bhakti (or Buddhi Yoga). These types of yoga are integrated with religion, products we consume, our working lives, education and our way of ethics towards society.

Yoga is typically known amongst Western society as Hatha Yoga and this is generally the way society is introduced to yoga by performing postures in a gym. Although popular this is the most difficult path to advance spiritually.

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 owned by the Supreme, and thus the living entity has no reactions of lamentation or hankering if they were to lose their job tomorrow. This is also a difficult path to advance spiritually but more efficient than Hatha Yoga.

Jnana Yoga is about knowledge which generally applies to our education, where there is material as well as spiritual knowledge. Note that material knowledge could be subject to error. Mathematics could be considered spiritual rather than material knowledge as it is an exact science and not subject to error, and from Tristan's experience through years 11 and 12 at secondary school of focusing mainly on mathematics, Tristan was able to advance spiritually and thus the mood from the bipolar disorder appeared to stabilize from the hypermania experienced in the earlier years of 7-10. Tristan read the Gita three times and the depression temporarily went away overnight and the generalized anxiety went away on Tristan's birthday 26th June 2019. However, the bipolar was not cured until 3.2 years later as a result of writing this document and distributing this knowledge by making posts on facebook on yoga philosophy as a form of devotional service. This gives indication that Jnana yoga is a very effective form of yoga for advancing spiritually. One of the problems with Western society and society in general is the knowledge taught at secondary and tertiary level is focused on 'material' rather than spiritual or true knowledge. Further, the commentary from the Gita is in disciplic succession from Lord Krsna the

Supreme Personality of Godhead. Ideally, in order to advance spiritually from reading the Torah, Bible or the Qur'an, the commentary should be in disciplic succession from Moses, Jesus and Muhammad respectively. This is typically not the case and the commentary is subject to error thus making spiritual advancement difficult to obtain. Even further, the commandment 'Thou Shalt not Kill' is documented in the original King James Bible, and thus Jews and Christians in general are not even following their ten commandments as they view this commandment in other 'Bibles' that have been changed or corrupted as 'Thou Shalt not Murder'. Furthermore, it is apparent that the Bible and the Qur'an do not teach key concepts. For example, there appears to be no mention about what our bodies are composed of, and the 'soul' and the Holy Spirit are not really defined very well in comparison to the Gita.

Bhakti Yoga is the highest form of yoga and is a complete devotion and love for the Supreme. Ideally to achieve Bhakti Yoga, the other three forms of yoga should be utilized by working hard (Karma Yoga), understanding the Gita and this document (Jnana Yoga), performing postures in a gym and mindfulness (Hatha Yoga), as well as various religious processes of chanting sacred mantras through kirtan, arati, japa and puja, charity, devotional service such as propagating yoga philosophy through social media and book distribution, and abstaining from material sense gratification of smoking, illicit drugs, gambling, alcohol, meat-eating, coffee and illicit sex. Note that although regular ceremonies through Krishna or Buddhist temples is the best form of God worship, other ceremonies carried out in other religions could also be utilized such as attending churches, synagogues or mosques.

Note there is an abundance of eternal Vedic knowledge including an extension of the Gita known as the Srimad Bhagavatam with commentary from Srila Prabhupada. However understanding the Gita and this document is sufficient for spiritual advancement. Also, Buddhi yoga is equivalent to Bhakti yoga as documented in the Gita, and even though Buddhist generally don't believe in a God; Buddhist are highly respecting God through mindfulness meditation as a form of Hatha yoga and not putting any intoxicants into their body such as alcohol and meat, where no alcohol and a vegetarian diet alone is a very high form of religion. However, Buddhists would better their level of spiritual advancement by understanding the Gita and this document. Further, Hinduism use the Gita as their central text. Therefore Bhakti yoga, Krsna Consciousness, Buddhism (or Buddhi Yoga) and Hindism could be considered a high form of yoga to progress in spiritual life (also known as back to Godhead) to increase one's level of consciousness, with the aim of reaching Enlightenment or Samadhi and be free of all suffering in this material world. These religions could be considered more of a 'science' or the science of God rather than a 'religion' and sit on top of the three Abrahamic religions (which are somewhat circumstantial for their period in history). Also, other religions, cultures or related movements use elements from mainstream religions mentioned above and generally talk about reaching the spiritual sky in the afterlife by undertaking some process

that generally involves elements of yoga. Further, many religions allude to the fact that we have a piece of God inside of us such as the Supersoul (Gita) and the Holy Spirit (Bible). Also, misinterpreting religious texts can lead to religious fundamentalism or even religious extremism (such as 9/11). All of the above would be clear if yoga philosophy was taught at schools by using the Gita and this document as texts.

To summarize; yoga, God, religion, work, education and spiritual can be used somewhat interchangeably. Hence respecting God and advancing spiritually to increase one's overall 'happiness' can be achieved through working, education, prayer, chanting of sacred mantras, not putting any intoxicants into the body where no alcohol and a vegetarian diet alone is a high form or religion, meditation, charity, devotional service, religious ceremonies and yoga in the gym. Listening to music, arts-and-crafts and mathematics are also a spiritual process since music, mathematics and arts-and-crafts are all spiritual. Note that one who engages in an activity (sport, aerobics, poetry etc.) at a high or 'adequate' level is a form of art and one should participate regularly in this talented 'activity'.

The underlying question from the above is that why are we not advancing spiritually even for those who are vegetarian, drink no alcohol, work hard and attend a weekly religious service such as church? Note how it took Tristan 7 years to cure generalized anxiety, a further 3 years to cure bipolar and a further 2 years for Tristan to reach a level of 'average anxiety' for a total of 12 years after commencing yoga processes back in 2013. Hence, results cannot be obtained overnight and can take years possibly up to 7 years as was the case with Tristan to obtain results. Thus, is it worth the effort to obtain spiritual advancement to reduce levels of depression and anxiety, and minimize suffering when one could argue that a comfortable life could be obtained by working hard, owning a nice house, travelling on a consistent basis and getting material satisfaction through sleep, meat, alcohol, coffee and sex? Indeed this argument provides justification as to why one needs to start yoga processes at a young age and ideally this knowledge needs to be taught in schools. It is also difficult to advance spiritually by undertaking yoga processes of just Hatha, Karma or Jnana yoga. Ideally one needs to be doing Bhakti (Buddhi) yoga which is a combination of Hatha, Karma and Jnana yoga and even more yoga processes such as devotional service and charity. These yoga processes are summarized below.

4.18 Formula to Obtain Happiness

Given that we have a piece of God inside of us as the Holy Spirit or Supersoul, then logically if one looks after the Supersoul then God will look after the material body. The following is a contemporary 10 Commandments to obtain constant 'happiness' in this material world by being elevated to a transcendental state of consciousness.

1. Avoid meat, egg, mushroom, onion, garlic, chives, shallots, leek, alcohol, smoking, cannabis, caffeine, gambling, illicit drugs and illicit sex. However, milk products are necessary as you need your animal fats
2. Weekly gardening, wrestling and swimming (preferably at the beach)
3. Weekly hatha yoga, mindfulness, kirtan, japa, arati, puja, dharma talks, bhagavatam talks, mathematics, arts-and-crafts and a gifted activity
4. Listen to music frequently
5. Don't accumulate wealth (e.g. build or donate to a foundation)
6. Six hours of sleep maximum per night
7. Eat prasadam (spiritualized vegetarian food) and karma free milk products
8. Read Krishna Consciousness books including the Bhagavad Gita As It Is (at least 3 times) and understand this document
9. Work hard but don't become attached to the results in working life as you could unfairly lose your job tomorrow
10. Avoid household and work conflicts and politics

4.19 Disabilities

It is quoted in the Gita that people living with disabilities can live happy lives. Note that the soul is life and the material body is dead so the perceived look of someone is not necessarily an indicator of whether they are suffering in life. However, one could argue that a disability is a condition where one is not happy in life, and typically one is not happy with depression and anxiety. It is possible to be free of all anxieties (and also depression) known as Samadhi or Enlightenment and the best chance of achieving this objective is to teach yoga philosophy in schools. Note that the Buddha was Enlightened, and although Jesus reached states of consciousness equivalent to being Enlightened including walking through a wall as the highest state of consciousness, Jesus was not Enlightened per se since Jesus fluctuated constantly in consciousness throughout his life. Note also that Tristan was dating a girl in 2019 that had polio and a movement disability and she was very happy in life.

4.20 Caste Division

As documented in the Gita there are four classes in society: the Brahmins (priestly people), the Kshatriyas (rulers, administrators and warriors; also called Rajanyas), the Vaishyas (artisans, merchants, tradesmen and farmers), and the Shudras (labouring classes). It is also documented in the Gita that men are better at executive and leadership jobs and women are better at childbearing. Based on the above it could then be argued that hierarchy in general and patriarchy exists in society.

4.21 Truth about Jesus

Quotes from the Bible and Qur'an

4:157 (Qur'an) and for boasting, "We killed the Messiah, Jesus, son of Mary, the messenger of Allah." But they neither killed nor crucified him-it was only made to appear so. Even those who argue for this 'crucifixion' are in doubt. They have no knowledge whatsoever-only making assumptions. They certainly did not kill him.

4:171 (Qur'an) O People of the Book! Do not go to extremes regarding your faith; say nothing about Allah except the truth. The Messiah, Jesus, son of Mary, was no more than a messenger of Allah and the fulfilment of His Word through Mary and a spirit 'created by a command' from Him. So believe in Allah and His messengers and do not say, "Trinity." Stop!-for your own good. Allah is only One God. Glory be to Him! He is far above having a son! To Him belongs whatever is in the heavens and whatever is on the earth. And Allah is sufficient as a Trustee of Affairs.

John 14:6 (Bible) Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

John 10:30 (Bible) "I and My Father are one"

Matthew 26:63 (Bible) Jesus is called "the son of God," and followers of Jesus are called, "sons of God." As applied to Jesus, the term is a reference to his role as the Messiah, or Christ, the King chosen by God.

Some quick observations to demonstrate that Jesus cannot be God. Firstly, being the son of God and God is a contradiction. Also Jesus would worship the Father as God and God wouldn't worship God - this is another contradiction. Further, God is purely spiritual and can't suffer in this material world. Of course Jesus had a material body and quite likely to have suffered on the ordeal leading up to the cross and on the cross. Note that Jesus was claiming to be God by forgiving sin and obtained another material body in the afterlife rather than a spiritual body indicating that Jesus did not obtain perfection in life. Thus, the Jesus claims of being God by forgiving sin appear to be false since our whole purpose in life is obtain a spiritual body in the afterlife. And further, if Jesus is not God then quotes made by Jesus in the New Testament may be subject to error, since only God is perfect (or angels as messengers of God). Also, God is perfect and would not have contradictions and therefore there should be no contradictions between the Bible and Qur'an in relation to Jesus, where by demonstrating using logic that there are no contradictions between the two Holy books could help to unite the three Abrahamic religions. Finally, the word 'Trinity' is never mentioned in the Bible. The above of course needs to be proved more scientifically.

The Gita refers to Lord Krishna as the Supreme Soul, fully spiritual, omnipotent, omniscient and cannot suffer the miseries that we do in this material world. Jesus had a material body.

There is no mention of the word 'Trinity' in the Bible. The Holy Spirit (also known as the Holy Ghost, Spirit of God, Spirit of the Lord or just Spirit) mentioned in the Old Testament, New Testament and Qur'an is a plenary expansion of God located in the heart. This is more commonly known as the Supersoul as documented in the Gita which is present in every living entity 8.4 million species of life.

In theory a human can pass through a barrier known as quantum tunnelling (although this is the highest state of consciousness given there are 400,000 species of humans defined by our level of consciousness). Therefore, Jesus walking out of the enclosed tomb is somewhat trivial as Jesus reached this state of consciousness equivalent to a demigod, even though Jesus fluctuated in consciousness constantly throughout his life. But why did Jesus walk out of the tomb with a material body (rather than a higher spiritual body)? This is because Jesus was claiming to be God by forgiving sin when in fact he was just a human (or prophet/messenger). Jesus ascended to the sky by reaching a state of consciousness to be elevated off the ground and went to another planet outside of Earth. At some point in time Jesus will again return to earth as the Second Coming with a material body.

After 'dying' on the cross Jesus took on the same body through transmigration of the soul rather than the soul taking on another body through reincarnation. Through different states of consciousness Jesus obtained healing powers, walking on water and walking through a wall and a tomb.

Jesus claims that he and the Father are one. As explained previously the Holy Spirit a plenary expansion of God (or more generally the Supersoul) is present in all living entities along with the individual soul. We are part-and-parcel with God and so we can all claim we and God are one. The soul is one ten thousandth the size of a tip of hair, eternal and cannot be destroyed, but merely transmigrates into another body at the end of each life based on our karma until the spiritual sky is reached which every living entity will eventually obtain.

The Father is mentioned several times in the Gita as being God, and the Father is purely spiritual. The Father, Yahweh/Jehovah and Allah and incarnations of Lord Krishna - the Supreme Personality of Godhead. Jesus was not the Son of God but rather a son of God. In fact all humans are sons of God because we are part-and-parcel with God and God is our 'Father'.

The Qur'an states that Jesus was not killed on the cross but was made to believe so. From the Gita we are not these material bodies but eternal souls and therefore Jesus and all humans cannot be killed on the cross. Our bodies are

changed from one form to the next at the end of each life according to our karma. If we have bad karma then we can descend to being reincarnated into a lower form or life such as an animal or plant. Good karma can get us to a spiritual body as an angel, ascend to a spiritual planet, live in eternal bliss with God and escape the process of death and rebirth. This is our purpose in life to obtain a spiritual body in the afterlife where every living entity will obtain eventually. Also, like Jesus we are all resurrected from the 'dead' and keep taking on bodies until we reach the spiritual sky. Note that the Buddha was Enlightened, and although Jesus reached states of consciousness equivalent to being Enlightened including walking through a wall as the highest state of consciousness, Jesus was not Enlightened per se since Jesus fluctuated constantly in consciousness throughout his life.

4.22 Sin

We all sin and God worship equivalent to yoga processes will forgive all sin. As documented above, Jesus is not God so don't worship Jesus as this will not forgive sin and the statement that Jesus died for our sin is complete nonsense. So what is sin? Essentially sin is putting intoxicants and drugs into your body such as meat, alcohol and coffee. And you could also argue that same sex couples is a sin. However, meat is quite a serious sin as per the 6th commandment 'Thou Shalt not Kill'. The Gita refers to the four biggest sins as meat, gambling, intoxication and illicit sex. But what is the problem with sin? There are two elements. Firstly, this can lead to suffering in the material world and secondly this can prevent one's chances of reaching the spiritual sky in the next life (be saved or salvation). So essentially we sin and then we worship God and God will forgive all sin. But worshipping God is by not committing a sin in the first place i.e. a vegetarian diet and no alcohol is one of the highest forms of religion. Thus, it could be argued that if we are not suffering in this material world then we could to some extent keep engaging in our various sinful activities and we are in a 'good' position to obtain the spiritual sky in the next life. If we are suffering then we may want to rethink our strategy. Note that working hard or karma yoga and education or jnana yoga are forms of God worship.

4.23 Economic Model

Economics is the study of scarcity and its implications for the use of resources, production of goods and services, growth of production and welfare over time, and a great variety of other complex issues of vital concern to society. As a consequence of scarcity and finite wealth we can't have everything that we want, and we have to make choices and most people's choices are largely based on maximizing one's profit motive. Decisions need to be made such as whether to send our kids to private or public schools, and whether to go to a university for a degree or multiple degrees; and these decisions are largely based on the

opportunity cost. In essence the ‘typical’ economic model has a very materialistic approach, in that in one sense the individual is trying to maximize profit through obtaining the highest paid job possible and use the wealth to enjoy material elements such as to own a ‘big’ house, expensive clothing and 5-star travel. This economic model considers that if one is earning a ‘large’ amount of money then they will be ‘happy’ throughout their lifetime. When one earns money they typically feel good for some period of time. Similarly, one feels a ‘buzz’ when they gamble, drink alcohol, coffee and consume meat. However, one can be even ‘happier’ in life and minimize suffering by abstaining from material sense gratification of meat, alcohol, coffee and gambling; and taking a philanthropic way of life. A dilemma from this latter approach is that it can take time to feel this greater sense of ‘happiness’ and throughout the process of advancing spiritually by following yoga processes there may be times when one requires a ‘buzz’ from consuming meat, alcohol and coffee mainly due to periods of depression. Further, although there may be evidence from long-term excessive drinking or coffee that can lead to suffering, the benefits of ‘happiness’ obtained in the long-term by abstaining from material sense gratification of meat, alcohol and coffee are uncertain and thus may make this material way of life seem to be the better approach. Note that as kids we don’t drink alcohol, coffee or gamble. So why do we partake in these activities later in life, and in particular just after leaving secondary school? This reflects on the education system prior to leaving secondary school, and thus this knowledge on how to obtain a higher form of ‘happiness’ than using material elements needs to be taught during schooling.

Thus the revised economic model is about maximizing ‘happiness’ throughout one’s life which is a ‘spiritual’ or a yoga approach rather than ‘material’ and this model requires a holistic, minimalist, philanthropic, nonviolent and intoxicant free approach rather than a materialistic approach and maximizing one’s profit motive as the current model used in our capitalist society.

4.24 Affordable living

4.24.1 Unemployed

In terms of survival all we need is water, food and shelter. In most countries water is clean and freely available. Food in general can be freely obtained from churches and other religious institutions. There is also the ‘Food for Life’ program. As for shelter, it could be preferable to sleep during the day rather than at night since it is legal in many jurisdictions to sleep on the beach (with a beach shelter option) or in a park during the day. In extreme weather there are cheap options such as backpacker dorms, sleeping pods, caravan parks and cheap hotels. At nighttime one could obtain shelter in cafes, restaurants and bars that are open 24 hours. Hence you can obtain shelter without actually owning or renting a home (and not sleeping on the street). In terms of obtaining social

security such as unemployment benefits, the unemployment rate as of 10th June 2023 in Australia is \$17,000 per year which equates to over 1 million dollars over 60 years. So, why is there such a high level of homeless in Australia by sleeping on the street where one could easily sleep on the beach or in a park during the day and obtain unemployment benefits? Firstly, obtaining unemployment benefits can be a difficult process. There is also drug addiction and gambling, where one could easily spend the fortnightly payment of $\$17,000/26 = \654 before the next payment. But the main issue is health, particularly mental health and hence suffering, which is why society in general can only be happy if by following yoga processes, and ideally this knowledge needs to be taught at schools. To end global poverty, there needs to be 'minimal' suffering after a student leaves secondary school and this can be achieved by learning yoga philosophy and following yoga processes from an early age. Hence education should focus on minimizing suffering compared to acquiring skills for students to obtain a job and a decent salary given that karma yoga is our working lives.

4.24.2 Tertiary education

By moving out of your family home to study at a university makes you eligible for youth allowance. This approach is highly recommended as your academic performance will be better in an environment away from family. Also the youth allowance is contributing for the rental accommodation and therefore there is no saving by living at home. It is also recommended to live in a university college throughout your studies as the general rental market is a difficult and timely process. To obtain youth allowance requires you to be enrolled full-time and it is best to do the minimum number of subjects each semester to be enrolled as a full-time student. This will allow more time to undertake casual work whilst studying and potentially improve grades.

4.24.3 Working lives

Is it better to rent, own a place, live out of a car or even live in a tent? Firstly, the location of the accommodation that we live in needs to be in 'close' proximity to our working environment. Ultimately having a high paid job in a low cost housing location would be desirable. However, this is usually difficult to obtain. The general consensus is that rent money is dead money in that under capitalism the landlord is profiting at the expense of the tenant (as in the game of 'monopoly'). But generally you need a bank loan to obtain a house and hence paying interest to a privatized bank. Thus, using some mathematics you could estimate the length of time it takes for when purchasing a property one can actually make a profit (which is comparing the capital gain to the accumulated interest in the bank loan). One of the problems with this model is that even though you may be better off financially over say 20 years by owning a house, you would have more cash flow by renting; and hence more time for travelling prior to retiring (assuming that travel is what everyone desires in life). It could even be worthwhile to quit your job to take time off just to travel, and then

obtain another job later in life. Renting your place out (by potentially storing possessions in a locker) could also be a good option for travelling since there is duplication in paying twice for accommodation by renting or owning a home and travelling. Unless it is necessary to purchase a car such as for your job or ‘family life’, then it is much cheaper to catch public transport on a day-to-day basis. There are also the alternatives of taxis, UBER and car rental when public transport could not be an option. Hence, where you live ideally should be close to public transport and ideally a train. Being located close to a supermarket is also recommended. Note that buying a place can have financial stress in the repayments through the mortgage, psychologically could be perceived as a debt where it is not certain that the money will ever be paid back, not certain that you will always have a job throughout your life and disputes could take place between neighbours particularly in stratified housing. All of the above could affect your spiritual advancement. Note that renting could also cause conflicts between neighbours, the landlord and the real estate agent which could also affect your spiritual advancement. Hence, what about living out of a car, mobile home, campervan, caravan or a tent throughout your working life with the advantage that if conflicts evolve you could always relocate to another spot and storage lockers could be utilized for your minimal possessions? Also by not committing to long-term rental accommodation there is no duplication in housing costs when travelling.

4.24.4 Retirement

We will assume that the aim of retirement is to travel on a regular basis. As stated above owning a house or renting and travelling at the same time is duplication in paying for two forms of accommodation. Hence, it makes sense to either sell or rent out your current place if you have a property, and hence have no fixed address. Living out of a mobile home could be an option for travelling. The minimal possessions could be stored in a commercial locker. The decision on when to retire will depend on many factors such as when the children have left school, current savings (including the amount made from selling the house or renting out your current house) and the superannuation amount. The pension as of the 15th August 2023 is approximately \$27,700 per year which is quite reasonable given that minimum wage is approximately \$41,000 per year. Spending money on renovations or upgrading to a bigger house to obtain the pension is known as ‘putting all your eggs in the one basket’ and this approach should obviously be avoided as you are better off selling your house and using the money to travel rather than obtain the pension.

4.25 Politics

Australia is governed by two parties Australian Labor Party and the Liberal Party of Australia. The Australian Greens is the dominant third party since forming a seat in the lower house in 2010 under the leadership of Bob Brown.

In 2022, the Greens currently hold 4/151 seats in the lower house and 12/76 seats in the senate. Ideologies reflect the policies set by these parties with Labor aligned with social democracy (gaining wealth for the working class), Liberal with liberalism and conservatism (gaining wealth for the business class), and the Greens (also capitalist like Liberal and Labor but not prepared to compromise on destroying the environment for one's profit motive). An interesting philosophical question: Is capitalism purely the incentive in life if one's health for example is affected? Consider the following two scenarios. 1) Earn as much money as possible throughout a life to obtain a reasonable house with a risk of suffering particularly as one approaches old age. 2) Prioritize yoga processes with the aim to minimize suffering in this material world and be grateful with any money and possessions that one has obtained noting that karma yoga is equated to our working lives. If we assume that most people would preference the latter then one can minimize suffering in this material world if there was just one policy where yoga philosophy is taught in schools. Hence, it doesn't actually matter which political party forms government, which policies are passed through parliament, who is Prime Minister, how many seats each party obtains etc, if just the one policy of teaching yoga philosophy in schools was mandatory. Furthermore, by teaching yoga philosophy at schools one would respect the environment, drink no alcohol, have respect for all mankind and hence no bigotry, become vegetarian, adopt a philanthropic approach to life etc; since by following these principles gives one the best opportunity to be free of all suffering or at least minimize suffering in this material world. Note that communism (anti-capitalism) or any other ideology will not make any difference to one's long-term health unless yoga philosophy is taught in schools.

Chapter 5

Conclusions

5.1 Overview

This document details Tristan's life story from being born at the Mater Hospital Sydney on the 26th June 1977, education by obtaining three degrees including a PhD at Swinburne University in applied mathematics focusing on tennis, academic achievements consisting of 44 refereed publications, self-published book 'The Mathematics of Tennis', three adjunct university appointments including senior lecturer status at Flinders University and how Tristan uncovered yoga philosophy as a form of healing which cured both bipolar and generalized anxiety (and thus was able to live a normal life following the Queen's funeral 19th September 2022, which further resulted in the compilation of this document). A thorough description of yoga philosophy is given which summarizes and provides an extension to the Gita and connections with the Gita, Bible and the Qur'an are given. A fundamental concept from the Bible and the Qur'an is the Holy Spirit or more commonly known as the Supersoul (Paramatma) from the Gita and is a plenary expansion of God located in the heart. Hence it makes sense logically that if one looks after the Supersoul then God will look after the material body and this is achieved by undertaking yoga processes. Hence, it is envisaged that by teaching yoga philosophy to the public and in particular in schools by using this document and the Gita will ultimately achieve world peace. The reasoning is two-fold. Firstly, one can advance spiritually to minimize suffering with the aim to reach Samadhi or Enlightenment, whereby in this state of consciousness one is free of all anxieties and hence no suffering in this material world. Secondly, by advancing spiritually one can be saved and obtain the spiritual sky in the next life and escape the cycle of death and re-birth, which is our whole purpose in life (or constitutional position in life). Life is eternal and 3/4 of the universe is spiritual. Further, it has been demonstrated in this document that there are no contradictions between the Bible and the Qur'an in relation to Jesus which should help to unite the three Abrahamic religions and hence the 'church' could consist of Christians, Muslims and Jews

all worshipping Lord Krishna (or incarnations of Krishna as the Father, Allah and Yahweh/Jehovah). Further, an attempt to find a unified theory across all mainstream religions has been established with the premise that all religions talk about reaching the spiritual sky in the next life, and hence this can be achieved by the way we carry out our lives in this material world by following various yoga processes. Based on Tristan's recovery from bipolar and generalized anxiety (to an average level anxiety), it is estimated that at least 7 years and possibly up to 12 years of yoga processes are required to advance spiritually by increasing one's consciousness to a level where one is immune from 'many' diseases including COVID. And thus to achieve world peace these yoga processes (as compiled in this document) need to be taught at a young age namely in schools on a global basis.

5.2 Second Coming

Tristan is claiming to be the Second Coming of Jesus based on the following 23 criteria:

- 1) Tristan cured bipolar and generalized anxiety to an 'average' level anxiety after 12 years of undertaking various yoga processes at the age of 35 (and hence 33 years after being diagnosed with bipolar at the age of 13 in which medical experts claim that bipolar and even generalized anxiety cannot be cured, and thus represents some form of miracle). The suffering of Tristan from 2007-2022 reflects the suffering of Jesus, and to coincide with the Queen's funeral 19th September 2022, Tristan was able to function a normal life to bring justice and peace to the world through compiling this document. Note that the word 'justices' can be obtained out of Jesus Christ. It is also worth noting that the COVID pandemic ended around the Queen's funeral and thus God created COVID as a form of anger in the way that society were functioning and by Tristan's health back to 'normal' at the end of the COVID pandemic, Tristan was able to bring peace to the world by compiling and distributing this document.
- 2) Tristan sounds like Christian and Tristan was dating someone called Rinat in 2006 where 'St Rinat' is an anagram of Tristan.
- 3) Tristan is a male Jew born on the 26th June 1977, exactly 6 months from Boxing Day (of course Jesus was a male Jew) and Srila Prabhupda who wrote the commentary for the Bhagavad Gita (being the 'Bhagavad Gita As It Is') died in 1977 (the same year that Tristan was born).
- 4) Tristan had an out-of-body experience in 2013 similar to when Jesus was baptized by visualizing a bird in the spiritual world after making the connection that "Yoga is the most effective method to resolving conflicts" - and occurred around Good Friday and during Passover. Further, there was a 'dead' bird present with no body just the feathers as some form of 'resurrection' that occurred a few days after Tristan's 'out-of-body' experience.
- 5) Creatures appeared in the leaves of Tristan's trees outside his apartment 12/5 Leisure Close, Macquarie Park after completing a document 'Second Coming of

Jesus - a solution to obtaining world peace' as a predecessor to this document.

6) Tristan has shown there are no contradictions between the Bible and the Qur'an in relation to Jesus which could help to unite the three Abrahamic religions, and even further Tristan attempted to derive a unifying theory across all religions.

7) The writing of this document 'Can teaching yoga philosophy in schools achieve world peace' is a method to obtain world peace with confirmation from the International Society for Krishna Consciousness and Srila Prabhupada. Note that Tristan was never paid for this research and since commencing a PhD in 2002, Tristan is estimated to have undertaken over two million dollars of research from 2002-2024, and was unemployed during the 12 years of obtaining a solution to world peace by writing this document.

8) Tristan obtained 1.1 million dollars from a deceased estate where Tristan never even met the benefactor the late Yvonne Thompson.

9) Tristan was banned from Macquarie Baptist Church and North Shore Temple Emmanuel, and warnings made in many churches that Tristan visits for teaching yoga philosophy and claiming to be the Second Coming.

10) Satin appeared at Macquarie Incubator in 2019 and as documented in Corinthians, the Second Coming will face Satin.

11) Tristan obtained the maximum 5000 facebook contacts after 15 years (2008-2023) where Tristan's introduction on facebook states: Messiah Tristan Barnett Second Coming 'Yoga is the most effective method to resolving conflicts'.

12) Threats were made by Steven Michner who was arguably into illegal gambling in the Philippines "I suggest you get yourself a lawyer in case I decide to prosecute you for the damages you have caused" which occurred on Tristan's birthday 26th June 2006, just days after Tristan had been approved to receive a PhD award.

13) The discussion between Tristan's supervisor John Zelezninkow and Tristan's direct relative Barbara Lewis on claims that Tristan is causing trouble at Victoria University and needs to be accountable, took place on the eve of Passover in 2011, to reflect when Jesus was captured by the Romans on the eve of Passover.

14) Tristan undertaking unpaid work for Victoria University and their partners the Western Bulldogs as a form of slavery and John Zeleznokow trying to 'own' Tristan throughout an adjunct appointment at Victoria University 2009-2010, reflects the slavery of Moses and the Jews trying to escape Egypt.

15) Tim Byrnes, Paul Graham and Tristan Barnett met at secondary school and would typically go on road trips around Australia once or twice a year 1996-2023 (over 27 years) discussing such topics of God, the afterlife and Jesus. Paul is a Christian making posts on facebook about Jesus being God. Paul experienced a bird tapping its beak on the window and sightings of UFO's. Tim is not religious, doesn't believe in a God and Tim experienced an unusual encounter with a 'transvestite' at Starbucks in Tokyo. Tristan's first spiritual encounter was captured on a picture as a UFO in 2004 taken at Squeaky Beach, Wilson's Promontory National Park, Victoria. Tristan was on a road trip with Tim and Paul at the time, where a distinct object was visible in the picture which typifies what a UFO may look like. Both Tim and Paul found this

'blimp' in the photo to be unusual given that there was no unusual activity on Squeaky Beach at the time and the three of us spent over an hour on the beach. Note also that Paul and Tristan grew up together from primary school in East Lindfield with Tristan living at 92 Chelmsford Ave, East Lindfield and Paul at 91 Chelmsford Ave, East Lindfield. The longest word obtained out of Paul Graham is 'agrapha' - sayings of Jesus not in the canonical gospels but found in other New Testament or early Christian writings. As documented earlier Paul 'bullied' Tristan throughout primary school and some level of 'bullying' and aggressive behaviour which escalated over time also occurred throughout our road trips from 1996-2023. Paul became very unwell mentally in 2019 and never recovered, which could not only be due to ongoing 'bullying' towards Tristan but also Paul was 'mocking' the teachings of Tristan and was not interested in learning about other religious texts such as the Qur'an and the Gita (Paul was only interested in the Bible). Tristan 'unfriended' Paul in August 2023 from social media sites (facebook, instagram etc) and the last time Tristan and Paul met was at the 30th Killara High School reunion on the 21st September 2024. The word 'theorist' can be obtained out of Timothy Byrnes (Tim is an abbreviation), where Tim is a professor in quantum physics at NYU Shanghai. Even though Tim doesn't believe in a God, Tim respects all religions and is typically keeping 'healthy' through Karma yoga with cutting-edge research in quantum physics. Incidentally, Tim had a PhD student Manish with a PhD official acceptance on Tristan's birthday 26th June 2023.

16) Tristan has covered 'knowledge' both material and spiritual by obtaining a PhD in mathematics, reading 33 social science books out of Macquarie University library as well as the Bible, Qur'an, Book of Mormon and the Gita. Due to the complexity of obtaining world peace, it would seem reasonable that the Second Coming would cover all 'knowledge' and unlikely to have been achieved by anyone else.

17) It would make sense that the Second Coming would take to Krishna Consciousness as the highest source of knowledge, where Tristan has a thorough understanding of the Gita after reading the Gita three times and curing the generalized anxiety on Tristan's birthday 26th June 2019.

18) There was a video posted on youtube on March 2nd 2013 of bird poop on a car resembling Jesus. This event occurred only weeks prior to Tristan's out-of-body experience where Tristan was visualizing a bird in the spiritual world resembling when Jesus was baptized with the Spirit of God descending like a dove. This 'black bird' reference occurred on seven more occasions from late 2022 when Tristan attended Ryde Adventist to the 28th August 2024 when Tristan was on a private tour to Ranthambore National Park

19) On Tuesday 17th September 2024 there appeared to be a 'ghost-like figure' in the trees directly opposite Tristan's third floor apartment and captured on both camera and film. On Saturday 21st September to coincide with Tristan's 30th Killara High School reunion a black bird was captured in a photo when taking a picture of the 'ghost-like' figure. The relevance of this is going back to the 25th Killara High School reunion in 2019 where Satin appeared a few days prior to the 25th reunion in which Tristan was unable to attend due to health

issues and was hospitalized for 6 weeks in Royal North Shore hospital. Thus, this is an indication that Satin has been defeated on Saturday 21st December 2024, where only weeks prior to this event Tristan travelled to India with the main purpose of distributing this document through facebook.

20) Tristan stayed at the White Lanterns Motel, Armidale 23rd-30th September 2024. Given the Xmas reference, there was a single Xmas tree located on each table outside each motel room. On Saturday 28th September 2024, the Xmas tree outside Tristan's motel room had blown over to be horizontal. Due to the fact that the tree was neatly aligned still allowing Tristan to enter the room and that natural forces would be unlikely to have caused the tree to blow over given the weight of the pot the tree was placed in (and the fact that the whole table didn't blow over), it could be concluded that a 'spiritual being' descended to reconfigure the alignment of the tree such as Angel Gabriel given the Muslim references from Tristan's trip to India in August 2024. Note also that the room was number 12 reflecting the song 'The Twelve Days of Christmas' and the 'horizontal tree' appeared on the Sabbath evening of Friday 27th September.

21) In secondary school Tristan was left unconscious for a period of time after being choked around the neck by a school colleague Adam Sternberg and thus it appears that Tristan was murdered and then brought back to life by God.

22) Tristan wrote a poem as documented in 'Prayer' at young Buddhist retreat and after reading this poem out on the final night Wednesday 13th December 2023 which coincided with a new moon there was an isolated lightening display over the retreat centre that lasted most of the night.

23) Julian Assange returned to Australia as a free man on Tristan's birthday 26th June 2024 where Tristan saw an extended screening of the Assange movie in Alice Springs earlier that year.

In summary, criterion 1 shows how Tristan cured bipolar and generalized anxiety to an 'average' level anxiety after 12 years of undertaking yoga processes at the age of 35 (and hence 33 years after being diagnosed with bipolar at the age of 13 in which medical experts claim cannot be cured and thus some form of miracle). This criterion alone as a form of miracle could arguably consider Tristan as the Second Coming, but there are a further 22 more criteria given with numerous spiritual encounters.

Tristan's mission began in 2013 with an 'out-of-body' experience whilst visualizing a bird in the 'spiritual' world. This occurred after making the connection that "Yoga is the most effective method to resolving conflicts" - and occurred around Good Friday and during Passover. Further, there was a 'dead' bird present with no body just the feathers as some form of 'resurrection' that occurred a few days after Tristan's 'out-of-body' experience. There have been seven more unusual 'black bird' encounters documented from this event reflecting religious and historic references, where the poem 'The Minuscule Ant' was performed by Tristan in many places including churches as a prayer.

It would make sense that the Second Coming would take to Krishna Consciousness as the highest source of knowledge, where Tristan has a thorough un-

derstanding of the Gita after reading the Gita three times and Tristan curing generalized anxiety on his birthday the 26th June 2019. Further, on the 1st December 2019, creatures appeared in the leaves of Tristan's trees outside his apartment 12/5 Leisure Close Macquarie Park after completing a document 'Second Coming of Jesus - a solution to obtaining world peace' as a predecessor to this document. Following this incident on the 15th December 2019, Satin appeared at Macquarie Incubator late just prior to a 25th Killara High School reunion and as documented in Corinthians, the Second Coming will face Satin. Then on Tuesday 17th September 2024 there appeared to be a 'ghost-like figure' in the trees directly opposite Tristan's third floor apartment and captured on both camera and film. On Saturday 21st September to coincide with Tristan's 30th Killara High School reunion, a black bird was captured in a photo when taking a picture of the 'ghost-like' figure. The relevance of this is going back to the 25th Killara High School reunion in 2019 where Satin appeared a few days prior to the 25th reunion in which Tristan was unable to attend due to health issues and was hospitalized for 6 weeks in Royal North Shore hospital. Thus, this is an indication that Satin has been defeated on Saturday 21st December 2024, where only weeks prior to this event Tristan travelled to India with the main purpose of distributing this document through facebook.

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Note also that in secondary school Tristan was left unconscious for a period of time after being choked around the neck by a school colleague Adam Sternberg

and thus it appears that Tristan was murdered and then brought back to life by God (or course reflecting the crucifixion and resurrection of Jesus Christ).

The above is a reasonable level of justification that Tristan is the Second Coming of Jesus. Hence, if Tristan is the Second Coming, then Tristan was arguably Jesus in a previous life given that we all keep taking on bodies until we reach the spiritual sky. Also, Tristan is clearly not God, which adds further evidence to the premise that Jesus is not God.

5.3 Key Dates of Tristan

26th June 1977 (birth at Mater Hospital Sydney)
 7th July 1990 (Bar Mitzvah at The Great Synagogue Sydney)
 1993 (killed and raised from the dead at Roseville Park Tennis Club)
 Spring 2002 (bird encounter from Paul Graham)
 December 2004 (UFO appeared at Wilsons Promontory National Park)
 26th June 2006 (conflict with Steven Mishner)
 20th October 2006 (PhD graduation)
 18th April 2011 (family conflict with John Zeleznikow, Barbara Lewis, Karen Lewis and Graham Barnett on the eve of Passover)
 2nd March 2013 (bird poop appeared on a car that resembled Jesus from a man in Ohio)
 March-April 2013 (bird encounter as an out-of-body experience and form of 'baptism')
 March-April 2013 (bird encounter as a 'resurrection')
 18th September 2013 ('transvestite' encounter from Tim Byrnes)
 26th June 2019 (cured generalized anxiety)
 1st December 2019 (spiritual encounter with a tree at 12/5 Leisure Close Macquarie Park)
 15th December 2019 (encounter with 'Satin' at the Macquarie University incubator)
 19th September 2022 (curing bipolar which coincided with the Queen's funeral)
 26th June 2023 (Manish PhD official acceptance)
 25th August 2023 (bird poop appeared on Tristan's shoulder directly after putting on tefillin at New York City)
 21st April 2024 (bird poop appeared on Tristan's hand the day before the eve of Jewish Passover at Cloncurry)
 25th April 2024 (flock of birds appeared in a live stream video after reading the words 'Ashleigh Barty' in the poem 'The Minuscule Ant' on ANZAC day at Mt Isa)
 1st May 2024 (flock of birds started tweeting in a live stream after reading the words 'Ashleigh Barty' in the poem 'The Minuscule Ant' at Alice Springs, where the landscape featured a sign 'ANT' standing for Australia Northern Territory)
 26th June 2024 (Julian Assange back in Australia as a free man on Tristan's birthday)

28th August 2024 (bird poop appeared on the windscreen on a private tour to Ranthambore National Park India for a tiger safari)

30th August 2024 (sloth bear walked in front of the vehicle for a ‘bird’s eye view’ on a tiger safari in Rathambore National Park India and on the same tour we briefly spotted a ‘green coloured’ snake, as a possible reference to the black snake to appear at the camping ground in the Kimberley’s)

17th September 2024 (ghost-like figure appearing in a tree at Tristan’s residence 23/166 Mowbray Rd Willoughby as an indication that Satin has been defeated given the timing of the 25th and 30th Killara High school reunions)

28th September 2024 (Xmas tree outside Tristan’s motel room at White Laterns Motel rm 12 had blown over to be horizontal overnight as an indication that Angel Gabriel had descended to reconfigure the alignment of the tree given the Muslim reference on previous events).

Based on the above, Tristan’s birthday 26th June has key dates in the years 1977, 2006, 2019, 2023 and 2024. Further, Michael Jackson died on Tristan’s birthday in 2009 (25th in the US exactly 6 months from Xmas). Even further, Tristan’s birth date 26th June 1977 is arguably the optimal tennis date to be born given that Wimbledon commenced on the 26th June in 2006, 60/60/60 can be obtained out of the 26062006, 1977 is 100 years after the start of Wimbledon 1877 and Tristan graduated with a PhD in tennis statistics in 2006. Also, Tristan Barnett is arguably the optimal tennis name. Tennis can be obtained out of Tristan Barnett, St Rinat is an anagram of Tristan, saint can be obtained out of Tristan, Tristan and Rinat were dating in 2006 and went on a date to watch the Australian Open in 2006, and Tristan graduated with a PhD in tennis statistics in 2006. Also, Shakira, Emma Pask and Schapelle Corby were born in 1977, and Srila Prabhupada died in 1977.

5.4 Places of interest

5.4.1 Overview

Tristan’s trail would be of interest for places to visit throughout Sydney, Melbourne and Adelaide. Below are places of significance in Sydney based on growing up with local schools, having a Bar Mitzvah and spiritual encounters including a baptism and visualizing creatures out of the leaves of trees from Tristan’s apartment. The section concludes with a list of places of particular significance based on events throughout this document.

5.4.2 Macquarie Park

Tristan’s spiritual progression took place at Macquarie Park from 2013 (including spiritual encounters at Macquarie University Village, Macquarie University Incubator and at 12/5 Leisure Close). A self-guided walking tour of places of significance within Macquarie Park based on Tristan’s background story could consist of Macquarie University Tennis Club, Macquarie University, Macquarie

University Village, 12/5 Leisure Close, Macquarie University Incubator, Macquarie University Sport and Aquatic Centre and Macquarie Baptist Church.

5.4.3 East Lindfield

Tristan grew up in East Lindfield living at 92 Chelmsford Ave and attended primary school at Lindfield East Public School and secondary school at Killara High School. Tristan also played tennis at Roseville Park Tennis Club achieving club champion in 1995, went to 1st Middle Harbour Sea Scouts, had tennis coaching from an early age at 16 Adelaide Ave and has attended both North Shore Synagogue and North Shore Temple Emmanuel.

5.4.4 Great Synagogue Sydney

Tristan is a member of the Great Synagogue Sydney and had a Bar Mitzvah on the 7th July 1990 reading from the portion of the Torah Balak. Tristan's name tag is visible on a seat within the synagogue. Weekly Shabbat services and High Holy days are held throughout the year and the synagogue currently offers public tours.

5.4.5 Willoughby

Tristan purchased a property at 23/166 Mowbray Rd, Willoughby in 2018 funded by money obtained from a deceased estate and the property was sold in 2024. Tristan lived in this latter property in 2024 for 3 weeks throughout the settlement period where spiritual encounters included a 'ghost-like' figure appearing in a tree.

5.4.6 Places of Particular Significance

60B Clanville Rd (Roseville Park Tennis Courts)
 22/122 Culloden Rd, Marsfield (Macquarie University Village)
 12/5 Leisure Close, Macquarie Park
 Balaclava Rd, Macquarie Park (Macquarie University Incubator)
 Kimberley (Mt Barnett camping ground)
 Baktoo's Villa, Srinagar
 23/166 Mowbray Rd, Willoughby
 22 Marsh St, Armidale (White Lanterns Motel rm 12)

5.5 Justice

Given that the word 'justices' can be obtained out of Jesus Christ, has justice been obtained by writing this document? Firstly, Tristan was bullied and subjected to slavery at both Swinburne and Victoria University which led to a generalized anxiety and thus Tristan has been unemployed since 2012. Tristan was also bullied at NCS Pearson, Infoplum, Victorian Institute of Sport

and the AFL Western Bulldgos Football Club. Further, Tristan was bullied at both primary and secondary, and arguably murdered (brought back to life through God) by a school colleague Adam Sternberg whilst attending Killara High School. Tristan is owed \$25,600 for work completed for the Western Bulldogs AFL Football Club and \$13,000 from Sportsbet21. Tristan has a PhD in applied mathematics, 44 academic publications and most significantly compiled this document on obtaining a solution to world peace over the past 22 years estimated at over two million dollars of research, and Tristan hasn't been paid a single penny. Further, Tristan has also been persecuted for teaching yoga philosophy by being banned from churches, synagogues and several Christian clubs at Macquarie University.

Hare Krishna

Appendices

5.6 Europe Log

As documented in the section ‘Background Story’, Tristan would go on road trips with a couple of high school colleagues Tim Byrnes and Paul Graham every six months or yearly (exception with the COVID pandemic) covering a different place mainly within Australia and New Zealand. Initially we travelled together over 2.5 months around Europe in 1996 and the final trip to New Caledonia in 2023 over 3 nights - hence 27 years of travelling together! Our road trips consisted of many National Parks and Tristan enjoyed four wheel driving and observing wildlife. The most memorable 4WD trip was to Palm Valley in Alice Springs. We also went kayaking on Jervis Bay and cycling on Maria Island. Below features a daily log written by Tristan during the 2.5 month trip 30/11/96-10/02/97 around Europe with Tim and Paul.

30/11/96 England Arrived in London at about 12:00pm. Stayed at the Elizabeth Bay Hotel. Excellent room but expensive at 15 pounds. That night I went to Piccadilly Circus to look around. Went on a tour bus to see the xmas lights on the street. **1/12/96 England** Was sick all day. Most probably from the airline food. **2/12/96 England** Went to London zoo via Regents Parks. Very empty but came across interesting animals such as piranhas, gorillas and sharks. In the afternoon went to Madame Tussauds and the Planetarium. Very expensive but worth it. Went to Leicester Square and a couple of pubs that night. **3/12/96 England** Saw St Pauls Cathedral in the morning. Went to the very top which had views of London. Next, saw Big Ben and the Houses of Parliament. For a 2 hour queue it wasn’t really worth it. In general London was very crowded, rushed. The streets were all flat and the people there were quite rude. **4/12/96 England** Left London to travel to Bath. Arrived at about 3:30pm and stayed in an International Youth Hostel. Saw a photography museum which also included holography. **5/12/96 England** Saw the Roman Baths which is the main attraction in Bath. The whole town is centred around this feature. The earth produces thermal energy which heats the water at 57 degrees celsius. In general Bath is worth seeing and the town is reasonably friendly. **6/12/96 England** Left to travel to Oxford. The whole place is a university with 39 different colleges each run independently. Did a journey with commentary on

a tour bus of Oxford. Also saw the Oxford Story which was the 800 years of Oxford. In general Oxford is full of bicycles. **7/12/96 Wales** Left Oxford to travel to Dublin. Had to catch a ferry from Holyhead via Bangor. To save on accommodation, caught a 3:40am ferry and slept in the terminal. Got woken up by some locals who were very friendly and gave out a Fosters. **8/12/96 Ireland** When finally arriving in Dublin I went to the Guinness Brewery, which is the biggest attraction in Dublin. A complimentary Guinness was provided. Also saw a college which featured the Book of Kells. Nighttime was brilliant with a pub consisting of Irish dancing. In general Dublin is very empty and relaxed. **9/12/96 Ireland** Left Dublin to arrive in Galway in the evening. Had a reasonably good value meal for lunch. Nighttime was a pub with traditional Irish music played by locals. Stayed in a hostel at 5.50 pounds. **10/12/96 Ireland** Did a day journey of the Commemarra National Park. Saw an array of mountains and animals. The commentary was very good. That night was the Quays Bar with a lively band followed by a free admission night club. **11/12/96 Ireland** Left Galway to arrive back in Dublin. The cheap airfare from Dublin to Glasgow was attractive at 35 pounds and arrived in Glasgow that evening and stayed at a nice YHA hostel. Had dinner at an Indian restaurant. In general Galway was very relaxed, lively with music and the life hours are between 8-12pm. Worth seeing. **12/12/96 Scotland** Toured around Glasgow. Saw Glasgow Chapel which is quite impressive. However the best attraction was the museum or religious art. Also saw Glasgow University and Tennement House. Left Glasgow to travel to Windermere in the Lakes District. However the YHA hostel was situated in Ambleside. In general Glasgow is not worth seeing but the people were very helpful. **13/12/96 England** Walked into Ambleside town beside the lake. There were hundreds of ducks and pelicans waiting to be fed. Climbed one of the mountains to the snowline for a scenic view. At Ambleside Village, saw a glassmaking exhibition - very interesting. Also saw a rock house full of gems and stone and a garden centre. In general the Lakes District is scenic, mountainous, a lot of rivers, animals and arts & crafts. A must to go to. **14/12/96 England** Leaving Ambleside to travel to London, approximately 7.5 hours. Saw the Rock Circus at nighttime along with a look around Piccadilly Circus, Leister Square and Regent Street. Very lively. **15/12/96 England** Did a very busy day in London. Went to Buckingham Palace, St James Park, Westminster Abbey, London Bridge, London Dungeon, Towerbridge, Tower of London, Covent Garden, HMAS Befast, Trafalgar Square and National Gallery. Nighttime was a sports cafe and a walk around Leister Square. **16/12/96 France** Left London to travel to Paris. Arrive at Dover terminal to cross the channel to Calais. Due to the train timetable, a night was spent at a cheap hotel before moving on to Paris. Had dinner at a French restaurant. **17/12/96 France** Leaving Calais to travel to Paris. Had breakfast at a French cafe. Most people can speak a little English to get by. Arrived in Paris at 4.20pm and moved to a YHA hostel nearby. Had dinner at a local pub nearby. **18/12/96 France** Saw the Eiffel Tower and went up the top. Also saw Arc De Triomphe. Went to a French restaurant for lunch. The traffic is very chaotic and driving is very slow in the centre of Paris. **19/12/96 France** Started off seeing Notre-

Dame Cathedrale, followed by tour St-Jacques (the Bell Tower) and the Bastille Monument. Then went to La Defense which is an exceptional architectural ensemble. Saw the Dome Imax, automobile museum, The Grand Arch, source of Europe and plenty of markets to observe. **20/12/96 France** Left 8.00am for a trip to Eurodisney. At 1.5 hours later I arrived. With rides, themes, displays and movies it was absolutely brilliant and extremely recommended. However very expensive costing approximately \$51. After Disney finished there was an American setup with Planet Hollywood and shops with more shops etc. At nighttime went to a French cafe in Bastille. **21/12/96 France** Purchased a one day museum pass for \$18. This allowed access to 75 museums in one day. Started off at the Louvre museum which featured all sorts of art and sculptures. Even saw the Mona Lisa by Leonardo De Vinci. The place was extremely big and one of the most famous museums in Paris. Then went to a smaller museum on Rodin's work. This was mainly sculptures. Next museum was very fascinating and was called Musee De L'armee featuring weapons, armour, emblems, and the emperor's tomb. Lastly finished up with the museum on marine. Went to a French pub for dinner. **22/12/96 France** Went to a science centre for the day. This place was bloody huge. There was hands-on exhibitions on all areas of science plus a planetarium and a journey through a submarine. A must to go to. At nighttime went to a French restaurant at Luxumberg. This place was full of places to eat. At around \$12 Aust for a 3 course meal, this area was quite good value. **23/12/96 France** Went to the Paris zoo in the morning. Much better and better kept than the London zoo. The main attractions was the polar bear and the giraffes with also an interesting display of African birds. Then after that walked down the street call Champs-Elysees which is a world famous street full of shops and arcades. Nighttime was a French restaurant. Got ripped off with the cheese but it was only \$5 Aust. Then we left Paris to travel overnight and arrive in San Sebastion. In general Paris was chaotic on the road and the people were quite rude. **24/12/96 Spain** Christmas eve arrived at San Sebastion around 9pm. Went for a walk along the beach and through the town. A lot of bars and restaurants around with busking being quite common on the streets. Due to the bad weather waited for Christmas day in the hostel. **25/12/96 Spain** Christmas Day. Slept in to about 10am as nothing is open and bad weather. Walked down to the beach for a cafe in the afternoon and then went back to the hostel to cook some dinner. **26/12/96 Spain** Finally some good weather. Walked along the beach and into the aquarium. Not all that big but the fish were unusual. Then walked up a small mountain to observe some spectacular views of San Sebastion. Also a famous statue of Jesus Christ sits up there. Had a Spanish local cuisine for lunch and then rest of the afternoon was a look around the town and shops. A brilliant pizza-bar dinner was done at nighttime. Left San Sebastion to travel to Seville at 11pm. In general San Sebastion is stunning with good scenery and nightlife. **27/12/96 Spain** Arrived in Seville at 11:30pm. Rested up in the afternoon as the Spanish don't get going until 5.00pm. The streets get very crowded with people. Had dinner at a Spanish restaurant. **28/12/96 Spain** Saw the cathedral. The third biggest in the world and the biggest in area on the ground. Saw the bullring from the outside.

Not open in winter time. Nighttime was incredible. Saw professional flamenco dancing. Very touristy at approximately \$30 Aust but a must to go to. After there was pub Adriana - a traditional Flamenco style pub with dancing and also bar Papalls with disco type music. Ate a Spanish restaurant. The streets were trashed with rubbish, glass and masses of people. **29/12/96 Spain** Went to the Bellas Artes museum. Then went to the park where Expo '92 was set up. Unfortunately most of it was closed. The weather was raining so we went to a 3D movie. Not very good however. **30/12/96 Spain** Started off at Archid de Indias. This is meant to have the worlds oldest archives. Then went to Parque de Maria Luisa. Very impressive park and then stumbled across Plaza de Espana. This monument was incredible. It covered all the cities of Spain on plaques. Leaving Seville to travel to Barcelona for New Years Eve. In general Seville is crowded, the street are very narrow windy with plenty of them. A lot of people try to rip you off, but the place is full of nightlife with a lot of culture. A must to go to. **31/12/96 Spain** Arrived in Barcelona about 9am. Went to the Palav National which houses the Museu O'art de Catalunya. There was art work of Gothic, Renaissance and El Greco. Due to the bad weather nothing else was practical for the day. Nighttime was New Year's Eve. The display was not very spectacular for Barcelona, but at least the weather was better. **1/1/97 Spain** Went to the area where the Barcelona Olympics were held and saw the main stadium. Next was the Sagrada Familia, a very impressive monument and was up the top. Then walked down the street of Las Ramblas which was full of shops and artists. The highlight of Barcelona would be Parc Guell. An array of architecture built out of stone. Leaving Barcelona to travel to Geneva. In general Barcelona is a rip-off for Spain, very touristy but okay to visit for a couple of days. **2/1/97 Switzerland** Arrived in Geneva at 8.30am. Moved in to excellent accommodation at university housing. Walked around the city and saw the Promenade des Bastions which is a park with monuments of famous people. At Jardin Anglais, saw a large clock which is meant to be composed of flowers. Close by is Jet D'eau which is a natural feature of water being shot up by an incredible force. Finished up the day with a museum on the history of science. This day consisted of one of the heaviest snowfalls. **3/1/97 Switzerland** Saw Place du Borg-De-Four which is in the old part of town with many tourist shops. Then walked along Rue de La Cite which is on cobblestone. Next saw a monument at Ille Roseau, closely followed by tour D'idle which is on lake Geneva. Then went to a natural science museum. This place is extremely big and well worth a visit. Then finished up with the cathedral in the very centre of town. Took a walk up the tower for a scenic look over the whole city. At nighttime went to a Brazilian bar with a South American band and music playing. **4/1/97 Switzerland** Leaving Geneva to travel to Luzern. However, on the way stopped off at Montreux for the Chillon Castle. This castle is worth seeing and meant to be the biggest attraction in Switzerland. A 45-minute scenic walk leading up to the castle along Lake Geneva is quite spectacular. Arrived in Luzern about 7pm. Checked into a reasonably proced hotel before heading out at night. Went to Hexen Cessel which is a nightclub-bar type place with decorative atmosphere and a well setup place. In general Geneva is very quiet,

expensive and the people are quite nice. Most of them can speak 5 different languages. **5/1/97 Switzerland** Started off the day by walking across the Spreubruke Bridge. Then walked up a small mountain to the Gutsh Hotel to get a magnificent view of Luzern city. Then walked along the Kapellbrucke Bridge and up to the glacier garden. This place was well worth a visit having very large potholes, a mirror maze and a look-out tower. Also just next to the glacier garden is a rock sculpture of a lion. **6/1/97 Switzerland** Sick for most of the day. Stayed in the hotel. **7/1/97 Switzerland** Did a journey in a cog-railway train followed by a rotating cable car up to the top of Mount Titlus 3020m (10000ft). There you could view glacier formations, ice caves and mountain scenery. After that the day was followed by a 2 hour ferry journey around the lake. **8/1/97 Switzerland** Leaving Luzern to travel to Salzburg in Austria. The journey was very scenic through the mountain ranges. When arriving in Salzburg, went to an Australian pub for dinner and had a wien schnitzel. In general Luzern has much the same atmosphere as Geneva but with a little bit more scenery. **9/1/97 Austria** Started the day by looking at the Vart Cathedral followed by the Collegiate Church. Then saw the natural history museum which featured an interesting aquarium, reptile display and various other exhibitions which are worthwhile seeing. Walked along Getreidegasse Street which is the main shopping street in Salzburg. Everything had an essence of Mozart, with chocolates having his picture on it. Went to Mozart's birthplace. After that went to Hohensalzburg Castle which is the biggest fortress remaining in central Europe. Took an English tour around the place. **10/1/97 Austria** Went to the Hellbrunn Zoo, which is 8km south of the centre. This zoo was very realistic, being able to get close, even the bigger animals. Also saw the Hellbrunn Palace. It was closed at this time of the year, but was able to walk around the gardens. Then went to St Peter's Abbey which had a very impressive cemetery. Also saw the toy museum and sampled some of Mozart's chocolates. At nighttime went to the Schnaitl Musik pub. This place consisted of very strange people with bizarre hair designs and dress. **11/1/97 Austria** Saw the Miabell Castle. The gardens there were featured in 'The Sound of Music'. Took a scenic walk through the parks before arriving at the Augustiner Beer Hall. This beer hall is very traditional for Austria. **12/1/97 Austria** Left Salzburg to travel to Venice. When I arrived the whole place had canals everywhere with separate islands. Had dinner at an Italian restaurant. In general Salzburg has a Mozart essence everywhere but would be better in summer. **13/1/97 Italy** Walked around the San Marco area, which is the main area in the town. Had a look at the canals, the cathedral and the monuments around. Went to an Italian restaurant for dinner. Got some cheap accommodation for \$23 Australian in a 3 star hotel. **14/1/97 Italy** Did a ferry trip to the outer islands. Saw the Islands of Lido, which is just a touristy beach resort and Torcello, which has a cathedral which is falling apart. Went to a good value Italian restaurant for dinner. **15/1/97 Italy** Left Venice to travel down to Rome. Arrived at about 5pm and settled in to a very good pensione. In general Venice is full of canals, public transport is by boat, everyone is very friendly, very touristy but a must to visit. **16/1/97 Italy** Saw the Colosseum followed by the Arch of Constatine.

After that went to the Roman Forum and the Palatine, which was a reasonably setup. Passed by the Baths of Caracalla and then saw Piazza del Popolo, where the Spanish steps are situated. **17/1/97 Italy** Saw St Peters Cathedral and Square. Then went on to the Sistine Chapel and the Vatican Museum. Also saw the castle which overlooks the river. In the afternoon went to the zoo. **18/1/97 Italy** Travelled to Pompeii for the day to see the archaeological site, which was once a town until Mt Vesuvius erupted and it was buried for a thousand years. This is worth seeing and also saw some bodies which are now ash. After that went to Naples for dinner. Had a look around and then went to a good value Italian restaurant for dinner. **19/1/97 Italy** Started off at Palazzo del Quirinale and then saw Fontana di Trevi. This fountain is very big and quite impressive. Then saw the Pantheon, followed by Piazza Novana. Spent the rest of the time walking around the old part of town, looking at architecture. At nighttime went to a bar for a meal. The meal was good value and was entertained by an Italian soccer match on tv. **20/1/97 Italy** Left Rome to travel up to Florence. Arrived about 3pm and spent the afternoon in a cafe. In general Rome has very heavy traffic, extremely hard to cross roads and is probably not worth seeing. **21/1/97 Italy** Saw church Duomo and then Baptistery. Then went to Palazzo Vecchio which has famous statues by Michelangelo. Walked around the town and finished up with Ponte Vecchio, a very famous bridge full of renaissance shops. **22/1/97 Italy** Took a day trip to Pisa. Only 1 hour away from Florence. Went to Campo dei Miracoli where the cathedral, baptistry and leaning tower are situated. Had a pretty good pizza after walking around the city of Pisa. **23/1/97 Italy** Went to Giardino di Boboli, which are gardens situated next to Palazzo Pitti. Then walked uphill to Michelangelo-Platz where you get a scenic view of the whole of Florence. Next went to the synagogue for a look around. Then snuck in to the Uffizi which is a world famous museum with plenty of famous artists. Left Florence to travel to Munich in Germany. In general Florence is better than Rome, but only really useful for a day trip to Pisa. The people are quite friendly. **24/1/97 Germany** Arrived in Munich at 6.30am in the morning. Checked into the hostel and then toured around town. Saw the Staatmuseum and the nearby markets (food) called Viktualienmarkt. Saw Alyes Rathaus, Peterskirche and alot more famous churches. The most interesting feature for the day was the Residenz museum which was a palace. Also saw a Jewish museum, although it was very small. **25/1/97 Germany** Went to Dachau where the first Nazi concentration camps were held. Had an excellent guide around the place plus had a look at the museum. In the afternoon went to the site where the Munich Olympic games were held in 1972. Due to the poor visibility could not go up the 290m Olympiarium. **26/1/97 Germany** Woke up early to watch the Australian Open tennis final. Pete Sampras the eventual winner. Then went to the Deutsches museum which is the biggest science museum in the world. After that went to the Schlob Nymphenburg Palace with a remarkable park surrounding it. Nighttime featured beer hall and a jazz club. **27/1/97 Austria** Leaving Munich to travel to Innsbruck in Austria. Arrived in Innsbruck at 1.30pm and found a 2 star hotel for \$27 Aust. Went to an Austrian pub for dinner. In general Munich is very clean with a low level

of traffic. The people are not too friendly but it is a must too see. **28/1/97 Austria** Went skiing at the Stubai glacier. Only a 1 hour bus ride from the hotel it has excellent skiing and scenery for all levels. Only cost \$63 Aust for everything. **29/1/97 Austria** Started off with a scenic walk around the old part of town. Saw the Gothic residential tower, then a Gothic bay window with gilded copper tile, followed by Helblinghaus, Town Hall Tower, Baroque Cathedral, Hofburg and Triumphforte. Then went to the venue where the si jumping competitions were held for 1964 & 1976 Olympic games. Also saw the speed skating rink for this event. Finished up with the Volkskunstmuseum on folk art & Hofkirche with impressive bronze statues. **30/1/97 Austria** Another day skiing at Stubai glacier. Excellent weather and skiing. Went to an Austrian restaurant for dinner in a 1492 building. Left Innsbruck that evening to travel overnight to Amsterdam. In general Innusbruck is worth seeing for scenery and culture. The town is very friendly. **31/1/97 Holland** Arrived in Amsterdam at 9.40am and spent the day looking around. Saw Dam Square which featured the National Monument and Cathedral. Then saw the house of Anne Frank at 263 Prinsengracht followed by the Jewish museum. Also saw the Waterlooplein markets. **1/2/97 Holland** Walked aro8nd town very casually to see the shops. Spent the Afternoon at the flee markets. At nighttime went to a few bars and coffee shops. **2/2/97 Holland** Did a day trip to Kinderdijk to have a look at the masses of windmills that are present there. Also saw the range of dykes to stop flooding. **3/2/97 Holland** Went to markets in the morning followed by the floating markets in the afternoon with a lot of coffee shops, cafes and bars in between. **4/2/97 Holland** Went to the Heineken brewery for a 1 hour tour around the place. Saw some typical Holland houses after that in Jordaan. **5/2/97 Belgium** Leaving Amsterdam to travel to Bruge. Arrived in Bruge late in the afternoon and had a meal in the bar at a reasonable price. In general Amsterdam is a crazy city but has the advantage of cycling around with no cars. Worth a couple of days visit. **6/2/97 Belgium** Started off the day by looking at the three windmills near the river. Then saw the spectacular medievil town including Belfret Tower. **7/2/97 Belgium** Hired a bike for the afternoon and went out of Bruge and cycled through to Holland, crossing the border on the way. Had lunch in a Philipeens restaurant. **8/2/97 England** Leaving Bruge to travel back to London. Arrived in London at about 6pm and spent the evening walking around the nightlife. **9/2/97 England** Went to the Petticoat markets. Night time was spent in a sports cafe. **10/2/97 England** Left London to travel back to Sydney.

5.7 Article from the Sydney Morning Herald

Mairead Costigan and Tristan Barnett both attended Killara High School at least in the years of 11 and 12 (1993-1994). This article was written by Dylan Welch in the Sydney Morning Herald on 19/02/2008.

Did a sleeping pill end her brilliant life?

She was young, gifted and only weeks away from receiving her doctorate. A young philosophy graduate, she had been offered scholarships at Oxford and Cambridge. The eminent philosopher Raimond Gaita lauded her as a future leader in the field. Instead, Mairead Costigan died when she plunged about 20 metres from a raised cycleway on the Harbour Bridge last September. Her family believes it was another tragedy involving the controversial sleeping pill Stilnox. Mairead had been on the drug for about eight months, though she switched to another Z-class sleeping pill, Imovane, the week before she died. Security footage shows 27-year-old Mairead walking groggily across the cycle path and climbing onto a ledge before she fell. Stilnox has been implicated in other deaths and blamed for bizarre behaviour including driving, eating and even sexual misadventure while sleeping. While the family acknowledges that Imovane may have been the trigger on the night of her fall, it is convinced that the prescription of Stilnox for eight months - when only four weeks is recommended - was the core reason for her death. As a coronial inquiry begins into Mairead's death, her family wants the drug banned. The Therapeutic Goods Administration meets today to consider reclassifying zolpidem, which sells in Australia as Stilnox, as a 'drug of abuse', making it harder for doctors to prescribe it and for pharmacists to issue it. The manufacturer of zolpidem, sanofi-aventis, will oppose the rescheduling of the drug, which is used by more than 250,000 people in Australia. "Sanofi-aventis does not believe any change in scheduling will positively impact the appropriate prescribing, dispensing and use of zolpidem," it said in an emailed response to the Herald. Mairead's sister, Siobhan, 34, said: "Mairead died at the peak of her life personally and professionally. She was three weeks away from graduation, she'd spent 12 years of her life working solidly towards obtaining her [doctorate] and she died three weeks before she ever got to enjoy the fruits of her labours." Mairead was the niece of Frank Costigan, QC, the head of the royal commission into organised crime in the 1980s. After six years at Loreto Kirribilli and Killara High School, Mairead did an undergraduate degree in philosophy at Sydney University, where she came first in her honours year. She was offered scholarships at Oxford, Cambridge and Stanford. She began her doctoral studies at Stanford then returned to Sydney University to complete her PhD. However, in early 2007 Mairead began to suffer insomnia. She went to a large medical clinic in Sydney in January last year and began a course of Stilnox. Over the next eight months, several doctors prescribed Stilnox for her. Over the final few months of her life Mairead became anxious and confused and developed short-term memory loss. Her weight dropped from 51 kilos to the low-40s and her insomnia returned. About a week before she died she changed to Imovane, also owned by sanofi-aventis. Then, on September 13, Mairead walked to the Harbour Bridge shortly after 10pm from her parents home at Lavender Bay. There, she climbed a chest-high sandstone wall with 30cm-ledge over the traffic. She stepped off the ledge and fell to the roadway. She was pronounced dead 40 minutes later. Siobhan has seen the CCTV footage of her sister on the bridge, and says she was not fully conscious. "She didn't look anxious, upset, nothing. She was just completely blank... she zig-zags along the pathway about three times before she reaches the point at

which the sandstone wall reaches a ledge and she climbs up and over.” Police investigated Mairead’s death and have referred her death to the NSW Coroner. Siobhan said one of the investigating officers told the family they did not believe it was suicide. Z-class drugs - zolpidem, zopiclone and zaleplon - are all non-benzodiazepine hypnotics that are used as an alternative to drugs such as valium. They take effect faster but allow for a quicker recovery. In its campaign against Stilnox, the Costigan family has created an online petition which has 2800 signatures, along with hundreds of other people’s horror stories. A report released late last year - based on calls to a national drug helpline - said there were 13 deaths, four attempted murders and 12 suicide attempts recorded by the hotline where “zolpidem was the suspected causal agent”. A bottle of Ambien, the US brand name for zolpidem, was reportedly among the prescription drugs found near Heath Ledger’s body when he died last month. Two weeks before Mairead died, she had lunch with Professor Gaita. After her death, he contacted her family to express his sorrow. Australia had lost a potentially important philosopher, he said. While it campaigns, the family still grieves. “Recently I was in the supermarket and saw a mother with three young daughters and I just burst into tears,” says Siobhan. “There’s moments like that almost every day.”

5.8 Article from the Sydney Morning Herald 2

This article was written by Richard Bradley in the Sydney Morning Herald on 11/03/2013, where Maurice Lilienthal is a grandfather of Tristan.

A dedicated worker for cricket

The continuing success of mainstream sport in Australia can be attributed to grassroots administrators and volunteers such as Maurice Lilienthal, who was a tireless worker for cricket in every area from playing at club and representative levels to helping to start and run the Bankstown Cricket Club.

Maurice Lilienthal was born in Hastings, New Zealand on December 17, 1917, one of 10 children to Ruben Lilienthal, a tailor, and his wife, Yenta. The family moved to Australia after Ruben had visited to find work as a clothing designer and a house in Clovelly. Maurice loved the sea and living near the beach, and in those days the family never locked their doors.

Ruben eventually bought a weatherboard house in Punchbowl and Maurice went to East Bankstown Public School in Waterloo Road. He started playing cricket at school and was later picked in the combined intermediate technical high school team as a top order batsman.

In the early 1930s, he started going to the SCG to watch rugby league and the major cricket matches in the summer. He saw Alan Kippax, Don Bradman,

Jack Fingleton, Bill Brown, Bill Ponsford, Bill Woodfull and Bill O'Reilly, and watched Lindsay Hassett score a century in each innings against NSW. He also saw Stan McCabe score 189 not out against Douglas Jardine's feared bodyline attack. It was important for him to watch them bat because as a young fellow he had no coaching in the game at all.

The AW Green Shield under 16s competition started in 1935. Maurice was picked for Marrickville Under 16s team, which won the competition, and Bradman presented him with his winning cap. The residential qualifications meant that Maurice had to play in the area where he lived, so he had to play for Cumberland, which was at Parramatta. In a game against Mosman he caught Stan McCabe on the leg side. As McCabe passed him on his way to the pavilion he was full of smiles and he said to Maurice "well caught".

Lilienthal left school and became a shop assistant; at about 19 he owned his own grocery shop. He worked there for 50 to 60 hours a week and played cricket on Saturday afternoons, catching trains and trams to get to matches.

In 1941, he married Gladys Goldman and they moved to Concord West, so he played with Western Suburbs as a batsman and wicket keeper.

During this time, Lilienthal became friends with Jack Fitzpatrick and they became pivotal members of the force that saw the Bankstown Cricket Club enter the Sydney Grade competition in 1951 with Lilienthal as its first chairman. Over the years, the club produced a host of talented representative and international players, including Steve and Mark Waugh.

Lilienthal was associated with the Bankstown Club from 1951 to 2001. He played in the lower grades in the debut year and was on selection committees as well as the management committee. He was a delegate to the NSW Cricket Association and in 1957 was appointed manager the NSW Sheffield Shield Team, which included Grahame Thomas, the first Bankstown player to play for Australia. As Lilienthal became a successful retailer, he was also a generous benefactor to the Bankstown Club.

Lilienthal was later appointed manager of the NSW Colts but his most important state role was as chairman of the country committee for the association. It was an onerous task because of distances involved but he realised the depth of talent available in the bush and the importance of tapping into it. Looking at the number of country boys who went on to become superstars for Australia, it is obvious that cricket promotion in the bush was important - from Doug Walters right through to Mark Taylor, Glenn McGrath, Michael Bevan and Michael Slater.

For his dedicated service to NSW cricket, Lilienthal was made a life member of the NSW Cricket Association as well as the Bankstown Cricket Club. In 2001, he received the Order of Australia Medal.

Maurice Lilienthal is survived by daughters Robyn and Wendy, son-in-law Graham and grandchildren Lyndon and Tristan. Gladys died in 1990.

5.9 Letter from Frederick K.S. Leung

Tristan presented at ICME2024 but did not attend this workshop as documented in the article below. Mr Jerome Laxale MP (Member for Bennelong) was a keynote speaker at the opening session.

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A statement on a participant being asked to leave ICME-15 The Executive Committee (EC) of the International Commission on Mathematical Instruction (ICMI) is saddened to learn of the incident that Professor Jayasree Subramanian (Jayasree) was asked to leave the 15th International Congress for Mathematical Education (ICME-15) in Sydney on Friday 12 July 2024. Intercultural communication, mutual respect and inclusivity are important values of ICMI, and asking a participant to leave is an extremely serious matter. Most of the ICMI EC members were actually present at ICME-15, but we were not aware of the incident until Jayasree had been asked by the Chair of the Local Organising Committee and the Convenor of ICME-15 (the Organisers) to leave the Congress. We were told by the Organisers after the incident that they had received reports from at least five delegates that Jayasree's behaviour at the Workshop in the Friday morning of 12 July titled "Reviving Ancient Wisdom: Vedic Mathematics for Modern Learning" (the Workshop) was "unprofessional and inappropriate in an academic conference", that "the presenter was distressed by the comments directed at him in her statement (reported to have lasted up to 7 minutes)", and several of the delegates were also "distressed by what they had witnessed". The Organisers said that they acted in accordance to "the policy of zero tolerance of inappropriate behaviour", by that we take the policy to mean the Event Code of Conduct (the Code, <https://icme15.org/cms/wp-content/uploads/2023/07/Arinex-event-code-of-conduct-1.pdf>), which can be found under the section Code of Conduct in the Registration page of ICME-15 (Registration-ICME-15 (icme15.org)). The first bullet point under the Code stipulates that attendees should treat all attendees or others associated with the delivery of the Congress "with respect, dignity, impartiality and courtesy". According to the Code, the Organisers of ICME-15 have the right or power to remove from the venue or Congress "at

any time any attendee deemed to be causing, or potentially causing, a disturbance or exhibiting disruptive or inappropriate behaviour”, and “all attendees are expected to comply with” the Code. Given this policy of zero tolerance of inappropriate behaviour which “had been clearly conveyed to all delegates”, the conclusion of the Organisers was that Jayasree “needed to be required to leave” the Congress. The Organisers said that they met with Jayasree and provided her with the information about the reports of her behaviour from several delegates, and reminded her the consequence under the Code. They said Jayasree’s response was “I did nothing wrong”, and this was said several times. On Saturday 13 July, the EC received a letter from Jayasree registering her protest against the way she was expelled from the Congress “without any scope for redressal”. She said that on Friday 12 July after the Afternoon Tea break, she was told by Mr William Morony (Chair of the Local Organising Committee) that she was “no longer allowed to attend the conference” and that she “must immediately leave the ICC”. She asked Mr Morony why she was asked to leave, and she reported Mr Morony as saying that “your behaviour in the session at 9am was inappropriate and there were complaints against you”, and that “there would be no discussion about what happened (at the Workshop)”. According to Jayasree, she told Mr Morony that she shared her perspective on Vedic Mathematics at the Workshop, she “did not abuse anyone or say anything offensive”, and she “did not yell at anyone or use abusive language”. She said that she was not “given a chance to present” her side. Subsequently, Jayasree received a mail from Prof. Kim Beswick, Convenor of ICME-15, saying that Jayasree was allowed to attend the ICC for participating in the plenary panel on Saturday 14 July, after the other panellists had pleaded her cause to Prof. Beswick. But Jayasree was allowed to participate in the panel only under some “strict conditions”, including not to “speak to anyone about the events or issues”. Jayasree was escorted in and out of the conference venue by security guards. Jayasree said she feels “insulted and humiliated” by the way she was treated by the organisers, being “treated like a dreaded criminal”. Jayasree complained that she was asked to leave the conference without being told exactly what the complaint against her was about (she was not given a copy of the complaint), and she was not being given a chance to be heard or defend herself, and that she was not “given the final decision in writing”. Towards the end of her letter, Jayasree said she wondered if this incident has something to do with her identity as a dark complexioned Asian “whose very voice and body could be perceived as threatening by some”, but concluded by saying that she felt her “identity would not be the reason” why she was “treated with utter disrespect”. Subsequently, the EC received a number of enquiries and complaints from ICME-15 participants, including the Indian Country Representative Prof. Rakhi Banerjee, and a letter from the Co-Chairs of TSG 5.5, co-signed by past President Prof. Hyman Bass. In the letter by the Co-Chairs of TSG 5.5, they expressed “serious reservations about the decision made by the local program committee and particularly the process that was followed to make the decision”. The letters to the EC included a testimony from Prof. Theodore Chao, who was present in the Workshop. Prof. Chao said Jayasree “spoke loudly” and “with

passion”, yet that her comments “seemed respectful and in line with opening up academic discourse”. He did not find Jayasree to be “antagonistic or confrontational”, and he did not feel “there was any risk of violence or threats in the room”. He felt that Jayasree was “being unjustly targeted because she dared to call out injustice and the relationship of the Indian caste system to the content” of the Workshop. He noted that Jayasree “is an Indian woman who speaks with a strong and authoritative voice”, and said that positioning Jayasree “as a threat seems to invoke the same form of misogyny and racism that continually oppress women of color globally”. In trying to understand what was happening at the Workshop, the ICMI president was able to talk to another participant at the Workshop, an experienced educator whom he considers neutral in his views towards Vedic Mathematics and towards the people concerned. The participant gave a detailed account of what happened at the Workshop. He reported Jayasree as saying that she did not agree with the presenter’s views on Vedic Mathematics, that Vedic Mathematics is false information, it is a lie. When the presenter explained that what he presented was not his work, that the presentation was based on the work of other scholars in the field, it did not stop Jayasree from criticising the presenter. The participant described Jayasree as “aggressive” and “confrontational”, and that she was “wrong” in her behaviour. He also said that he and other participants of the Workshop were also wrong in that they did not stop Jayasree, which allowed the Workshop to degenerate into a confrontation of Jayasree against the Workshop presenter. He also commented that had there been a more experienced Chair of the Workshop, he/she might have controlled the situation better – the Chair was overwhelmed by Jayasree. At the end of the Workshop, the participant talked to the presenter of the Workshop, reassuring him that his presentation was okay and it’s nothing to do with him. The participant’s conclusion was that Jayasree was “wrong” in her behaviour, but he also thought that the behaviour did not warrant expulsion from the Congress. He thought issuing a warning would be enough. By now, most of us are aware of the petitions going on in the mathematics education community to support the case of Jayasree, quoting the letter from Prof. Theodore Chao mentioned above, claiming that Jayasree was unfairly dismissed because “no due process or adherence to the conference rules of engagement were followed” and that there was “little transparency about how this decision was made”. It accused “ICME” of silencing Jayasree “for pushing back on oppressive views in mathematics education”. They demanded ICME to issue a public apology to Jayasree “for the way she was victimized as a woman of color, and to reinstate her registration and stature within the ICME community”. Taking the information above into consideration, the ICMI EC concluded that we do not have enough knowledge on what exactly happened at the Workshop, and whether the behaviour of Jayasree there constituted a breach of the Code or not. It was the role of the Organisers to make that judgement. But the EC does have concerns over the process and manner in which the incident was handled, as well as the compatibility of the alleged breaching of the Code with its consequence. We understand that, according the Agreement between ICMI and the Congress Organisers, and in accordance with the Code, the Organisers of ICME-15 had

the power to remove any ICME-15 participant from the venue or the Congress if the participant breached the Code. But we would have preferred the Organisers to inform us more on the content of the complaint, what exactly was Jayasree's behaviour that was deemed to be inappropriate and which item(s) in the Code Jayasree was deemed to have violated. Moreover, for the sake of transparency, we would have preferred the Organisers to have informed us of the process they had gone through in arriving at their conclusions. At the moment, the Organisers have only given us the information mentioned in the 2nd paragraph above. The EC was not informed about when the Organisers met with Jayasree, whether the nature of her alleged breaching of the Code was explicitly pointed out to her, and whether and how Jayasree was given an opportunity to respond and explain herself. The ICMI EC does not know how the Organisers judged the severity of the alleged behaviour of Jayasree in arriving at the decision of removing her from the Congress. Asking a participant to leave the Congress is a very drastic penalty. We do not know whether the Organisers had considered consequences other than removal from the Congress. It would have helped the EC, as well as the wider mathematics education community, to understand better the incident if the Organisers could explain how the alleged breach of the Code warrants such a severe penalty. So far, we have not heard from the Organisers about these issues. In conclusion, the ICMI EC feels that this is a most unfortunate and unprecedented event (we haven't heard of any previous expulsion from any mathematics education conference) happening in an otherwise very well organised and successful Congress. We feel extremely sorry for what Jayasree went through and is still going through, and for the distress experienced by all those involved. We are a community of mathematics educators working towards the goal of better mathematics education to all. We understand that the perception of what happened at the Workshop is mediated by one's culture. Some behaviour (e.g., confrontation) totally accepted in some cultures may be totally unacceptable in other cultures and people may be distressed by the confrontation. But it is the spirit of ICMI that we strive to understand each other, and appreciate and embrace cultural differences, in an attitude of inclusiveness. It is under this spirit that we hope the Organisers and Jayasree can work together towards reconciliation, and towards that end the EC is prepared to play a role. From this sad experience, ICMI has already taken some initiative to prevent this kind of unfortunate event from happening again in future ICMEs. The EC is already working on adding some specific elements to the agreement with future ICME organisers to clarify our respective responsibilities. In future, while the ICME Organisers will still be responsible for organising the Congress, the ICMI President (or in his/her absence the Secretary General or Vice-Presidents) must be involved in any decisions arising from concerns about the conduct of attendees, so that ICMI norms and local codes of conducts can be aligned to each other. Of course, the primary goal of ICMI remains to uphold the values of intercultural communication, mutual respect and inclusivity, and to prevent any inappropriate behaviours that impede these values.

5.9. *LETTER FROM FREDERICK K.S. LEUNG*

111

Frederick Leung
On behalf of the ICMI EC (2021-2024)

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