

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

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yoga-for-peace.com

Contents

Preface	xi
Acknowledgements	xiii
1 Prayers	1
1.1 Hare Krishna Mantra	1
1.2 Jai Jagdeesh Hare	1
1.3 Padmasambhava Mantra	1
1.4 One-liners	1
1.5 Beyond the Ten Commandments	3
1.6 The Minuscule Ant by Tristan Barnett	3
1.7 Ode to Matilda	3
1.8 The most famous quotes from <i>The Diary of a Young Girl</i> by Anne Frank	4
1.9 Hind Rajab's Last Words	5
1.10 Neolia Castello Ramos	5
1.11 Voice of Gaza	5
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	9
2.1.5 Academia	10
2.1.6 Summary	12
2.2 Media	12
2.3 Knowledge	13
2.4 Family	15
2.5 Private Life	16
2.6 Income	16
2.7 Strategic Games	21
2.7.1 About Us	21

2.7.2	Timeline	22
2.8	Recreation	23
2.8.1	Sport Participation	23
2.8.2	Spectator Sports	24
2.8.3	Leisure	24
2.9	Accommodation	26
2.9.1	Student Accommodation	26
2.9.2	Rental Accommodation	27
2.9.3	Properties	27
2.10	Unusual Encounters	28
2.10.1	Wilson's Promontory National Park	28
2.10.2	Macquarie University Village	28
2.10.3	12/5 Leisure Close Macquarie Park	29
2.10.4	Macquarie University Incubator	29
2.10.5	Ryde Adventist	30
2.10.6	New York City	30
2.10.7	Vijayaloka Buddhist Retreat Centre	30
2.10.8	Daylesford Holiday Park	30
2.10.9	Macquarie University	31
2.10.10	Cloncurry	31
2.10.11	Mt Isa	31
2.10.12	Alice Springs	31
2.10.13	Darwin	32
2.10.14	The Kimberley	32
2.10.15	Perth	34
2.10.16	India	35
2.10.17	23/166 Mowbray Rd Willoughby	36
2.10.18	White Lanterns Motel Armidale	36
2.10.19	City of Sydney	37
2.10.20	Caves Beach Lake Macquarie	37
2.10.21	New Zealand	37
2.10.22	ISKCON North Sydney	38
2.10.23	Manly	38
2.10.24	Ulladulla	39
2.10.25	Kiama	39
2.10.26	China	39
2.10.27	Europe	40
2.10.28	United States	44
2.10.29	Castle Hill	45
2.10.30	City of Sydney 2	45
2.10.31	Byron Bay	46
2.10.32	Bondi Beach	46
2.10.33	Byron Bay 2	47
2.10.34	Brisbane	50
2.10.35	Byron Bay 3	51

2.10.36 Sydney	54
2.10.37 Byron Bay 4	54
2.10.38 Sydney 2	57
2.10.39 Byron Bay 5	57
2.10.40 Sydney 3	60
2.10.41 Byron Bay 6	61
2.10.42 Brisbane 2	62
2.10.43 Byron Bay 7	62
2.10.44 Sydney 4	64
2.10.45 Gold Coast	73
2.10.46 Byron Bay 8	73
2.10.47 Sydney 5	74
2.11 Macquarie University Clubs	75
2.12 Venture Cafe	76
2.13 Politics	76
2.14 Arts Space	77
2.14.1 Mathematics	77
2.14.2 Graphics Art	78
2.14.3 Spoken Word	78
2.14.4 Art Gallery	80
2.14.5 Arts and Crafts	80
2.15 Macquarie University Sports & Aquatic Centre	81
2.16 Religion	82
2.16.1 Krishna Consciousness	82
2.16.2 Christianity	82
2.16.3 Judaism	84
2.16.4 Buddhism	84
2.17 Intellectual Games	85
2.18 Philanthropy	85
2.19 Travel	86
2.20 Health	87
2.20.1 Headaches	88
2.20.2 Bipolar and Depression	89
2.20.3 Anger Attacks	89
2.20.4 Panic Attacks	96
2.20.5 Generalized Anxiety	101
2.20.6 Recovery from Generalized Anxiety	102
2.20.7 Mania	102
2.20.8 Tremor	103
2.20.9 Major Depression	104
2.20.10 Recovery from Bipolar	104
2.20.11 Recovery from Anxiety	105
2.20.12 Summary	109
2.21 Trail	110

3	Letters	113
3.1	A Letter from Tim Byrnes	113
3.2	A Letter from Paul Graham	114
3.3	A Letter from Tim Blencowe	116
3.4	A Letter from Dave McIntosh	119
3.5	A Letter from Elizabeth Harman	119
3.6	A Letter from Michele Kemm	120
3.7	A Letter from Roger Federer Foundation	121
3.8	A Letter from Rachael Gunn	121
3.9	A Letter from Yogi Chauhan	121
3.10	A Letter from Shalom Collective	121
3.11	A Letter from Office of Zali Steggall	122
3.12	A Letter from Office of Allegra Spender	122
3.13	A Letter from Tim James	123
3.14	A Letter from Alex	123
3.15	A Letter from Ryde Liberals Team	124
3.16	A Letter from National Folk Festival	124
3.17	A Letter from National Folk Festival 2	125
4	Yoga Philosophy	127
4.1	Overview	127
4.2	Our Purpose in Life	129
4.3	What are our Bodies Composed of?	130
4.4	Evidence that God Exists	132
4.5	Modes of Nature	132
4.6	Law	133
4.7	Conflict Resolution	134
4.8	Sex	135
4.9	Forces of Nature	135
4.10	Solution to Bigotry	135
4.11	Age of the Universe	136
4.12	Land	136
4.13	Disease	137
4.14	Types of Life	137
4.15	What is God?	138
4.16	Prophets	139
4.17	Types of Yoga	140
4.18	Formula to Obtain Happiness	142
4.19	Disabilities	143
4.20	Caste Division	143
4.21	Truth about Jesus	143
4.22	Sin	146
4.23	Economic Model	147
4.24	Affordable Living	148
4.24.1	Unemployed	148

4.24.2	Tertiary Education	148
4.24.3	Working Lives	149
4.24.4	Retirement	150
4.25	Politics	150
5	Conclusions	153
5.1	Overview	153
5.2	Second Coming of Jesus	154
5.3	Key Dates of Tristan	161
5.4	Places of interest	166
5.4.1	Overview	166
5.4.2	Macquarie Park	166
5.4.3	East Lindfield	166
5.4.4	Great Synagogue Sydney	166
5.4.5	Willoughby	167
5.4.6	Places of Particular Significance	167
5.5	Yoga for Peace	167
5.6	Justice	169
6	Poems	171
6.1	Just a Coincidence	171
6.2	Is the Davis Cup $\frac{1}{2}$ Full or $\frac{1}{2}$ Empty?	172
6.3	MATHS MATTERS @ KHS 30th Reunion	173
6.4	Saving Jannik Sinner with the Night-time Cap	174
6.5	Anyone for Basketball?	174
6.6	Much Ado About Tristan Barnett	175
6.7	The Double Prestige in Tennis	176
6.8	Backpackers Down Under - Fraser Island and Beyond	178
6.9	Three Little Birds and the Bees	178
6.10	To be or not to be Li Na or Na Li	179
6.11	One-Dimensional Rafael Nadal	180
6.12	Beyond Serenity in Israel/Palestine Combined	181
6.13	All About Ants	182
6.14	ABBA in Mullum the Day After 25/07/25	183
6.15	The Unknown Precedent	184
6.16	All About the Word ‘Barren’	184
6.17	A Dupe of Pruned Punters Peter Dutton’s Protested	185
6.18	The Unknown Horse	186
6.19	Finding the GOAT at the 2026 Australian Tennis Open	187
6.20	A Traveller’s Guide to World Renowned US National Parks	187
6.21	All About the Soul	188
6.22	An Unequivocal 10-line Twisted Sonnet	189
6.23	Un Sonnet Français Poétique	189
6.24	Bring Back the Linux Operating System	190
6.25	All About the Fibonacci Sequence	190

6.26	The Transcendental Apple Pie	192
6.27	On a Sydney Poet's Journey	192
6.28	Anyone for Down Under Sydney Poetry?	193
6.29	The Ash Barty Barbie Doll - Byron Bay and Beyond	194
6.30	Quantum Tunnelling for Dummies	195
6.31	How to Achieve an Australian Tennis Open Title Without Playing Tennis	196
6.32	Who is the best and fairest tennis player?	197
6.33	All I want for Xmas is Delta Goodrem	198
6.34	Going for Gold in the 2026 City2Surf	198
6.35	Preamble Compilations	199
6.36	A Contemporary Ten Commandments	200
6.37	All about Jesus	201
6.38	Yoga for Peace	202
6.39	Sixteen One-Liners for the Soul	204
6.40	The Anonymous Mango Tree	205
6.41	The Tennis Match That Inspired a Movie Sequel	205
6.42	All About Sex	206
6.43	When Tennys Meets Shakespeare	207
6.44	When the Algorithm Takes the Stage	208
6.45	Finding the GOAT in the Year of the Fire Goat	208
6.46	8:52 Hong Kong Restaurant	210
7	Appendices	211
7.1	Europe Log	211
7.2	Article from the Sydney Morning Herald	218
7.3	Article from the Sydney Morning Herald 2	220
7.4	Article from the The Great Synagogue	221
7.5	Letter from Frederick K.S. Leung	223
7.6	Letter from Frederick K.S. Leung 2	227
7.7	PhD Thesis	228
7.8	Immunisation History Statement	229
7.9	Parc Des Topiaires Durbuy	230
7.10	Tristan Barnett CV	230
7.11	References	238
	7.11.1 Killara High School	238
	7.11.2 Promaths	238
	7.11.3 Infoplum	238
	7.11.4 Flinders University	239
7.12	Sportsbet21	239
7.13	Byron Writers Festival	241
7.14	Two Strong Hearts - recorded by John Farnham	242
7.15	Two Brave Hearts	243
7.16	Could Roger Federer have won more grand slams by following a yoga process?	244

7.17 Year 12 yearbook class of 1994	245
7.18 Famous 1962 Alcatraz escape	246
References	247

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 January 2020, the mood shifted to manic depression where Tristan was struggling to get out of bed, eat, shower, cook, shop and do simple household tasks. Further, in 2011, Vice-Chancellor Professor Elizabeth Harman terminated Tristan's adjunct lecturer appointment at Victoria University (VU), allegedly as part of an effort to conceal corruption among senior staff that Tristan had been exposing. 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 2026 (over 14 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 became 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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1. First and foremost Srila Prabhupada - writing the commentary for the Bhagavad Gita known as the Bhagavad Gita As It Is
2. Mark Zuckerberg - founder of facebook (platform to distribute knowledge on yoga philosophy in the public domain)
3. Yogi Chauhan - 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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Chapter 1

Prayers

1.1 Hare Krishna Mantra

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

1.2 Jai Jagdeesh Hare

Om, Jai Jagadeesha Hare, Swamy Jai Jagdeesha Hare
Bhakta janon ke sankata, daas jano ke sankata, Kshana mein door karey
Jo Dhyavey Phala Paavey, Dukha Vinasey Mana kaa

1.3 Padmasambhava Mantra

Om Ah Hum
Vajra Guru
Padma Siddhi
Hum

1.4 One-liners

Yoga is the most effective method to resolving conflicts
We have a piece of God inside of us located in the heart known as the
Supersoul
We have two souls - the individual soul and the Supersoul

Consciousness is energy emitted from the soul where there is material and spiritual consciousness

Material consciousness is energy emitted from the individual soul and spiritual consciousness is energy emitted from the Supersoul

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 material body is separate from the spiritual body, such that the material body is simply a covering over the spirit soul

The material body is dead and God is keeping us alive through the soul or consciousness energy emitted from the soul

The soul is one tenth thousandth the size of a tip of a hair

The soul is the smallest unit of life and gets inside the atom

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 (false and real ego)

Look after the Supersoul and God will look after the material body both gross and subtle

Every living entity 8.4 million species in life has an individual soul and a Supersoul located in the heart

We are not these material bodies but eternal souls where life is eternal and 3/4 of the universe is spiritual

Our whole purpose in life (constitutional position) is to reach the spiritual sky in the afterlife

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 which involves the other three forms (karma, hatha and jnana), as well as other spiritual processes such as mathematics

There are 400,000 species of humans defined by the level of consciousness (spiritual consciousness)

There are three modes of material nature namely ignorance, passion and goodness

Beyond the three modes of material nature is a transcendental level of consciousness where it is possible to be free of all suffering in this material world (known as Samadhi or Enlightenment)

We can advance spiritually and aim for this state of Samadhi or Enlightenment by following yoga processes to continually increase our level of spiritual consciousness

No alcohol and a vegetarian diet is a very high form of religion or yoga process to advance spiritually in this material world

Every living entity 8.4 million species in life is connected through spiritual consciousness as the fifth fundamental force of nature

Criminal law is unnecessary based on the law of karma

God owns and is the true custodian past, present and future of all land

1.5 Beyond the Ten Commandments

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, tai chi, 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

1.6 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

1.7 Ode to Matilda

Ten years old, with a heart so wide,

With laughter that danced like the ocean tide.

A sweet, bright soul, so full of cheer,

A child who deserved a long life here.

She came to these shores

Not by choice, but by hope,

Her parents fled war

Just to learn how to cope.

From Ukraine they ran,

From sirens and fear,

To give their child peace,

A future more clear.

They named her Matilda,
So proudly, so true,
Their first little Aussie,
Their dream starting new.

The sun kissed her smile
At Bondi that day,
Where childhood and joy
Should have stayed safe at play.

But evil arrived where it never should be,
And stole a life meant to simply be.
She did not deserve that final breath,
No child deserves the cruelty of death.

A beautiful girl with her whole life ahead,
Now held only in memories,
In tears that are shed.

So say her name softly,
Say it with care,
Let it echo in hearts,
Let it live in the air.

1.8 The most famous quotes from *The Diary of a Young Girl* by Anne Frank

- In spite of everything, I still believe that people are really good at heart (July 15, 1944)
- Where there's hope, there's life. It fills us with fresh courage and makes us strong again
- How wonderful it is that nobody need wait a single moment before starting to improve the world
- In the long run, the sharpest weapon of all is a kind and gentle spirit
- Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands
- I know what I want, I have a goal, an opinion, I have a religion and love
- Think of all the beauty still left around you and be happy

- I firmly believe that nature brings solace in all troubles
- Look at how a single candle can both defy and define the darkness
- I want to go on living even after my death!
- I can shake off everything if I write; my sorrows disappear, my courage is reborn

1.9 Hind Rajab's Last Words

- I'm so scared, please come (repeated plea)
- Come get me
- Don't leave me alone, Mama, I am hungry, I am thirsty and I am wounded
- I'm not talking because every time I talk, blood comes out of my mouth and makes my clothes dirty and I don't want my mom to have to clean it
- It's getting dark, I'm scared

1.10 Neolia Castello Ramos

My Name is Neolia Castello Ramos
 I'm 25 years old. And well, I have
 I have four days left
 Basically because on the 26th
 They're going to euthanise me

1.11 Voice of Gaza

Dear Teresa,

I'm sorry for not being home with you right now. Unfortunately your father, your mother, and so many people around the world understood the historical task that we have the responsibility to fulfil. Today over a million children are suffering a genocide, being starved to death, being amputated without anesthesia, and suffering from horrific, hateful ideas, despite not knowing what Zionism and Imperialism is. I'm sure you miss me too much and all the mothers and fathers of Palestinian children also miss them so much and would give anything to live a life of love, happiness, and joy that every human being deserves, independently of race, religion, ethnicity or any other characteristic. Your world will be safer because many parents decided to give everything to build this better world for you. I hope someday you understand that because I love you so much there was nothing more dangerous for you and for other

children than living in a world that accepts genocide. Please remember your father as the person that would sing to you and play the guitar for you to sleep. And when you grow up your mom will also tell you that your father was a revolutionary and that even when facing the most horrific people alive - Donald Trump, Benjamin Netanyahu, and Itamar Ben-Gvir - he stood firm to the belief of building a better world.

Please do not forget Palestine!
With all my love, Thiago Avila.

Chapter 2

Background Story

2.1 Education

2.1.1 Family Life

Tristan Jerome Barnett 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 Australian 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. Tristan also attended a weekly Sunday tefillin service at The Great Synagogue leading up to the Bar Mitzvah run by Theo Whitmont.

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 colleagues named Hafis, Josh Clarke and Kenny. And more significantly there was physical assault from a teacher Graeme Stevenson (year advisor and maths teacher) and sexual assault from a teacher Mr Gates (maths teacher). Classical pianist Simon Tedeschi and renowned supermodel Elle Macpherson

also attended Killara High School where Simon was 4 years below Tristan's year and Elle was 13 years above Tristan's year. The 10th school reunion was held at the Greengate Hotel in 2004, the 20th reunion at the Oaks Hotel in 2014, the 25th reunion at the Greengate Hotel in 2019 and the 30th reunion also at the Greengate Hotel in 2024. Tristan attended the 10th, 20th and 30th reunions but had to pull out of the 25th reunion at the last minute due to health reasons.

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 Gradu-

ate 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 Denny 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 Professor Elizabeth Harman, allegedly as part of an effort to conceal corruption among senior staff that Tristan had been exposing, and an official termination letter was sent to Tristan’s home address at 1/11 Findon St, Hawthorn, Victoria. 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 relative 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 three adjunct appointments, Tristan completed the full three year term with Flinders University. However, this appointment was not extended for another 3 year term since Tristan’s supervisor Vladimir Ejov 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 2026 (over 25 years), Tristan has a PhD in applied mathematics, 47 publications (where Tristan is coordinating author on 39 of these publications) and self-published a book ‘The Mathematics of Tennis’ (including a sophisticated tennis calculator in an Excel spreadsheet). Note that 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 2.4 million dollars of research from the start of the PhD in 2002 until the end of 2026. Tristan has presented at 28 (16 distinct) national/international conferences (including the prestigious Second Brazilian Workshop of the Game Theory Society, in honor of John Nash, on the occasion of the 60th anniversary of Nash equilibrium, 2010). Tristan also received ‘The Denise Lievesley’ award to attend the 55th session of the International Statistics Institute in 2005. Throughout these conferences Tristan has had the pleasure to either meet or hear keynote talks from Nobel Prize laureates John Nash, Eric Maskin, Roger Myerson, Robert Aumann and Clive Granger; Fields Medalist Terence Tao; elite athletes Connor Fields, Andy Schleck, Paul McNamee, Farah Palmer, Laurent Carnol, Anne Simon, Jonathan Laugel and Lilliana Prucha; tennis coaching clinic with Jacco Eltingh; professional punters Bill Benter and James Grosjean; and mathematics personality Adam Spencer. Tristan has also had associations with elite athletes Ant Williams, Zali Steggall, Geoff Pollard, Graham Pol-

lard, John Alexander, Tom Hawkins, Janet Young, Todd Ley, Ted Hopkins, Dean Jones, Mark Taylor, Trevor Poole, Bill Brown, David Hall and Nathan Griggs; and personalities Karl Kruszelnicki, Tony Lewis, Steven Stern, Sharri Markson, Alex Rychin, Nell Schofield, Simone O'Brien, Justin Kemp, John Harms, Denise Lievesley, Guy West, Andrew Scott and Shaun Micallef. Further, in addition to the 28 national and international conferences at which Tristan has presented, he has also presented at the Student conference for the Australian Society for Operations Research (Melbourne Chapter) 2002-2005, Recent Advances conference for the Australian Society for Operations Research (Melbourne Chapter) 2006-2011, Young Statisticians student talk (Melbourne Chapter) 2004, Swinburne Sports Statistics seminar 2004 and the Australian Postgraduate Workshop on Stochastic Processes and Modelling 2005-2006. Tristan has also been an invited speaker on 7 occasions - Australian Society for Operations Research (Melbourne Chapter) 2007, Centre for Gambling Education & Research: Southern Cross University 2009, Applied Mathematics Seminars: Swinburne University 2009, Operations Research Seminars: University of Melbourne 2010, Centre for Industrial and Applied Mathematics: University of South Australia 2011, Careers Evening: Australian Mathematical Sciences Institute 2011 and Festival of Innovation: University of South Australia 2011. Finally, Tristan participated in workshops - Mathematics in Industry Study Group 2003,2010.

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 (in terms of writing) five articles in the Australian Financial Review (AFR), an article in ALMANAC Sports Magazine and featured in The London Sunday Times. These articles are given below. In 2012, Tristan was quoted in the AFR in relation to the success of professional gambler David Walsh. Tristan has discussed many topics sports/gambling related including predictions, scoring systems, heat rule, court surface and statistics in tennis, Australian Idol scoring system, AFL scoring system and poker machine regulations. Tristan's radio interviews include 102.7 FM 'Run like you stole something' in 2003, 1116 AM SEN Sports radio in 2005 and 774 ABC in 2006. In 2025, Tristan was interviewed on 'Roadtrip' BayFM with hosts 'Big Nelly' and 'Dim Sim' resulting from participating in 'Save the Wallum' Poetry Slam at Brunswick Heads. 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

August 2006. It's all about the court. ALMANAC Sports Magazine

2.3 Knowledge

Tristan's knowledge prior to 2013 consisted of mathematics and statistics; resulting from three 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 'unusual' 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.

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 was 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 with NCS Pearson 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 witnessed for example Maureen Cleveland smoking inside a warehouse). 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, Lei Feng and Sanchit Sharma. Lei was using AI to distort images of work colleagues face’s including Tristan to show complete baldness and then posting the images on social media. Chanakya resorted to many forms of bullying including physical by punching Tristan on the shoulder. Sanchit Sharma would walk around to Tristan’s workspace and turn off his computer on a daily basis

whilst Tristan was present busily working. After making a complaint to Human Resources, Sanchit would resort to other more subtle forms of bullying for revenge. 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 and contractors 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 was successful in receiving a grant in performance modelling for contract work with Tennis Australia (TA) in 2012. The grant was advertised as \$15,000 but Machar Reid managing the project for TA would only pay \$7,500 for the job to go ahead. Even further, the task required programming and rather than TA use an in-house programmer, Tristan was required to obtain a programmer and thus the already reduced amount of \$7,500 was then split evenly (\$3,500 each) between Tristan and the programmer, thus Tristan receiving only one-quarter of the advertised \$15,000. Is the above a form of corruption by Machar Reid and Tennis Australia? The project on analyzing match statistics data as a decision support tool to increase performance arguably contributed to Ash Barty winning 3 singles slams 2019-2022.

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 at Infoplum 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). Despite not being paid an estimated \$25,600 of work completed for the Western Bulldogs AFL club (work authorized by John Zeleznikow), this work on performance modelling would have most likely contributed to the success of the Western Bulldogs winning the 2016 Premiership. Similarly, despite being underpaid an estimated \$11,250 for the work completed for Tennis Australia (work authorized by Machar Reid), this work on performance modelling would have most likely contributed to the success of Ash Barty winning three singles slams (2022 Australian Open, 2019 French Open, 2021 Wimbledon).

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. The property was 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 principal agent Ben Boutros at 'Ray White' real estate agents that the 'auction' ever existed.

Tristan also purchased a property in 2018 at 23/166 Mowbray Rd, Willoughby NSW 2068. The property was purchased for \$925,000 using the money from the deceased estate given that the advertised price was \$850,000, where firstly a silent '2 person payoff auction' was used to raise the selling process to \$895,000 with no hard evidence from principal agent Jason Georges at 'McGrath' real estate agents that the 'auction' ever existed. And secondly, Jason phoned around 8pm at night to inform Tristan that the other potential buyer had dropped out due to finance difficulties and stated "the owner wants \$925,000 what do you have to say about that"? And after Tristan accepted this offer verbally over the phone, Jason then stated "there is no cooling down period once the Contract of Sale is accepted with a 10% deposit". Due to the emotional stress of the whole situation over a period of time since the initial inspection along with Tristan's symptoms of depression and anxiety, Tristan went ahead that night and accepted the offer of \$925,000.

The latter property 23/166 Mowbray Rd, Willoughby 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 \$9,758 on marketing costs and \$5,170 on styling. Tristan had about \$160,000 in cash left over after purchasing the property 23/166 Mowbray Rd in 2018 and a healthy 1.1 million after selling the property in 2024.

Tristan purchased the property 36/9 Easy St, Byron Bay NSW (settled Monday 30th June 2025) for \$790,000 using the money from selling the 23/166 Mowbray Rd property and had about \$220,000 in cash left over. The Byron Bay property was purchased off-market through 'Fuller & Co Property' agents and the process was very professional and 'honest' - led by principal agent Gail Fuller.

Tristan had rented out all three properties. Just after purchase in 2028, property 23/166 Mowbray Rd, Willoughby was being rented out and managed by Garwoods Estate Agents where Rebecca Knox was the managing agent. Just after Tristan left for the US on the 31st July 2023, property 12/5 Leisure Close, Macquarie Park was also being rented out and managed by Garwoods Estate Agents where Rebecca Knox was the managing agent and thus Tristan had no fixed address whilst travelling for the next 23 months. However, Garwoods Estate Agents sold there rental market to Aurora Property in 2024 and this is where several dramas unfolded with property 12/5 Leisure Close when Tristan returned to live in the property in February 2026 after living in Byron Bay for the previous 7.5 months. As expected, Rebecca switched from Garwoods to Aurora as managing agent for property 12/5 Leisure Close. There were many internal problems with Aurora and many staff including Rebecca left Aurora. Rebecca then started her own rental business 'Knox and Kallay Property'. However, for legal reasons in Rebecca's Aurora contract, Rebecca was not allowed to tell anyone she had left and started her own business. In an email that Tristan received from Aurora, it was stated that Rebecca had left Aurora due to being sick. After Rebecca left Aurora, Tristan had three property managers in total in less than two years before moving back to Macquarie Park in February 2026. Tristan's first of three property managers was Kenny Lei. On a particular phone conversation Tristan had with Kenny, Tristan was inquiring about Rebecca's health which is quite normal etiquette given that Rebecca had been very helpful to Tristan over the years going back to the property 23/166 Mowbray Rd Willoughby - rented out since 2018 with Rebecca as the property manager. Instead of Kenny answering the question about Rebecca's health, the conversation was diverted by Kenny. John Marcel Maisano was the final tenant living at 12/5 Leisure Close Macquarie Park, before Tristan returned in February 2026. Zac Jamieson was the property manager before John left on the 26th December 2025. Given that John was from overseas in London, John thought it would be convenient to just leave all the 'furnishings' (including a queen size bed) and 'rubbish' in the property and take off back to London on boxing day. On the departure inspection, Zac failed to pick up that John had left all these possessions behind (including a queen size bed in the bedroom), and thus Zac authorized the entire bond to be returned to

John. Tristan spent a considerable amount of time possibly a whole day in total clearing out all of John's possessions including dismantling the base of a queen size bed and carrying the base and mattress down three flights of stairs to the car space. Meghan Murray was the senior property manager at the time, not very helpful and quite rude on several conversations that Tristan had with Meghan about the tenant John leaving such 'possessions' behind.

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 Sportsbet21
 2008 Centrebet
 2009-2012 Infoplum
 2012 Tennis Australia

2.7 Strategic Games

2.7.1 About Us

Website: strategicgames.com.au

founded in 2000, the organization applies mathematical principles to solve real-world problems in sport, gambling, and conflict analysis. Its founder, Tristan Barnett (also known as "The Baron"), holds a PhD in tennis statistics

and has developed practical solutions in the field. His work includes creating a tennis prediction model, with live forecasts featured on Yahoo7 during Grand Slam tournaments as part of multimedia coverage. He also conducted research into alternative scoring systems, proposing a ‘5040 game’ format as a potential ‘Game Changer’ for tennis. In addition, Barnett self-published *The Mathematics of Tennis*, a book that uses tennis as a framework for teaching mathematics at both secondary and tertiary levels. The main objectives are:

- Disseminate knowledge in the mathematics of sport, gambling and conflicts
- Teach mathematics at secondary and tertiary level using sport, gambling and game theory examples
- Enhance the quality in sport by modifying scoring systems
- Use tennis statistics and predictions through multimedia including live stream to enhance spectator entertainment
- Improve tennis performance through online software solutions
- Encourage responsible gambling through online software solutions

2.7.2 Timeline

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 slightly more than 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 as a course in operations research focusing on the mathematics of sport, gambling and conflicts. 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.

2025: Self-published booklet titled 'The Minuscule Ant' containing 19 creative writing pieces (poetry) representing humour and satire including themes of tennis, politics, mathematics and travel.

2026: Update to self-published booklet titled 'The Minuscule Ant' containing 32 creative writing pieces (poetry).

2.8 Recreation

2.8.1 Sport Participation

Tristan's sport participation has consisted of athletics, swimming, 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, pickleball, padel tennis and real tennis. However, Tristan's main sport participation where he has competed in tournaments has come from tennis.

Tristan had 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 in 2001. Tristan was a member of Hawthorn Tennis Club 2002-2005; obtaining runner-up club graded doubles in 2003. Due to ongoing injuries Tristan stopped playing tennis after leaving Hawthorn Tennis Club at the age of 28. There were disturbing scenes of sexual abuse at Hawthorn Tennis Club from the former President Robert Payne. This abuse involved massaging and 'feeling' women all over and thus another example of how power corrupts.

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), Queensland Tennis Centre (Brisbane International), Sydney Entertainment Centre (Sydney Indoors and Masters Cup), Kooyong (Kooyong Classic and Davis Cup), Ariake Coliseum Tokyo (Japan Open Tennis Championships), Melbourne Park (Australian Open), Flushing Meadows (US Open) and Roland Garros (French 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, ice hockey, wood chopping, whip cracking, break dancing, freestyle motocross, real tennis, croquet and pickleball.

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 participated

in many activities with scouts including free camping, bushwalks, cycling, skiing, sailing, kayaking, canoeing, water skiing and attending Jamborees. There was physical abuse from Jesse Clarke ('pack leader'), who would go around kneeing various scout colleagues in the upper leg (known as a 'dead leg'). Incidentally, Jesse was school captain for the year above Tristan at Killara High School and graduated with a law degree at the University of New South Wales. 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 (Byron Bay), sea lions (Port Lincoln), seals (Kaikoura), manta ray (Exmouth), whale sharks (Exmouth) and dolphins (Kaikoura). While keeping a distance, Tristan observed a 5 metre reef shark in the Great Barrier Reef from Townsville. Tristan has also observed great white sharks from a boat off the coast of Port Lincoln and a whale from a boat off the coast of Kaikoura. 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. Memorable activities include a 4WD trip was to Palm Valley in the Northern Territory, kayaking on Jervis Bay, cycling on Maria Island, cross country skiing at Lake Mountain and the lake walk at Cradle Mountain. The appendices features a daily log written by Tristan during the 2.5 month trip around Europe with Tim and Paul. Tristan has also been gliding (Byron Bay), jet boating (Sydney Harbour) and jet boating in a canyon (Queenstown). 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.

Tristan has attended many live performances in music, dance, theatre, cabaret, comedy, magic and poetry. This includes Mac King Comedy Magic Show (Las Vegas), Stevie Starr (Macquarie University), Cirque du Soleil, Deborah Conway (Manly Writers Festival), Mozart concert (Sydney Opera House 50 years anniversary), Elvis and Roy Orbison impersonator (Mount Isa Irish Club), Simon Tedeschi classical pianist (The Independent Theatre North Sydney), James Morrison and Emma Pask jazz duo (The State Theatre Sydney), Michael Jackson the musical (Sydney Lyric Theatre), Chicago the musical (Broadway production New York City), Book of Mormon the musical (Sydney Lyric Theatre), CATS the musical (Sydney Lyric Theatre), The Boy from Oz the musical, The Beatles tribute, ABBA tribute (Court-house Hotel Mullumbimby), Proof (Sydney Opera House), Carols in the Domain (Sydney), STOMP, Lano and Woodley comedians, R rated comedy (HI Hostel New York City), Jimmy Barnes Storm tribute (Beach Hotel Byron Bay), Shakespeare, Bells Shakespeare, Skunk Anansie (Macquarie University conception day), Elsy Wameyo (University of Adelaide 150 years anniversary), Flying Fruit Fly Circus (Araluen Arts Centre), The Snow Queen (Byron Theatre), Kinky Draw (Brunswick Heads Picture House), Burlesque (Brunswick Heads Picture House), Spaghetti Western Circus (Brunswick Heads Picture House), Cheeky Cabaret Xmas (Brunswick Heads Picture House), Mandy Nolan R rated comedy (Brunswick Heads Picture House), Australian Poetry Slam National Finals (Sydney Opera House), David Bowie tribute (Beach Hotel Byron Bay), country music trio Ashleigh Dallas, Andrew Swift and Kristy Cox (Tamworth), Baby Animals (Castlehill RSL), The Diary of Anne Frank (The State Theatre Sydney), The Umbilical Brothers (The State Theatre Sydney), Flamenco (Seville), Ireland the Voyage (The Concourse Chatswood), Tristan McLindon (Minskys Hotel Cremorne), National Poetry Month Gala (State Library of NSW), Children of the Holy Dove (Actor's Pulse Redfern), Cold War 2.0 (The Rocks), Mystique (The State Theatre Sydney) and Carl Barron (The State Theatre Sydney).

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 appoint-

ment 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. Note there was bullying at the Kathleen Lumley College by Peter Fraser (president of the student body within the college at the time). Peter would typically pressure students to drink alcohol out of a ‘communal’ cup and more disturbingly go around striking guys in the groin area just for fun.

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 and in 2018 Tristan also purchased at 23/166 Mowbray Rd, Willoughby (funded by the money obtained from a deceased estate and the property was sold in 2024). Note that Tristan travelled for 23 months (31st July 2023 - 30th June 2025) with primarily no fixed address, where Tristan stored his minimal possessions in a commercial locker in Macquarie Park and rented out Macquarie Park and the Willoughby property (until the latter was sold in September 2024). Tristan purchased a property at 36/9 Easy St, Byron Bay (using the money from selling the Willoughby property) and was living there since the 30th June 2025 until moving back to 12/5 Leisure Close, Macquarie Park on the 16th February 2026.

1977-2001 92 Chelmsford Ave, East Lindfield
2013-2025 12/5 Leisure Close, Macquarie Park
2025-2026 36/9 Easy St, Byron Bay
2026- 12/5 Leisure Close, Macquarie Park

2.10 Unusual Encounters

2.10.1 Wilson's Promontory National Park

Tristan's first 'unusual' 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.

2.10.2 Macquarie University Village

In March/April 2013 a series of three separate events took place for Tristan of a 'spiritual' nature at his student residence at Macquarie University Village 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 and coordinated with research in yoga, conflict resolution and political science), such that ‘Yoga is the most effective method to resolving conflicts’. Note that just prior to the three ‘unusual’ encounters above, Tristan attended an AUJS (Australian Union for Jewish Students) at Macquarie University and posted the quote above on yoga resolving conflicts as a prayer on a tree as an organized AUJS activity. 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.

2.10.3 12/5 Leisure Close Macquarie Park

In early 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 to this document and posting on facebook ‘Second Coming of Jesus: a solution to world peace’.

2.10.4 Macquarie University Incubator

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”.

2.10.5 Ryde Adventist

On Saturday 1st October 2022, Tristan attended Ryde Adventist and 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.

2.10.6 New York City

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 the 2nd March 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.

2.10.7 Vijayaloka Buddhist Retreat Centre

Tristan wrote a poem ‘The Minuscule Ant’ 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.

2.10.8 Daylesford Holiday Park

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?”

2.10.9 Macquarie University

On Friday 16th February 2024, Tristan attended orientation week (also known as kickstart) at Macquarie University. Tristan participated in an AFL activity sponsored by team GIANTS involving pass or handball the AFL ball through the target. Remarkably, Tristan achieved this objective on the first attempt and subsequently won a GIANTS cap. Note that this is quite difficult to achieve in many attempts let alone the first attempt and given the word ‘ant’ within GIANTS makes this event rather ‘unusual’.

2.10.10 Cloncurry

On Sunday 21st April 2024 which coincided with the day before the eve of Jewish Passover, Tristan attended a Christian Church in Cloncurry. After leaving the 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.

2.10.11 Mt Isa

On ANZAC day Thursday 25th April 2024, Tristan read out ‘The Minuscule Ant’ in Mt Isa just after the commemorative dawn service where a flock of birds flew overhead when reading the words ‘Ashleigh Barty’.

2.10.12 Alice Springs

On Wednesday 1st May 2024, Tristan read out ‘The Minuscule Ant’ in Alice Springs where birds started tweeting really loud when reading the words ‘Ashleigh Barty’. The landscape featured a sign ‘ANT’ standing for Australia Northern Territory.

On Friday 3rd May 2024, Tristan was walking to Araluen Arts Centre, Alice Springs and decided to live stream based on a situation where a bucket fell off a moving truck onto the road. Due to the cylindrical shape of the bucket and a slight to moderate breeze present, the bucket was rolling around all over the road causing a safety hazard. Some cars for example slowed down to maneuver around the bucket and some cars were even forced to drive on the opposite side of the road to avoid colliding with the bucket. Tristan found the situation quite dangerous for driving and thus Tristan took the initiative to cross the road to remove the bucket to safe land. Coincidentally, there was a memorial site directly in line with where the bucket had fallen off the road and so it made sense to place the bucket next to the memorial site. Tristan sensed that the memorial site was a result of someone that had been killed in a road accident and thus ironically Tristan had potentially saved a road accident by removing the bucket from the road and decided to put a copy of ‘The

Minuscule Ant' flyer inside the bucket as a symbol of 'peace'. The situation turned quite 'ugly' when someone driving past wondered what Tristan was doing by standing next to the memorial site and placing down a bucket with a piece of paper inside. And this was all captured live stream using a camera holder on the ground and thus Tristan was unable to end the live stream whilst the 'conflict' was taking place. Tristan started to explain the scenario on how the fallen bucket in a dangerous situation was removed from the road, but it all became too complex and the driver's interpretation by the end of the 'confrontation' was that Tristan was inappropriately interacting with the memorial site where it appeared that someone had been killed in a road accident. Once the driver had left Tristan felt a little 'shaken up' and decided to remove 'The Minuscule Ant' flyer from the bucket before leaving.

On Saturday 4th May 2024, Tristan returned to the 'scene' on the way to the Araluen Arts Centre to attend a live performance and the bucket still remained in the same position next to the memorial site. Note the live stream from when the bucket had fallen off the truck until the end of the 'confrontation' with the driver was deleted by Tristan after the event but a picture of the bucket next to the memorial site was captured on film. Also, 'A Minuscule Ant' flyer was placed on the notice board at the Araluen Arts Centre.

2.10.13 Darwin

On Sunday 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.

2.10.14 The Kimberley

Tristan left Melbourne in February 2024 just after the Australian Open tennis to travel to Darwin via Cairns and Alice Springs on a four 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 two 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 and note that it cannot be confirmed that this 'unwelcomed' traveller has the name 'Craig Vion' given that there is no 'Craig Vion' on facebook amongst other social media sites. Tristan identified that this 'unwelcomed' traveller was 'Craig Vion' on the bus late at night where it was written on a bag. It could be possible and quite plausible as a means

of hiding your identity to use a fake name in case Tristan was seeking some revenge through the legal processes and thus to leave no trace of being found.

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 (Royal Air Force) 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 ‘unusual’ 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 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 ‘unusual’ 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 (6th June) 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 Cable Beach 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.

2.10.15 Perth

On Friday 21st June 2024, Tristan visited the Western Australian Museum in Perth (Perth Cultural Centre), where on display there was a piece of the blade from the infamous ‘Red Baron’ plane. This museum coincided with a gift shop which arguably had the best ant merchandise and Tristan purchased a rare ant soft toy and a board game ‘Ant Colony’. Note also that Tristan graduated from Swinburne University which is represented by the colour ‘red’

and the Australian Labor Party (ALP) is also represented by the colour ‘red’ where the ALP with ‘Ant’ Albanese as Prime Minister won the 2022 and 2025 federal elections.

2.10.16 India

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 known as ‘Baktoo’s Villa’ 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 to pay for ‘miscellaneous activities’ including the Himalayas and also when Tristan refused to hand over his passport to 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 the many encounters above involving birds). Note also that 28 is a perfect number ($1+2+7+4+1=28$) and Ash Barty turned 28 on the 24th April 2024 (eve of ANZAC day). 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.

2.10.17 23/166 Mowbray Rd Willoughby

On Sunday 15th September 2024, the Rotary Club hosted fireworks from Northbridge 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 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. 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 2024 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

2.10.18 White Lanterns Motel Armidale

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 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.

2.10.19 City of Sydney

On Saturday 21st December 2024, Tristan read out ‘The Minuscul Ant’ at Martin Place, Sydney just 4 days from Xmas where several birds appeared just after filming the memorial with the words ‘LEST WE FORGET’ (and note Ash Barty won 4 slams).

On Friday 27th December 2024, Tristan read out ‘The Minuscul Ant’ at Hyde Park, Sydney where a bird flew past just after streaming The Great Synagogue.

2.10.20 Caves Beach Lake Macquarie

On Wednesday 1st January 2025, Tristan imprinted in sand ‘The Minuscul Ant’ at Caves Beach, Lake Macquarie where directly after this poem was completed Tim Byrnes’ daughter was stung by a bluebottle.

2.10.21 New Zealand

On Tuesday 7th January 2025, Tristan was investigating activities at Happy Tours 36 Camp St, Queenstown where the customer service representative rejected ‘The Minuscul Ant’ poem when offered a business card with the quote “it had been patented” and note the neon light at the front window fell and shattered the glass window bizarrely prior to the customer service representative rejecting the poem. On Sunday 9th January 2025, Tristan booked a canyon jet tour at the same travel place through customer service representative Devon Crosby.

On Friday 10th January 2025, Tristan read out ‘The Minuscul Ant’ in Queenstown, New Zealand where a bird flew past tweeting after performing the words ‘Ashleigh Barty’.

On Saturday 11th January 2025, Tristan read out ‘The Minuscul Ant’ in Lake Tekapo, New Zealand where a bird flew over ‘The Church of the Good Shepherd’ towards the end of the poem.

On Tuesday 14th January 2025, Tristan read out ‘The Minuscul Ant’ in Lake Tekapo, New Zealand where a bird flew over ‘The Church of the Good Shepherd’ towards the end of the poem.

On Sunday 19th January 2025, Tristan embarked on a sunrise swimming with dolphins tour Kaikoura, New Zealand ‘Dolphin Encounter’. There were many dolphins present that morning and one particular dolphin came right up to Tristan’s mask which did seem a little ‘unusual’ given that all the other dolphins (over 100) kept their distance by swimming below Tristan at rather

impressive speeds. This day coincidentally was the day when the ceasefire deal between Hamas and Israel took place.

On Monday 20th January, a pod of orcas (known as killer whales) appeared in the bay in Kaikoura. This is a rarity in that not only is it rare for orcas to appear in Kaikoura but also quite rare for orcas to be visible from the streets and apparently they put on quite a performance in ‘acrobatics’ for the crowds although Tristan was not present to see them.

On Tuesday 21st January, Tristan witnessed a seal come out of the water and walk along the rocks before lying down for a nap. Tristan was sitting on the rocks at Kaikoura peninsula when it appeared somewhat ‘unusual’ that a seal would come out of the water given there were no other seals present within visual sight for Tristan.

On Friday 7th February 2025, Tristan spotted just the one dolphin in the water whilst on the bus journey back to Queenstown. Kia Orca!

On Thursday 23rd January 2025, Tristan read out ‘The Minuscule Ant’ in Kaikoura, New Zealand where on two separate occasions a bird flew across the sunrise throughout the poem.

On Sunday 26th January 2025 (coinciding with Australia Day), Tristan read out ‘The Minuscule Ant’ at Kaiteriteri Beach, New Zealand where on three separate occasions a bird flew past throughout the poem.

On Monday 27th January 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Kaiteriteri Beach, New Zealand where on two separate occasions a bird flew past throughout the poem.

On Monday 10th February 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Queenstown, New Zealand where a bird flew past throughout the poem.

2.10.22 ISKCON North Sydney

On Tuesday 11th February 2025, Tristan made a trip to the ISKCON temple North Sydney, Sydney where in a conversation one devotee was mocking ‘the minuscule ant’ concept for peace such that “if one likes ants then they will like all creation” given that ants are the most primitive and abundance of creatures, and everyone associates very well with ants. Tristan left the temple shortly after this conversation and another devotee’s shoes had completely vanished from the shoe racks outside. This certainly appeared ‘unusual’ given the timing and also the security cameras overlooking the possessions left outside on the shoe racks.

2.10.23 Manly

On Friday 14th February 2025 which coincided with Valentine’s Day, there was a lightning flash at night time when Tristan walked out on the balcony at Stokes Beach House, Manly. This appeared ‘unusual’ given that Tristan had not seen any lightning since Wednesday 13th December 2023, where Tristan

wrote ‘The Minuscule Ant’ poem on a young Buddhist retreat Vijayaloka Centre which coincided with a new moon and there was an isolated lightening display over the centre that lasted most of the night. Given that Friday 14th February was Valentine’s Day, it appears that God loves ‘The Minuscule Ant’ GIG where many ‘unusual’ encounters with birds have appeared during Tristan’s live stream performances of ‘The Minuscule Ant’ poem. There was also a lightening flash later that night when Tristan walked from Manly Beach to Shelly Beach. Note also that Tristan read out ‘The Minuscule Ant’ at sunrise Manly Beach, Sydney on Friday 14th February where several birds flew across the sunrise throughout the poem.

On Saturday 15th February 2025, Tristan read out ‘The Minuscule Ant’ at sunset Manly Beach, Sydney where a flock of birds flew past throughout the poem.

2.10.24 Ulladulla

On Sunday 9th March 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Ulladulla Harbour, South Coast of NSW where two birds flew past throughout the poem. Also note the reference to ‘Allah’ in Ulladulla and Tristan attended the 9am service at Ulladulla Anglican Church.

2.10.25 Kiama

On Friday 14th March 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Kiama blowhole, South Coast of NSW where two ‘chirping’ ducks flew past throughout the poem.

2.10.26 China

Tristan travelling for eleven days in China 21st-31st March 2025 as a stopover to Europe for two sports conferences. Three ‘unusual’ events took place 21st-23rd March. On Friday 21st March, Tristan travelled to Shanghai where there was an ‘unusual’ encounter of turbulence throughout the flight. The experience was somewhat ‘terrifying’ where it felt like ‘Godzilla’ had physical hold of the entire aircraft and was shaking it relentlessly for about 10 seconds. The flight was then relatively stable for the remaining journey. Throughout the flight Tristan watched the film ‘Elvis’ where it depicted that prescription drug abuse compromised his health, and Elvis Presley died in August 1977 at his Graceland estate at the age of 42. Note that Tristan was born in 1977.

Tristan was visiting a colleague Tim Byrnes in Shanghai, which indeed was the reason for the stopover on the way to Europe. Coincidentally, it was Tim’s birthday on Saturday 22nd March where Tim received a ‘fake’ Ash Barty contact on facebook. Note also that Tim has a daughter named Lina, where Li Na was the first Chinese and Asian tennis player to win a singles grand slam. On the periodic table of chemical elements Li stands

for lithium and Na stands for Sodium, where Na is directly located below Li on the table. Tristan gave Lina a periodic table on Monday 24th March, where Tim had a party at his house for his birthday. The periodic table was purchased by Tristan at the Ernest Rutherford museum in Christchurch, where the Rutherfordium (Rf) element is named after Ernest. Rf also stands for Roger Federer.

Lastly, on Saturday 22nd March, Tristan travelled with Tim's family to a spa retreat centre about an hour from Shanghai. The following day at the retreat Sunday 23rd March, Tim's youngest daughter went to a kids playground, where there was a 'problem' child terrorising other kids including Tim's daughter to the extent that the 'problem' child physically bit Tim's daughter on the arm.

2.10.27 Europe

On Monday 7th April 2025, there was not just one but two separate events where a couple of cyclists collided in Amsterdam directly in front of Tristan. And all involved walking away uninjured with not even a scratch. Just prior to both collisions, 'minuscule ant' stickers and flyers were distributed on walls, notice boards etc. The scenario started at 'Coffeshop Green Place' located at 4 Kloveniersburgwal Centrum, within the surrounds of the Red Light District. Tristan placed a 'minuscule ant' sticker on the front window of this 'coffee shop' since there were literally hundreds of stickers placed there. At the time, an 'older' man was walking past and this man was particularly 'unusual' since he was carry a walking stick full of stickers. And thus, Tristan gave this man a couple of stickers and he added to the collection on the walking stick. Later that day, Tristan was walking to the ferry terminal, where the first of two events involving cyclists colliding occurred such that a young lady almost hit her head on the ground and no one in Amsterdam wears a helmet. After catching the ferry from Centraal Station to NDSM, Tristan was posting 'minuscule ant' stickers and flyers around the precinct where there was a whole courtyard designated for 'street art'. Tristan then visited the highly recommended Straat gallery (designated for pieces of street art), where again Tristan was posting 'minuscule ant' stickers and flyers in the museum. The second event involving cyclists colliding occurred when Tristan had left the Straat gallery and was walking back to the ferry terminal. Note that Tristan stayed at the Bee Hostel in Amsterdam for 7 nights 6th-12th April inclusive. Prior to staying in Amsterdam central, Tristan attended the World Congress Society for Tennis Medicine and Science 4th-5th April in Amstelveen (North Amsterdam) and presented 'Could Roger Federer have won more grand slams by following a yoga process'. Incidentally, when staying at the Bee Hostel, Tristan was in bunk 104, which represents the atomic number for Rutherfordium (Rf). Rf is also branding for Roger Federer.

On Sunday 20th April 2025 (Easter Sunday and the last day of Passover),

His Holiness Pope Francis addressed the congregation/crowds from the balcony of St. Peter's basilica, and died the following day Easter Monday 7.35am local time. The following events took place prior, during and several days after Easter Monday. On Tuesday 8th April this document on a solution to world peace was sent to Pope Francis from Amsterdam. On Saturday 12th April 2025 which coincided with the eve of Jewish Passover, Tristan quoted 'Easter Sunday' in a live stream and instantaneously a bird flew overhead. Tristan was intending to go to the 7am service at the Portuguese Synagogue in Amsterdam that morning for Passover, but Tristan was rejected by security even though a pre-approval form had been accepted by the synagogue. On Friday 18th April (Easter Friday), Tristan performed 'The Minuscule Ant' at sunrise outside the 'Cathedral of our Lady' in Antwerp Belgium. Throughout the stream there was a loud 'bang' sound, although Tristan is unable to identify this sound from the reply video. On Saturday 19th April (Easter Saturday), Tristan quoted 'Hello' in a live stream and a bird flew overhead. Tristan was outside Saint Charles Borromeo Church in Antwerp Belgium. On Monday 21st April (Easter Monday), Tristan performed 'The Minuscule Ant' at 7.59am local time at a 'portable' church in Durbuy Belgium (very close to Tristan's accommodation 'Comme a la Ferme: Petit pois'), where two birds flew past moments from the outset of the stream. Note that His Holiness Pope Francis was confirmed to have passed away at 7.35am local time and Tristan was unaware of this event when live streaming. Tristan visited The Topiary Park later that morning on Easter Monday, where there were two garden sculptures reflecting the Pope - the triptych (No8) and the tiara (No11). On Friday 25th April 2025 (coinciding with ANZAC day), a bird appeared in a live stream from Brussels when Tristan mentioned 'Barra Mundi' followed by several birds appearing when Tristan mentioned 'Raygun'. Note that 'Barra' can be obtained out of 'Tristan Barnett' and 'Mundi' is Australian slang for Monday. Further, 'archangel' is an anagram of 'Rachael Gunn' if the letters UN are removed. Based on the events above, there is reasonable evidence to suggest that His Holiness Pope Francis ascended to the spiritual sky as an archangel (transmigration of the soul from one body to the next). In particular, on the eve of Passover Saturday 12th April, a bird flew overhead when quoting 'Easter Sunday' in a live stream (and note that His Holiness addressed the congregation/crowds on Easter Sunday 20th April). On Easter Monday 21st April, two birds flew past outside a 'portable' church moments from the outset of Tristan performing 'The Minuscule Ant' and note that His Holiness had passed away earlier that morning and Tristan was unaware of this event when live streaming. On Friday 25th April, a bird appeared in a live stream from Brussels when Tristan mentioned 'Barra Mundi' followed by several birds appearing when Tristan mentioned 'Raygun'. Note that 'Barra' can be obtained out of 'Tristan Barnett' and 'Mundi' is Australian slang for Monday. Further, 'archangel' is an anagram of 'Rachael Gunn' if the letters UN are removed.

On Saturday 3rd May 2025, there was an Australian Federal Election re-

sulting in the Australian Labor Party (ALP) forming a majority government (PM Anthony Albanese) and the leader of the opposition for the Liberal Party Peter Dutton losing his seat to the ALP candidate Ali France. Some interesting and ‘unusual’ observations are as follows. Firstly, there was a ‘flash’ hailstorm captured on video that evening in Paris where Tristan was staying at hostel ‘Jo & Joe Paris-Nation’. ‘The Minuscule Ant’ poem was initially compiled and read out 13th December 2023 on a young Buddhist retreat Vijayaloka Centre which coincided with a new moon, where there was an isolated lightening display over the centre that lasted most of the night. One of the longest words obtained out of ‘Anthony Albanese’ is nanotesla. Also, ‘ant’ can be obtained from Anthony and ‘bees’ from Albanese. Initials ‘AA’ is a word defined as a type of lava, where lava can symbolize ‘love’. The three former politicians that have last names that represent types of birds are Andrew Peacock, Bob Hawke and Wayne Swan. ‘Three Little Birds’ is a song by Bob Marley and the Wailers and ‘One Love’ is a 2024 biographical musical drama film based on the life of reggae singer and songwriter Bob Marley. Thus, from above and playing off ‘the birds and the bees’ colloquial expression we can deduce the expression ‘Three Little Birds and the Bees’. ‘The Minuscule Ant’ can be referenced to the PM Anthony Albanese based on the isolated lightening display at Vijayaloka Centre when the ‘The Minuscule Ant’ poem was initially compiled, the ‘flash’ hailstorm in Paris following the election result of Anthony Albanese retaining PM, ‘nanotesla’ as one of the longest words in ‘Anthony Albanese’ and ‘ant’ obtained from ‘Anthony’. Thus, this is an indication that God equally loves all of his creation by identifying that the PM Anthony Albanese is in fact ‘minuscule’, and this is iterated by the initials ‘AA’ as a type of lava where lava can symbolize ‘love’ and the 2024 film ‘One Love’ where the expression ‘Three Little Birds and the Bees’ can be derived from three former politicians and the PM Anthony Albanese. It is also interesting that the leader of the opposition Peter Dutton lost his seat to someone from the ALP named Ali France. The ‘flash’ hailstorm of course occurred in France following the election result. Tristan travelled to Grenoble (gateway to the French Alps) from Paris on Monday 5th May just after the election with the sole purpose of seeing a ptarmigan in reference to the ‘The Minuscule Ant’ poem. The last name of ‘France’ in Ali France is indeed intriguing, but also the fact that ‘i’ represents an imaginary number in mathematics where $i = \sqrt{-1}$ and there is a silent ‘p’ in ptarmigan and thus making the connection from Ali to ALP, where ALP is the Australian Labor Party with Anthony Albanese as PM.

On Thursday 8th May 2025, Tristan read out ‘The Minuscule Ant’ at the War Memorial Bastille Grenoble, where several birds flew past throughout the poem.

On Friday 9th May 2025, Tristan quoted the word “art” in a live stream from Grenoble and a bird flew past.

On Saturday 10th May 2025, Tristan read out ‘The Minuscule Ant’ at l’Alpe d’Huez ski resort in the French Alps (closest town Grenoble), where

directly after ending the live stream, a bee landed on a ‘minuscule ant’ sticker in which Tristan had propped up using a stick in some snow and this sticker was used in the live stream performing ‘The Minuscule Ant’.

On Wednesday 14th May 2025, Tristan quoted the word “okay” in a live stream from Notre-Dame de la Garde, Marseille and a bird flew past. From the outset of the stream there was a colony of ants on the steps leading up to Notre-Dame, where just prior to this event Tristan wrote ‘LE MINUSCULE 4MI’ (translated ‘The Minuscule Ant’) in the sand at ‘Plage des Catalans’ beach.

On Sunday 18th May 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Old Port of Marseille and several birds flew past throughout the poem. In particular, a bird flew past after quoting the words “or simply” and two birds flew past when streaming the Notre-Dame de la Garde. Two hours later and still at the Old Port of Marseille, there was a very ‘unusual’ encounter of a flock of birds flying high in the sky (most likely seagulls) in a coordinated way - captured on film. The arrangement of the birds appear to resemble a point from the ‘Star of David’ and given the colours white and blue from the birds and sky respectively, the scene could reflect the Israeli flag, where the birds in such an arrangement reflect a symbol of peace such as ‘white doves’. Also note that this arrangement of birds occurred in two clusters one after another to suggest further that this encounter is indeed very ‘unusual’.

On Saturday 24th May 2025, Tristan ran a live stream at a solidarity performance outside a church ‘Eglise Saint-Aubin de Toulouse’ and a bird flew past just before quoting the conclusion “and that was The Baron Breaks”.

On Sunday 25th May 2025, Tristan read out ‘The Minuscule Ant’ at sunrise Capitole Square Toulouse and several birds were present throughout the poem. In particular, a bird ran across the ground after quoting “tennis”, where the 25th May was day 1 of the French Open tennis and Novak Djokovic claimed his 100th title at the Geneva Open the previous day 24th May.

On Wednesday 28th May 2025, Tristan witnessed a young kid fall of his bike travelling at a slow speed just outside the Gas Station 116 Quai de la Souys, Bordeaux. The event appeared unusual in the sense that Tristan was walking past and then suddenly the kid fell off his bike with no physical intervention. His injuries were only a minor scratch on the arm and a little shaken up from the ordeal.

On Monday 2nd June 2025, Tristan ran a live stream at the French Open tennis, Paris and a bird flew past when quoting the words “Roland Garros”. Some interesting observations leading up to and after this live stream are as follows. Firstly, in reference to ‘The Minuscule Ant’, the French word ‘fourmi’ translates to ‘ant’ in English. Thus, Tristan was attending the fourth round of Roland Garros and the ‘mi’ in fourmi could be thought of as an abbreviation for the French word ‘minuscule’. Also, Ash Barty won four grand slams, where the French Open at Roland Garros was her first singles grand slam in 2019. Note that Tristan saw Emerson Jones from Australia compete in the

first round of the girls singles at Roland Garros, where Emerson won four matches and lost in the semi-finals (four players remaining). Incidentally, Ash Barty blocked Tristan from facebook on the 2nd June which does appear somewhat ‘unusual’ suggesting that Ash Barty experienced some ‘strange’ encounter/s during the earlier rounds of the 2025 French Open that led Ash to block Tristan given that Tristan would occasionally post ‘The Minuscule Ant’ flyer amongst other posts on the Ash Barty facebook wall. Tristan was staying at the UCPA Sport Station Hostel Paris for four nights (30/06-03/07) as another ‘four’ reference in room 406 (again another ‘four’ reference). Now ‘0’ could represent ‘love’ in reference to tennis and 6 is a perfect number ($3+2=6$ and $3+2+1=6$). Tristan also played padel tennis at this hostel on Sunday 1st July. Note there are six references to ‘four’ above where again the number 6 is a perfect number. Also, $4!=24$ where Novak Djokovic has won a record 24 singles grand slam titles and knocked out by Jannik Sinner in the semi-finals which is possibly Novak’s last chance to win another grand slam after obtaining the 100 singles titles at the Geneva Open just prior to the 2025 French Open.

On Sunday 8th June 2025, Tristan had just finished an international mathematics and computers in sport conference in Luxembourg and thus decided to stay close to the airport ‘hotelF1 Roissy CDG’ for a couple of nights (8th-10th June) in Paris before flying to the US for a 10-night stopover before returning to Sydney on the 19th of June. The following day, Monday 9th June Tristan decided to walk to the nearby shopping centre ‘Aeroville’ and just out of nowhere there were auditions for ‘France Got Talent’. And after some deliberation Tristan decided to audition with ‘The Minuscule Ant’ piece with entry number 410 (10th in the queue), where the 4 in 410 is again intriguing given the ‘fourmi’ reference to ‘ant’. At the end of the audition there was complete silence and then a relatively loud applause from a group that appeared to be from America given that two young kids with an American accent and good English approached Tristan when leaving with the comments “Love your work”. This is an indication that ‘The Minuscule Ant’ resonates with the audience once the lyrics are understood and this could somewhat be difficult in a country like France given that French is the first language. Overall, the scenario appeared somewhat ‘unusual’ in that ‘France Got Talent’ was in a shopping centre near the airport just when Tristan happened to be there before flying out the following day.

2.10.28 United States

On Tuesday 10th June 2025, Tristan was staying in downtown LA ‘Freehand Hotel’. This day coincided with the rare ‘strawberry full moon’ (or just after midnight the following day for the exact time), where Tristan was planning to live stream ‘The Minuscule Ant’ poem. However, this never eventuated based on an 8pm curfew that night until 6am the following morning, given the ongoing ‘ICE’ protests in downtown LA. Just prior to the 8pm curfew

Tristan walked down the road from the hotel to Shake Shack, where the protesters appeared only minutes after Tristan had entered the shop and was somewhat stranded there for about 30 minutes until the ‘parade’ had moved on.

On Saturday 14th June 2025, Tristan visited the Spanish Village Arts Centre, San Diego to pick a custom-made canvas painting featuring some ‘ants’ by artist Lorraine Marie Cote studio 34A. When discussing the topic of ants with the customer service there was a ‘crashing’ sound from outside where one of the ceramics from a stall had fallen over and broke.

On Sunday 15th June 2025, Tristan ran a live stream at Sunset Cliffs San Diego, where several birds appeared in reference to the destructive nature of drugs and in particular cannabis. Tristan was staying at the ‘California Dreams Hostel’ San Diego for 6 nights 11th-17th June 2025, where there were several people in the dorm rm P5 with cannabis, and in particular Tristan saw someone in the dorm with cannabis on the 12th June. Tristan also built an art piece on the outside lawn out of ‘Jenga’ blocks which read ‘The Minuscule Ant’, where the staff felt somewhat uncomfortable about this construction being there for a couple of days and Tristan was asked to remove the piece on Friday 13th June.

On Tuesday 17th June, Tristan read out ‘The Minuscule Ant’ at sunrise Dog Beach, San Diego where although no birds were captured on the stream, one particular ‘bird’ (quite likely a seagull) caught Tristan’s eye just before the end of the stream (and interestingly Tristan was unable to capture this lonesome ‘bird’ on the stream). There was also a copy of a Bible and the Bhagavad Gita As It Is on the library shelf in the TV room at the ‘California Dreams Hostel’.

2.10.29 Castle Hill

On Saturday 21st June 2025, Tristan attended an information session at the Harvey Lowe Pavilion, Doran Drive, Castle Hill on an update of the ‘Hare Krishna Community and Cultural Centre’ being built 217 Windsor Road, Vineyard, Sydney. A rather ‘unusual’ event occurred on arrival such that when Tristan began writing down contact details for registration the pen that Tristan was using completely fell apart and Tristan had to resort to using another pen.

2.10.30 City of Sydney 2

On Sunday 22nd June 2025, Tristan participated in ‘Walk with Christ’ as part of the Catholic faith, and when running a live stream outside St Mary’s Cathedral, Sydney a bird appeared when quoted the word ‘carols’.

2.10.31 Byron Bay

On Friday 27th June 2025, several birds flew past when running a live stream at Main St, Byron Bay. In particular, Tristan is talking about performing ‘poetry’ at Byron Bay including ‘The Minuscule Ant’ piece and a bird flew past when quoting the phrase ‘it should be pretty good’.

On Wednesday 2nd July 2025, Tristan visited Mullumbimby whilst living in Byron Bay (about a 30-minute bus ride). Some rather ‘unusual’ events took place whilst prior to and running a live stream from an art sculpture of a ‘Bunyip’ on a walking trail just moments from the bus stop. The sculpture is by Peter Neilson 2023 titled ‘The Biggest Little Bunyip’ in reference to Mullumbimby being famous for ‘The Biggest Little Town’. It was a very gusty day with wind speeds up to 50km/h. Tristan was observing the sculpture and noticed that a ‘bilby’ could preference a ‘bunyip’ given that ‘bilby’ sounds like ‘bimby’ in the town ‘Mullumbimby’. And just when making this connection there was a strong gust of wind which caused a ‘stag’ to fall off the tree next to the sculpture, where it landed in a very neat position between the sculpture and the sign displayed describing the sculpture. The very fact that Tristan was not hit by this rather dangerous stag with sharp thorns is somewhat a miracle as Tristan was contemplating walking towards the sign for greater visibility just before this stag fell off the tree. Then Tristan decided to run a live stream to showcase the position of the stag that had fallen off the tree in relation to the sculpture and the sign, and then just prior to quoting the words ‘what about the little bilby’ a strong gust of wind forced the fallen stag to move to again being miraculously aligned in such a way that there was a small gap between the stag and the sculpture.

Also on the 2nd July, the strong gale force winds caused a pot plant to fall from a height onto Tristan’s balcony at the award-winning ‘Habitat’ village in Byron Bay. Tristan had just settled the house on Monday June 30th (after travelling with the no fixed address for 2 years since the 31st July 2023). Although gale force winds typically cause destruction and plants to topple over, it just seems a bit unusual that this day 2nd July had such destructive winds given that Tristan settled the place at ‘Habitat’ on the 30th June and more significantly the real-estate agent’s name for the property was Gail Fuller in reference to the word ‘gale’.

2.10.32 Bondi Beach

Tristan stayed at ‘Wake Up’ hostels rm 303 Bondi Beach for 7 nights (6th-13th July 2025). The following ‘unusual’ events took place. Firstly, there was a copy of the Bhagavad Gita As It Is at the ‘Book Swap’ in the foyer. Someone from Tristan’s dorm just happened to take this book to ‘read’ in the dorm but returned it before leaving. Tristan placed two ‘minuscule ant’ stickers in the book once replaced to ‘Book Swap’ in the foyer along with several stickers placed loosely on the bench for clear visibility.

On Monday 7th July, Tristan attended the weekly trivia night at ‘Wake Up’, where the host for the night was called ‘Jack’. An obvious reference to ‘Jack’ is the movie ‘Titanic’ where near the conclusion of the movie Rose states ‘Wake Up Jack’, and this reference was integrated in a creating writing piece by Tristan ‘Backpackers Down Under - Fraser Island and Beyond’ where Tristan sent this piece to Wake Up just prior to staying at the hostel.

On Thursday 10th July coinciding with a full moon, Tristan was watching ABC News Australia Live, where a bird flew past in the background from the reporting studio when the reporter quoted “combat antisemitism”.

On Friday 11th July, Tristan ran a live stream from the CBD Sydney where two birds appeared during the stream followed by Tristan referencing “combat antisemitism” quote on ABC New Australia Live from above.

On Sunday 13th July, Tristan read out ‘The Minuscule Ant’ at sunrise Bondi Beach, Sydney where surprisingly there were no birds appearing in the stream flying past, but rather more subtly there was a Qantas jet flying past at the start of the stream where the word ‘ant’ is readily obtained in Qantas.

2.10.33 Byron Bay 2

On Thursday 17th July 2025, Tristan noticed bird ‘poop’ just below the right shoulder on a brand-new hoodie custom printed with ‘The Minuscule Ant’ logo when walking into the Beach Hotel, Byron Bay. These are some of the events leading up to this incident. Tristan was walking from Belongil Beach to Main Beach for sunset at 5pm. This is a regular walk for Tristan with the addition of wearing ‘The Minuscule Ant’ hoodie for the first time. Tristan proceeded to inscribe the words ‘The Minuscule Ant’ in the sand at Main Beach. Tristan then proceeded to the common grass area from Main Beach where there was ‘Youth Without A Mission’ (YWAM), primarily from Eastgate Church, Byron Bay and Tristan spoke to someone called ‘Christian’.

On Monday 21st July 2025, Tristan travelled to Mullumbimby and in particular visited ‘The Paddock Project’, 64 Argyle St. As documented on their website “Access and inclusion lie at the heart of The Paddock Project. We proudly support social engagement and supported employment for people with NDIS packages. Our daily work and work preparation programs provide meaningful employment to our participants. The Paddock Project is a safe, inclusive space for learning transferable skills, but also importantly a hub for social engagement for our participants and their families”. In particular there was a pop-up structure with the word ‘LOVE’ and a bridge representing a ‘rainbow’. When returning to Byron Bay later that day Tristan observed an actual rainbow just outside IGA supermarket and captured on live stream.

On Tuesday 22nd July 2025, there was an ‘unusual’ event at Byron Bay where Tristan was unable to walk from Belongil Beach to Main Beach at sunset (5.10pm) due to a strong sea swell causing a high tide (water) to block the path. This was also captured in a live stream where a bird flew

past after just before quoting the word “folder” in reference to placing the minuscule ant flyer in a folder for display.

On Wednesday 23rd July 2025, Tristan travelled to Ballina and after purchasing a ‘2-in-1 Play Tent’ (which represented an ‘ant house’ with a tunnel attached to the tent) from Kmart, there was a flash flooding of heavy rain when Tristan walked out of the store to catch a bus back to Byron Bay.

On Thursday 24th July 2025, Tristan ran a live stream on Jonson St Byron Bay (near Main Beach), where several birds appeared through the stream and in particular when quoting the word “Habitat”. This was a particularly cold evening for Byron Bay reaching a minimum of 6 degrees around 5am the following morning. Note the ‘unusual’ weather events four consecutive days 21st-24th July.

On Friday 25th July 2025, Tristan ran a live stream on Jonson St Byron Bay (near Main Beach), where a bird flew past when quoting the words “speed networking”. Note that Tristan attended a speed networking event earlier that day 4-6pm at venue ‘Circus Arts’ Byron Bay.

On Thursday 31st July 2025, Tristan was watching ABC News Australia Live, where a bird flew past in the background from the reporting studio when the reporter quoted “growing powers to recognize a Palestinian State”. Earlier in the day there was a rainbow at Byron Beach when Tristan was walking from North Byron to Main Beach on Ewingsdale Rd. Tristan then proceeded to inscribe the words ‘The Minuscule Ant’ in the sand at Main Beach and placed down on the sand ‘The Minuscule Ant’ flag with the quote on facebook “sovereignty”.

On Friday 1st August 2025, several ‘unusual’ events took place as follows. Firstly, a rainbow appeared in the morning at around 8am where Tristan captured this on camera and in a live stream just outside ‘Bunnings’ in North Byron. Tristan then travelled to ‘Eden at Byron’ - Garden Centre in Byron Bay, where one of the assistants was particularly knowledgeable on ‘ant’ plants. When travelling back to ‘Habitat’ in North Byron, Tristan went to ‘Katrina Beohm real estate’ where the receptionist just happened to have a dream last night about ‘ants’ when Tristan mentioned ‘ants’ in a conversation. Tristan watched ‘The Road to Patagonia’ at Byron Theatre in the evening, where the lead cast Matty Hannon finished the travels after 2.5 years in Ushuaia (the gateway to ANTArctica).

On Saturday 2nd August 2025, Tristan read out ‘The Minuscule Ant’ at Clarkes Beach Byron Bay, where someone walked past carrying a surfboard when quoting “Tristan Barnett” in the poem.

On Tuesday 5th August 2025, Tristan inscribed ‘The Minuscule Ant’ in the sand at Main Beach Byron Bay, where just after completion the waves came over ‘The Minuscule Ant’ artwork and it was obliterated. Tristan looked behind and there was an ‘unusual’ cloud formation representing a ‘cross’ and Tristan captured this image on camera and in a live stream. Note that there were an abundance of birds circulating the ‘cross’ and also note the ‘cross’ out of the cloud formation appeared to have ‘fallen over’, where a possible

explanation could be related to the 'Xmas tree' that had fallen over at the White Lanterns Motel Armidale. There was also another cloud formation present represented by a 'long' strip that was next to but not intersecting the 'cross'.

On Thursday 7th August 2025, Tristan visited 'Pack Gallery Studio' 3/1 Acadia St, Byron Bay and requested through the management to custom make an 'ant' ceramic sculpture out of clay given the studio runs ceramic workshops. This request was rejected and when Tristan was leaving some piece of art work fell over and potentially 'broke' where Tristan also handed management a business card featuring 'The Minuscule Ant' poem.

On Friday 8th August 2025, Tristan ran a live stream from Bangalow Showground 'Byron Writers Festival', where a bird appeared when quoting "live streaming on the ad break".

On Saturday 9th August 2025, Tristan was watching ABC News Australia Live, where a bird flew past in the background from the reporting studio when the reporter quoted "Gaza". The context was the PM Anthony Albanese visiting Queenstown New Zealand (NZ) to speak with the NZ Prime Minister Christopher Luxon about various topics including the humanitarian crisis in Gaza.

On Monday 11th August 2025, Tristan was standing in his apartment at 'Habitat' 36/9 Easy St, Byron Bay where three rare 'black' cockatoos flew past when looking outside through the back door. In particular, one cockatoo made a very loud 'chirping' sound. Note that an update of this document was printed on Thursday 14th August and circulated to a further 7 key people for a subtotal of 46 key people/bodies including Vice Chancellors, Ministers, Senators and Members of Parliament (state and federal).

On Saturday 16th August 2025, there was an 'unusual' bird activity at Main Beach, Byron consisting of a cluster of 'white' birds circulating in the sky and captured in a live stream.

On Sunday 17th August 2025, there were three 'unusual' bird encounters at the Byron Bay bus interchange captured in a live stream. Firstly, there was a cluster of 'white' birds that resembled the 'bird' encounter on the previous day at Main Beach, Byron Bay. Secondly, there was on what appeared to be a 'large white' bird flying high in the sky in the distance. And thirdly, there was a 'black' crow sitting on top of Stand C making a loud noise, where Tristan was waiting to catch a bus to Brunswick Heads for the 'Save the Wallum' poetry slam. More significantly, the crow swooped down towards Tristan and somewhat typified the event at villa 22/122 Culloiden Rd, Marsfield in March/April 2013 where Tristan visualized a bird in the spiritual world as an out-of-body experience (soul left the body) after making the connection and quote as a prayer placed on a tree run by the Australian Union of Jewish Students, Macquarie University "Yoga is the most effective method to resolving conflicts".

On Monday 18th August 2025, there was an 'unusual' bird activity at Brunswick Heads Main Beach captured in a live stream, where Tristan in-

scribed ‘The Minuscule Ant’ in the sand shortly after this event. Tristan returned to Byron Bay later that day, where there were a pod of dolphins spotted at Main Beach around sunset.

On Wednesday 20th August 2025, Tristan was watching ABC News Australia Live, where a bird flew past in the background from the reporting studio over Parliament House when the reporter started talking about the humanitarian crisis in Gaza where Benjamin Netanyahu quoted on social media “history would remember Anthony Albanese for what he is: a weak politician”. Later that morning, Tristan ran a live stream from ‘Folk Cafe’ discussing the incident where an interesting bird landed on the table that Tristan was sitting at and tried to attack the hot chocolate.

On Friday 22nd August 2025, there was an ‘unusual’ bird activity at the bus stop in North Byron (Julian Rocks Dr after Sunrise Bvd), consisting of a flock of birds flying overhead in a rather ‘elegant’ arrangement. Tristan was catching a bus to Byron Bay interchange to connect with ‘Premier Motor Service’ to Brisbane.

2.10.34 Brisbane

On Saturday 23rd August 2025, there was an ‘unusual’ bird activity at the intersection of Brunswick St and Water St in Brisbane City, consisting of a flock of birds flying overhead in a rather ‘elegant’ arrangement.

On Sunday 24th August 2025, there were some ‘unusual’ bird activity on Brunswick St (near the intersection with St Pauls Terrace) in Brisbane City captured in a live stream. Firstly, a Qantas plane flew overhead with the ‘ant’ reference in Qantas. Then moments later when quoting “Pro-Palestine protests” (in reference to the protest surrounding the conflict in Gaza held later that day) two flocks of birds were circulating either side of the plane in a rather ‘elegant’ arrangement. Further, there were several ‘black’ crows circulating in the sky with one bird landing on a building on St Pauls Terrace. In the evening, Tristan was meeting a colleague at ‘Brisbane Powerhouse’ for the break dancing National finals. We met outside at the downstairs bar area (about 4.15pm), where Tristan’s colleague went to the bar to buy some chips and when she came back there was ‘bird poop’ on the chair she was sitting at which wasn’t there previously (about 4.45pm). At about 5.30pm when we were about to head inside for the break dancing, the ‘bird poop’ had completely disappeared from the chair. Note that ‘archangel’ is an anagram of ‘Rachael Gunn’ when the UN is removed and we were about to watch the break dancing (in reference to ‘Raygun’ controversial performance at the 2024 Paris Olympics in break dancing). Further, the Pro-Palestine protests took place earlier that day in which Tristan was present and ran several live streams promoting ‘The Minuscule Ant’ flyer. Thus, based on the above it appears quite reasonable to conclude that an archangel (most likely angel Gabriel) removed the ‘bird poop’ from the seat literally 10cm from Tristan. Note also there were birds (‘black’ crows in particular flying above which

appeared earlier that day in reference to the Qantas plane).

2.10.35 Byron Bay 3

On Monday 1st September 2025, Tristan performed in a video ‘The Minuscul Ant’ poem at sunset Main Beach Byron Bay, where a bird appeared after quoting the words “So call me Bart”. Note ‘The Minuscul Ant’ was inscribed in the sand and the visibility of the ‘art piece’ was still very good the following morning Tuesday 2nd September.

On Tuesday 2nd September 2025, Tristan performed in a video ‘The Minuscul Ant’ poem at sunset Main Beach Byron Bay, where surprisingly nothing ‘unusual’ appeared in the video given the streak of occurrences in previous videos and live streams. Note ‘The Minuscul Ant’ was inscribed in the sand but in a different spot to the above on Monday 1st September, where the tide had washed away the ‘art piece’ almost straight away after it was completed it contrast to the above where the visibility of the ‘art piece’ was still very good the following morning.

On Wednesday 3rd September 2025, Tristan was waiting at the bus stop Ewingsdale Rd at Melaleuca Dr, travelling to Ballina, where about five ‘black’ cockatoos flew past ‘chirping’ and one cockatoo was captured on film.

On Thursday 4th September 2025, Tristan visited ‘Trash Vintage’ in Byron Bay where ‘The Minuscul Ant’ flyer had fallen to the ground given that the flyer had been attached to the front glass door using strong blu tac for several weeks. This appeared quite ‘unusual’ given the timing of Tristan visiting ‘Trash Vintage’ on that particular day. There were also two other ‘unusual’ encounters on that day of a crow appearing at the bus interchange in Byron Bay where Tristan was travelling to Bangalow for a poetry night at ‘Station St Co-Op’ and more significantly there were several black cockatoos flying above when Tristan arrived at his accommodation ‘Dreaming Woods’ in Bangalow and captured on video.

On Friday 5th September 2025, Tristan arrived at the bus interchange in Byron Bay (travelling from Bangalow), where there was one particular crow sitting on top of Stand A (the designated arrival spot) and several crows flying above and captured on video.

On Monday 8th September 2025, Tristan performed in a video ‘The Minuscul Ant’ poem at sunrise Main Beach Byron Bay, where surprisingly there was nothing ‘unusual’ in the video given the streak of occurrences in previous videos and live streams. Note ‘The Minuscul Ant’ was inscribed in the sand and at the same time the US Open tennis final was being played between Jannik Sinner and Carlos Alcaraz. Tristan made the following previous post on facebook earlier that morning: “Sinners LIVE - just as well Alcaraz is missing a t”. And note that Tristan specifically zoomed in on the ‘t’ in the sand representing a cross on the video whilst performing ‘The Minuscul Ant’. Now suppose that something such as birds or other ‘unusual’ appearances occurred in the video then Tristan would not have made

the reference to the US Open final tennis match, where the word ‘tennis’ is referenced in ‘The Minuscule Ant’ poem. After sunrise at Byron Bay, Tristan then travelled on a bus to Lismore for the day, where a spectacularly ‘unusual’ encounter occurred. Tristan was walking through the famous ‘The Back Alley Gallery’, known as the hidden underground street art culture in Lismore where there are over sixty artworks, including large scale murals, graffiti art, paste-ups, stencils and installations. This outdoor art gallery is here for the community to enjoy and see that street art is alive, thriving, and an important part of the local art scene. There appeared to be only one ‘artist’ painting on Monday 8th September located at 10 County Lane and the experience that Tristan had with this ‘artist’ was anything but normal. Firstly, the ‘artist’ was a young girl possibly as young as 16 years old. She was painting two black cockatoos from a drawing that she had created previously. She spoke to Tristan in a very calming voice and she felt quite comfortable with Tristan’s presence of watching her paint. There was another person of an older man present sitting on a chair with a table and handed Tristan a rather weird book that he had written on ‘virology’ basically saying that claimed medical experts don’t really understand medicine. Tristan handed both the young girl and older man a copy of ‘The Minuscule Ant’ poem with two stickers and was requesting for the young girl to paint the logo from the stickers. Note that Tristan handed back the book from the older man, where he had a cigarette in his hand and Tristan proceeded to move on. About 1.5 hours later, Tristan returned to the site, where the young girl was still painting alongside the older man but Tristan didn’t engage in any conversation but rather just passing through to have a remedial massage a few minutes away. After the massage 1 hour later, Tristan made an effort to return to the site and both the young girl and older man were gone and the painting was complete of two black cockatoos sitting in a tree and Tristan captured this painting on film. After arriving back in Byron Bay at the main bus stop interchange at around 4:30pm, Tristan experienced another ‘unusual’ encounter involving birds where this rather elegant structure of a flock of what appeared to be black birds in colour flew overhead and all of a sudden the entire flock of birds turned white in colour.

On Wednesday 10th September 2025, Tristan performed in a video ‘The Minuscule Ant’ poem at sunset Main Beach Byron Bay after inscribing ‘The Minuscule Ant’ in the sand. Tristan was eagerly waiting for something ‘unusual’ such as a bird to appear in the video and just before the conclusion of the poem one seagull flew past to join a flock of seagulls on the ground although was not captured on video due to the video orientation.

On Thursday 11th September 2025, Tristan was sitting in Betty’s Burgers, Byron Bay waiting for an order and decided to place a piece of cupboard on top of the ‘buzzer’ in such that way that the piece of cupboard would fall off the ‘buzzer’ when it starts ‘buzzing’ (order is ready). Tristan was filming this ‘obscure’ activity and the piece of cupboard actually fell off before the ‘buzzing’ and rather mysteriously when quoting “when the buzzer goes off

the piece of cupboard should fall off if all goes to plan". And ironically, when the 'buzzer' did eventually go off the piece of cupboard didn't actually fall adding to the 'mysterious' nature of this scenario.

On Friday 12th September 2025, Tristan performed 'The Minuscule Ant' at Main Beach, Byron Bay and captured on video, where nothing 'unusual' appeared in the video.

On Thursday 18th September 2025, Tristan commenced 'ant' meditation at 'Habitat' by running a YouTube video of ants going about their daily lives accompanied with synchronized 'enchanted' music. The following day Friday 19th September, when Tristan returned to the same spot to run another morning meditation the lamplight at the spot was broken. More specifically the bolts at the base of the lamp had been removed and the glass was cracked. It seems rather 'unusual' that someone would have vandalized this site given that 'Habitat' is under security and there is a camera directly focused on this particular spot.

On Friday 19th September 2025, a rather 'unusual' event occurred of an owl appearing on Tristan's unit complex in 'Habitat'. More specifically, the owl was particularly big and staring directly at Tristan when returning home at nighttime. Note that Tristan recently purchased a Harry Potter wand to inscribe 'The Minuscule Ant' in the sand and the owl looked like something out of the 'Harry Potter' movie being so mysterious. This event occurred directly three years after the Queen's funeral on the 19th September 2022.

On Monday 22nd September 2025 (21st in the US), the Charlie Kirk memorial took place throughout the morning. Tristan started watching the service before turning off the TV when the cleaners arrived. About an hour later when the cleaners had left, Tristan turned on the TV again to watch the service and almost straight away the downstairs neighbours directly below Tristan's 1st floor apartment stated "there is a black snake coming out of the garden". And indeed it turned out to be one of the biggest red-belly black snakes that Tristan had ever seen where the snake slithered from the neighbours garden to the rock garden several metres away and was hidden from sight due to the surrounding rocks. The snake was captured on photo but Tristan was unable to capture the snake on video. Note also that in Chinese zodiac, 2025 is the year of the Wood Snake. The snake is associated with wisdom, charm, elegance, and transformation. People born in the Year of the Snake are believed to be intuitive, strategic, and intelligent. The Snake occupies the sixth position in the Chinese zodiac. Tristan was born in 1977, the year of the Fire Snake.

On Friday 26th September 2025, Tristan captured a video of whales 'breaching' from Main Beach, Byron Bay.

On Saturday 27th September 2025, Tristan was travelling to Sydney initially for a cousin's 50th birthday later that evening and then a 3 day young Buddhist retreat the following Friday. At Ballina airport, Tristan removed his laptop from the carry-on bag and placed the laptop along with the laptop sleeve in a separate container. Security then removed the laptop to a sepa-

rate container to separate from the laptop sleeve, and after both containers had travelled through the screening, the container with the laptop sleeve fell off the belt but not the laptop. Note the laptop initially was with the laptop sleeve container that fell off the belt.

2.10.36 Sydney

On Sunday 28th September 2025, Tristan visited Govindas in Darlinghurst for a kirtan following by prasadam (vegetarian meal) in the restaurant. A rather ‘unusual’ encounter occurred in the restaurant such that a wallet dropped to the floor from one of the customers with reference to the timing and placement given that the wallet on the ground was directly in line with a picture of Krsna hanging on the wall and Tristan was sitting at a table directly in front of where this customer/wallet appeared by quoting “your wallet has fallen out”.

On Wednesday 1st October 2025, Tristan visited Bondi Beach Sydney where a rather ‘unusual’ encounter occurred of a seagull being so fascinated by Tristan’s Woolworths paper bag to the extent that the seagull was literally biting at it and all captured on video. Note there was no food in the bag but rather ‘minuscule ant’ posters. Jillian Segal is Australia’s Special Envoy to Combat Jewish Antisemitism and the similarity of the word ‘segal’ with ‘seagull’ is possibly a sign that some form of antisemitism will occur at Bondi Beach.

Tristan attended a Young Buddhist Retreat at Vijayaloka Centre, Minto Heights over the long weekend 3-6 October 2025. On Sunday 5th October, some ‘unusual’ encounters occurred when undertaking a fire ceremony that evening. During the day we produced an ‘art piece’ to be used as an offering to an open campfire (burning the artwork in the fire) as part of a Buddhist ritual fire ceremony. Tristan produced an ‘ant’ using an open cupboard box and wrapping with a minuscule ant poster. The ‘unusual’ encounters consisted of a real ‘ant’ appearing on Tristan’s shoe after walking out of the Shrine room just prior to the fire ceremony and when Tristan placed the ‘ant piece’ in the fire there was a very ‘loud’ bang sound when it started to burn which was not present with the other ‘art pieces’ from everyone else on the retreat.

2.10.37 Byron Bay 4

On Friday 10th October 2025, Tristan attended ‘Kinky Drawers’ at Brunswick Heads Picture House. This ‘unusual’ event occurred. Tristan started the event by getting a face-painting of ‘ants’ which is normal for Tristan at any event where there is face-painting. Tristan took a seat in the second row given that the first row was full, and there was someone sitting in the row behind Tristan that was having a glass of champagne in a typical champagne glass. As the title of the event suggests there were ‘exotic’ forms of art in-

cluding pole dancing and undressed models (and the audience were allocated time to draw the models on a 'sketch pad'). There was a community drawing where Tristan requested to include an 'ant' and this turned out to be quite appropriate given the drawing consisted of many 'cartoon' style mushrooms. The final activity consisted of an undressed female model where instead of the audience sketching the model, the lead artist who initiated the community drawing was using some form of electronic art on a board to draw the model by removing pieces of thread. Now the person behind Tristan with the champagne glass had placed the glass on the ground whilst this activity was taking place, and just when the lead artist was removing the piece of thread from the board on the models 'kinky' part, the champagne glass on the ground simultaneously shattered making a sound.

On Saturday 11th October 2025, Tristan missed the bus back to Byron Bay from Brunswick Heads and decided to walk back to his place at 'Habitat' in North Byron along the beach. Tristan found the 'terrain' quite hard-going in parts (mainly sinking in the soft sand) and wasn't thinking about tides given that 'high' tides may have prevented Tristan from continuing on and even forced to turn back (with the worse case scenario of being stranded and having to call emergency services). And incidentally once leaving the beach at Sunrise Beach to return to the roads after about 2 hours of walking, Tristan received a call from emergency services but decided not to take the call at this point of time, given that Tristan was away from any danger and safely made it back to the roads. Further, Tristan also had a missed call from emergency services where it appears that the conditions along the stretch of beach Brunswick Heads to Sunrise were unsafe. Thus, from above it appears that God created a safe passage for Tristan to return to Byron Bay from Brunswick Heads, even though the forecasted conditions (mainly the tides) were signaled as too dangerous to walk along the beach Brunswick Heads to Sunshine. Later that evening Tristan visited the twilight markets at Byron Bay and in particularly when speaking with a local artist Madeline Hill the lights at her stall went out.

On Sunday 12th October 2025, Tristan travelled on the bus to Suffolk Park (next suburb from Byron Bay). Whilst waiting at the bus stop Broken Hill Rd Suffolk Park (opposite Suffolk Bakery) for the return journey to Byron Bay, Tristan observed a snake within metres of the bus stop which turned out to be a carpet python (non-venomous).

On Monday 13th October 2025, there was quite an extreme thunderstorm with lightening strikes in Tristan experienced at night in his apartment at 'Habitat' Byron Bay. Note that this thunderstorm coincided with the Israel/Palestine conflict on the 13th October such that the remaining Israeli hostages were released and the ceasefire of missiles over Gaza.

On Thursday 16th October 2025, Tristan observed that a t-towel depicted indigenous artwork including 'ant' that was placed on the exterior 'oven handle' towards the rhs had moved towards the middle of the 'oven handle'.

On Thursday 16th October 2025, Tristan visited 'Our Timeless Threads'

at 18 Acacia St Byron Bay. When leaving the shop, Tristan encountered a green snake in a tree (or rather someone informed Tristan there was a green snake in the tree given the sound of the magpies trying to attack it). Tristan arrived home and realized he had lost his cap (which had the word ‘GOAT’ written on it). Believing that Tristan had left the cap at ‘Our Timeless Threads’, Tristan returned to the shop and the cap was nowhere to be seen. On the way to the shop, Tristan encountered the green snake and magpie ‘up close and personal’ such that it appeared the magpie had knocked the snake out of the tree and had landed on someone’s combi van where the magpie was looking to attack the snake. Tristan ran a video and took photos of this rather ‘unusual’ encounter and when returning to this scene after visiting the shop again where the GOAT cap was nowhere to be found, both the green snake and magpie had disappeared. Note that Tristan had posted the ‘minuscule ant’ flyer at ‘Our Timeless Threads’ and built ‘bar ants’ using glasses and straws.

On Friday 17th October 2025, Tristan decided to film the area (direct view from Tristan’s balcony in ‘Habitat’ where the black snake appeared during the Charlie Kirk memorial service). Tristan noticed an ‘unusual’ cloud formation in the sky where the clouds appeared to represent an array of ‘snakes’. By noting the previous ‘snake’ encounters with the black snake appearing during the Charlie Kirk memorial service (that a form of evil had been committed with the assassination), the non-venomous carpet python at Suffolk Park bus shelter (to represent that Charlie Kirk liked everyone including his enemies) and as above the cloud formations representing ‘snakes’, gives reasonable evidence that Charlie Kirk ascended to the spiritual sky following the assassination. Note also that ‘C’ stands for ‘Charlie’ in the NATO phonetic alphabet and Tristan inscribes the ‘t’ in ‘ant’ on ‘The Minuscule Ant’ piece in the sand as a ‘cross’ where the ‘cross’ is directly below the ‘C’.

On Tuesday 21st October 2025, Tristan was running a routine morning ‘ant meditation’ at ‘Habitat’ where an ‘unexplained’ tree branch had appeared on the rock where the bluetooth speaker is typically placed. The tree branch was not associated with any of the nearby trees in the vicinity.

On Thursday 23rd October 2025, Tristan inscribed ‘The Minuscule Ant’ at Main Beach Byron Bay, where just after completion a distinctive ant appeared (quite likely a honey ant) next to the ‘art piece’. Tristan attended ‘Youth With A Mission’ (YWAM) following this event which is routine for Tristan each Thursday late afternoon. About two hours later, Tristan returned to ‘The Minuscule Ant’ inscribed in the sand with one of the YWAM staff called ‘Luke’ (where Luke was claiming to be a ‘spiritual healer’). There was a lady walking past with a bandage on her leg suffering from an injury. Luke quoted “Can I pray for you for healing” and the lady consented for Luke to place his hand on her injured leg. Just as Luke started praying the waves washed away the remaining ‘Ant’ from ‘The Minuscule Ant’ where the ‘t’ in ‘Ant’ is written as a ‘cross’.

2.10.38 Sydney 2

On Sunday 26th October 2025, Tristan visited Macquarie University and observed a Kookaburra sitting peacefully on a 'sign' in the central courtyard. However, when leaving the university there was a rather 'grotesque' scene of a dead rodent quite visible on a path. Note that Josh Lees organizer for the Palestine Action Group was a former student at MQ, where Tristan had some association with Josh Lees through the Macquarie University Socialist Club. Also, 'Barra' can be obtained out of the word 'kookaburra'.

2.10.39 Byron Bay 5

On Saturday 8th November 2025, Tristan noticed a 'stag branch' had fallen off a tree and landed on the 'rock garden' where the black snake incident occurred (Habitat Byron Bay) during the Charlie Kirk memorial service. Several days prior to this event Tristan had placed the 'Bunnings' outdoor ant that he typically uses when running morning 'ant' meditations at 'Habitat'.

On Wednesday 12th November 2025, Tristan walked out of his unit to the main corridor only to notice that 'The Minuscule Ant' flyer within a folder had completely vanished that was present the night before. Tristan typically uses this folder when running morning 'ant' meditations at 'Habitat'.

On Thursday 13th November 2025, Tristan attended 'Youth With A Mission' (YWAM). Several 'unusual' encounters occurred. Tristan inscribed 'The Minuscule Ant' in the sand just prior to sunset. Following this activity, Tristan decided to take a copy of the 'Gospel of Luke' based on a previous healing encounter involving 'The Minuscule Ant' inscribed in the sand where one of the missionaries is called 'Luke'. Before taking a copy of the 'Gospel of Luke' (noting there were two copies on the table), Tristan was browsing through the pages and just happened to come across the words 'Angel Gabriel'. Moments after Tristan had taken a copy, it appeared that the second copy of the 'Gospel of Luke' had completely vanished such that an 'angel' such as 'Angel Gabriel' had descended to remove the second copy in reference to above. Prior to the events above, a 'young' lady gave her testimony on the open microphone of how she became mentally unwell to the extent of attempting suicide. Prior to this event, Tristan was handing out 'minuscule ant' stickers to the kids whilst undertaking some art and crafts. In particular, there was one sticker which was left behind on the mat used for the arts space. Just prior to Tristan leaving the YWAM event, Tristan returned to the mat and almost simultaneously the sticker that was left behind blew over with the wind along the ground to land directly in front of the 'young lady' who gave a testimony. Tristan then said to the lady "looks like the sticker is yours to keep". She replied "looks great and thank you". Further, Tristan uploaded some photos on a USB stick for print at 'Byron Photo Magic' (108 Jonson St, Byron Bay). There were 8 photos to be printed and 2 of the photos namely the photo of a cloud representing a 'cross' and the photo of 'white'

birds circulating in the sky representing the point of a 'star' by the arrangement were not present on the USB stick when going to print at 'Byron Photo Magic'. After Tristan returned home those two photos were indeed present in the USB stick and due to the 'unusual' occurrence surrounding these 2 photos Tristan printed 2 copies of these 2 photos and hand-delivered a copy to 'Luke' at YWAM that afternoon.

On Saturday 15th November 2025, Tristan noticed that a 'dead tree stump' that he placed next to a tree over 3 months ago (removed from Tristan's apartment in 'Habitat') had vanished. It appears unlikely that the garden maintenance team would have removed the 'stump' given that it was quite visible and blended well with the surrounds for over 3 months. Tristan attended the 20th anniversary for Manna Haven Cafe Restaurant Byron Bay as part of the Adventist Church later that morning where 'The Minuscule Ant' poem had recently been placed on the notice board. This and many more 'unusual' encounters have occurred at 'Habitat' since Tristan's appearance from June 30th 2025.

On Sunday 16th November 2025, Tristan was resting up in his 'Habitat' apartment and noticed the lhs lamp was flickering at irregular intervals. Tristan found this occurrence to be quite 'unusual' given the many other 'unusual' encounters that have occurred recently within the 'Habitat' surrounds and decided to capture this phenomena on video and posted to facebook. Note that there were no flickers from the rhs lamp (also turned on from the outset of the video) and just as Tristan went to video the rhs lamp there was a flicker from the lhs lamp. Several further flickers occurred from the lhs lamp throughout the video (but the rhs lamp never flickered throughout the entire video). Tristan then decided to take a second video to ascertain any further 'unusual' activity with the flickering light and there was a flicker from the lhs lamp prior to running a second video when thinking about this idea (rhs lamp turned off). After proceeding with the video, Tristan decided to turn on and video the rhs lamp, and just as this process took place there was a flicker from the lhs lamp. Tristan ran a 11-minute video giving commentary of many 'unusual' encounters that have occurred recently within 'Habitat' surrounds and YWAM Main Beach area weekly Thursday late afternoons. Note there were no flickers from the lhs lamp (or rhs lamp) throughout the 11-minute video, and further this video is stored in Tristan's phone (Gallery folder) but does not show up in attachments when trying to upload to facebook.

On Sunday 23rd November 2025, Tristan was walking to 'Folk Cafe' (nearby cafe from Tristan's residence in 'Habitat') and noticed the lamplight in the sand where Tristan runs 'ant' mediation was broken by collapsing to the ground. This is somewhat similar to the lamplight that was broken when Tristan commenced 'ant' meditation on the 18th September. Later in the day Tristan attended a 'David Bowie' tribute performance at the Beach Hotel Byron Bay, and when the performance finished at 6.30pm, Tristan started walking back to his residence in 'Habitat' and noticed an 'unusual' shaped

storm cloud which depicted a ‘tornado’. This was followed by a very brief storm with light hail and ‘moderate’ rain.

On Monday 24th November 2025, Tristan was travelling to Main Beach Byron Bay from his residence ‘Habitat’ to inscribe ‘The Minuscule Ant’ in the sand where the following ‘unusual’ events took place. Firstly, when Tristan was travelling on the bus Main Beach there was a light storm with some rain. When arriving at the beach the rain had stopped, storm had passed, sunshine and there was this magnificent rainbow at the beach enclosing the famous lighthouse as the most easterly point of Australia. Tristan proceeded to inscribe the ‘minuscule ant’ in the sand where once completed a lonesome seagull decided to sit at the base of the first ‘U’ in ‘minuscule’ for quite a period of time.

On Thursday 27th November 2025, Tristan was unable to print two photos at ‘Byron Photo Magic’ (108 Jonson St, Byron Bay) consisting of the red belly black snake that occurred at Tristan’s residence in ‘Habitat’ during the ‘Charlie Kirk’ memorial service and the owl that appeared at Tristan’s residence in ‘Habitat’ exactly 3 years after Queen Elizabeth’s funeral. Note there were several other photos that were printed using the online service, thus representing some sought of ‘caveat’ that God has placed on those two particular photos above.

On Saturday 29th November 2025, Tristan woke up about 3am only to notice that the ‘cushion’ had shifted about 26cm from touching the ‘table’. More specifically, on the 28th November Tristan placed a ‘Korean artefact’ given by a former Korean girlfriend back in 2003 on a table containing Jewish religious content along with a ‘cushion’ deliberating touching the ‘table’ and the tallit covering the table. The following morning the ‘cushion’ had shifted about 26cm from the ‘table’. Note that the capital of South Korea is Seoul (‘soul’) and Tristan flew to Seoul in 2003 to visit his Korean girlfriend in Busan.

On Monday 1st December 2025, Tristan observed the lhs lamp flashing on the bed rest at night time at various times and captured on video.

On Tuesday 9th December 2025, Tristan observed that many branches of a tree were broken (lying on the ground but still attached to the tree), where the tree lies directly behind Tristan’s ant meditation spot in ‘Habitat’. Note that there was a severe storm in Byron Bay on Sunday 7th December and the tree was completely intact the following morning when Tristan ran his ant meditation. Further, Tristan was planning to go to a nightclub ‘Club Paradiso’ 6 Lawson St Byron Bay that night Sunday 7th where DJ ‘Tristan da Cunha’ was performing, but Tristan decided to head home after initially arriving at 6pm (where the venue was only just opening) and thus Tristan was running out of energy to hang out for several hours to see DJ ‘Tristan da Cunha’ perform live. Note also that the broken branches from the tree were somewhat neatly aligned as to not to block the footpath or the road.

On Thursday 11th December 2025, Tristan attended ‘Youth With A Mission’ (YWAM) at Apex Park Byron Bay. Low tide on Main Beach conve-

niently coincided with the YWAM event, at thus Tristan was able to inscribe ‘The Minuscule Ant’ just prior to sunset. On one particular video that Tristan ran during the event, three birds flew overhead and captured in the video when Tristan quoted the word ‘ant’ and a bird flew overhead when quoting the words ‘Ash Barty’. Further, several birds flew overheard when filming the Xmas carols performed by YMAM and Eastgate church. Tristan went to Main Beach with a couple of YWAM colleagues to draw attention to ‘The Minuscule Ant’ inscribed in the sand given that the ‘t’ in ‘ant’ is represented as a ‘cross’, and magically dolphins appeared in the ocean very close to the beach. Note that ‘Luke’ was present in reference to previous encounters with ‘Luke’ as documented above.

On Monday 15th December 2025, Tristan noticed that two ‘stags’ had fallen off a tree in the location where Tristan’s morning ‘ant’ mediation takes place and positioned in such a way to look like a ‘Torres Strait Islander’ symbol as is typically represented on the Torres Strait Islander flag. Note the ‘violent attacks’ at the 1st night Chanukah service at Bondi Beach occurred the prior evening 14th December.

On Tuesday 16th December 2025, Tristan observed that a ‘minuscule ant’ sticker had somehow appeared on Tristan’s TV stand and in particular on the soapstone chess set. The prior evening 15th December, Tristan counted a batch of 10 stickers and in the morning there were only 9 stickers in the batch, thus accounting for the miscellaneous sticker on the chess set. Also, Tristan ran a video earlier that morning as documented above where there was flickering of the lhs lamp at irregular intervals.

2.10.40 Sydney 3

On Tuesday 16th December 2025, Tristan performed that evening around sunset ‘The Minuscule Ant’ at Bondi Beach (2 days after the ‘violent attacks’ at the 1st night Chanukah service), where there was a flurry of birds flying overhead (on what appears to be at least 15) when quoting the words ‘Tristan Barnett’. Note that ‘The Minuscule Ant’ has 15 letters where 15 people died from the ‘violent attacks’ and ‘candlelit’ (9 letters) can be obtained out of ‘Matilda Poltavchenko’ (youngest victim at 10 years old) where a full menorah has 9 candles. Based on Tristan’s previous experiences from above, the following logic is used to suggest that exactly 21 birds appeared in the video when performing ‘The Minuscule Ant’ at Bondi Beach on the 16th December. Note that Tristan stayed a week at the Bee Hostel in Amsterdam for 7 nights 6th-12th April 2025 inclusive, where the hostel was positioned almost directly opposite the Jewish Museum and walking distance from the Anne Frank house. As documented above, on Saturday 10th May 2025, Tristan read out ‘The Minuscule Ant’ at l’Alpe d’Huez ski resort in the French Alps (closest town Grenoble), where directly after ending the live stream, a bee landed on a ‘minuscule ant’ sticker in which Tristan had propped up using a stick in some snow and this sticker was used in the live stream performing

‘The Minuscule Ant’. Matilda Poltavchenko lived to the age of 10 where $\binom{5}{2}=10$ and Anne Frank lived to the age of 15 where $\binom{6}{2}=15$. Both $\binom{4}{2}=6$ and $\binom{8}{2}=28$ are perfect numbers, and thus to complete the sequence using binomial coefficients from 4 to 8, it is likely that $\binom{7}{2}=21$ birds appeared in the video of Tristan performing ‘The Minuscule Ant’ at Bondi Beach 16th December 2025, based on the events above and noting that Matilda liked ‘bees’. Note also that Tristan travelled to Sydney from Byron Bay at this particular time for a poetry event at Glebe Hotel where the MC’s name was ‘Rosie Bee’.

On Wednesday 17th December 2025, Tristan visited the Australian Museum gift shop 1 William St Sydney to purchase a beautiful ‘gold’ ant brooch where miraculously the ant had vanished from a security locked cabinet and appeared in the backroom. The staff working at the gift shop were absolutely amazed as to this ‘Prestige’!

2.10.41 Byron Bay 6

On Wednesday 24th December 2025 (Xmas eve), Tristan inscribed ‘The Minuscule Ant’ in the sand at Main Beach Byron Bay just prior to sunset at around 5pm, where only moments later Tristan spotted a pod of dolphins and captured in a video.

On Monday 29th December 2025, Tristan experienced an ‘unusual’ encounter with owls in a tree on a day trip from Byron Bay to Nimbin. Tristan was travelling with a colleague Tim Byrnes and his family, where just moments away from the township of Nimbin, Tristan noticed two ‘unusual’ trees on the side of the road which appeared to reflect by their shape a ‘boab’ tree. On one tree there were four owls in the branches close to each other which appeared somewhat ‘unusual’ given there were four owls in total (rather than a more likely one owl) and it was daylight given that owls are typically visible at night time. Further, Tim’s family has often refers to their youngest daughter as ‘boabs’ given the similarity of the word ‘baby’. Note also the two ‘boab’ trees were for sale but probably not the owls!

On Thursday 1st January 2026, Tristan was having breakfast on the balcony at his residence in ‘Habitat’ (accompanied by Tim Byrnes and his family as above), where all of a sudden, a stag branch fell off a tree which landed on the garden area of where the black snake appeared during the Charlie Kirk memorial service.

On Friday 2nd January 2026, Tristan attended the Starlight Festival at Bangalow promoting inner peace and healing with workshops including sound meditation, yoga and pet therapy. Tristan was engaging in a conversation with a stall about yoga philosophy for peace with a slight deviation to the satire of tennis, when a table almost directly behind Tristan collapsed spilling containers of beeswax. This appeared somewhat ‘unusual’ given the discussion Tristan was having at the time and the ‘beeswax’ could be some reference to ‘Matildabee’ from the recent Bondi Beach attacks.

2.10.42 Brisbane 2

Tristan travelled from Byron Bay to Brisbane on Sunday 4th January 2026 to watch the Brisbane International Tennis Tournament on the following evening. On Monday 5th January 2026, Tristan observed on what appeared to be at first sight a car crash whilst waiting at the traffic lights cnr Ipswich Rd and Norman St. However, on closer inspection it appeared that there was no crash between two cars even though there was a sound of a crash and one car had mounted on the medium strip with a dent on the side (but no other car present with a ‘dent’). It is worth noting that Ash Barty grew up in the suburb of Ipswich (‘crash’ occurred on Ipswich Rd) and Emerson Jones played that evening in the 1st round of the Brisbane International Tennis Tournament and won in straight sets as a wild card.

On Tuesday 6th January 2026, Tristan was travelling from Brisbane to Byron Bay on the ‘Byron Easy Bus’ and an ‘usual’ car crash took place when transiting at Gold Coast Airport for 15 minutes. Tristan went into the terminal to purchase a bottle of water and during this time within a 5-minute period someone had crashed their car into the side of the fence within the airport grounds within metres of the terminal.

2.10.43 Byron Bay 7

On Monday 19th January 2026, Tristan visited Byron Theatre, Byron Bay to inquire about the advertised event ‘Romeo and Juliete’. Shortly after leaving the theatre, a car alarm went off which Tristan found to be a little ‘unusual’ given Tristan’s previous encounters with car alarms involving ‘bar ants’ in cafes and inscribing ‘The Minuscule Ant’ in the sand at Main Beach, Byron Bay. Tristan decided to record a video of the car alarm sounding and the alarm stopped shortly after the recording. However, amazingly the alarm started again just as Tristan quotes ‘Wherefore Ant Thou Cleopatra’ in playing off the quote ‘Wherefore Art Thou Romeo’ from the play ‘Romeo and Juliet’ by introducing the word ‘ant’ to give ‘Wherefore Ant Thou Cleopatra’ given the play ‘Antony and Cleopatra’. Note this one-liner was used in Tristan’s poetry piece ‘All about ants’.

On Saturday 24th January 2026, Tristan attended a 7am sound healing meditation at Suffolk Park Beach run by Isabella Fox. This is an account of the ‘unusual’ events that took place that morning. Firstly, Tristan found it difficult to catch an UBER to Suffolk Park and ended up catching an UBER with a ‘no-show’ of someone by the name of ‘Patrick’ travelling from ‘Habitat’ to ‘Wake Up’ hostels where the UBER turned up at ‘Habitat’ accordingly. Tristan inscribed ‘The Minuscule Ant’ in the sand at Suffolk Park Beach given low tide was just prior to the 7am sound healing meditation session. Moments after inscribing in the sand, Tristan noticed ‘Kevin’ from YWAM in the background and most likely Kevin noticed Tristan and ‘The Minuscule Ant’ inscribed in the sand. Tristan discovered an open shell which resembled a

‘butterfly’ where moments after discovering this shell, the instructor Isabella Fox turned up to greet Tristan.

On Saturday 7th February 2026, Tristan walked to Folk Cafe about a 15-minute walk from his residence in ‘Habitat’. Nothing unusual occurred on the way there but on the way back a ‘big’ stag appeared on the ‘footpath’ just a short stroll from the cafe. This appeared particularly ‘unusual’ since Tristan did not observe the stag on the walk to the cafe and after spending about an hour in the cafe the ‘big’ stag had suddenly appeared neatly aligned on the ‘footpath’. Note from above, Tristan has had many ‘unusual’ stag encounters whilst living in Byron Bay.

On Monday 9th February 2026, Tristan went to Byron Bay library and encountered something quite ‘unusual’. Firstly, Tristan printed out a 1-page pdf of ‘unusual’ encounters with Youth With a Mission (YMAM) that Tristan has experienced whilst living in Byron Bay since the 31st July 2025. Tristan, then proceeded to print out another 1-page pdf of a poetry piece titled ‘Finding the GOAT at the 2026 Australian Tennis Open’, where a message kept coming up about unable to print and ‘blocking’ after trying to print on several attempts. However, the page was able to print on a standard ‘word’ document. Note from above that Tristan witnessed something ‘unusual’ involving a magpie and a green snake on Thursday 16th October 2025, where Tristan’s GOAT cap had somehow disappeared when arriving back at his residence ‘Habitat’, and after Tristan traced his steps for that day which was at ‘Our Timeless Threads’ and ‘Byron Bay library’, the cap was nowhere to be found.

On Thursday 12th February 2026 when travelling to Murwillumbah, Tristan observed two ‘unusual’ cloud formations represented by a ‘long’ stripe amongst blue sky in the nearby surrounds. The first formation occurred at the ‘Tweed Regional Gallery & Margaret Olley Art Centre’ when indulging in a herbal tea on the balcony with Mount Warning in the background. The second formation occurred at the bus stop whilst waiting for the return bus to Byron Bay which is also the start of the 24km Northern Rivers Rail Trail - Murwillumbah to Crabbes Creek section. Similar to the first cloud formation above, this cloud formation also represented a ‘long’ stripe, however there were two distinct stripes rather than just one as above. Note from above on the 5th August 2025, Tristan inscribed ‘The Minuscule Ant’ in the sand at Main Beach Byron Bay, where just after completion the waves came over ‘The Minuscule Ant’ artwork and it was obliterated. Tristan looked behind and there was an ‘unusual’ cloud formation representing a ‘cross’ and Tristan captured this image on camera and in a live stream. Note that there were an abundance of birds circulating the ‘cross’ and also note the ‘cross’ out of the cloud formation appeared to have ‘fallen over’, where a possible explanation could be related to the ‘Xmas tree’ that had fallen over at the White Lanterns Motel Armidale. There was also another cloud formation present represented by a ‘long’ strip that was next to but not intersecting the ‘cross’. Thus, the three ‘long’ stripes appearing on the 12th February 2026 could

possibly be equated to the three ‘long’ stripes (including a ‘cross’) on the 5th August 2025.

On Saturday 14th February 2026, Tristan observed that the ‘unusually’ placed ‘stag’ on the ‘footpath’ close to the Folk Cafe that appeared exactly one week prior on the 7th February, had been dispersed within a couple of metres radius.

2.10.44 Sydney 4

On Tuesday 17th February 2026, Tristan observed two rainbow lorikeets in a tree from the balcony at his residence in Macquarie Park. In particular, this tree was the same tree where ‘creatures’ were visible from the way the leaves were ‘blending’ together and occurred early November 2019. Note that the reference ‘two birds in a tree’ is documented in the Bhagavad Gita As It Is (Gita) as the Supersoul (piece of God inside of us located in the heart) overseeing the individual soul (also located in the heart given that we have two souls). The rainbow lorikeets were configured in such a way (‘wrapped’ around each other) that it did reflect on the reference ‘two birds in a tree’ from the Gita.

On Wednesday 18th February 2026, Tristan was walking back home to his residence in Macquarie Park at night time and noticed a kookaburra on top of a sign post. This appeared ‘unusual’ given the time at night 10:30pm where typically kookaburras appear in the daytime and this is the first time that Tristan has observed a kookaburra at night. Moments later after Tristan captured a photo, the kookaburra flew away making the iconic ‘laughing kookaburra call’.

On Saturday 21st February 2026, Tristan was walking back home to his residence in Macquarie Park at night time (11:30pm) and noticed a kookaburra on top of a sign post almost identical to the kookaburra above that appeared on Wednesday 18th February. And given both of these events within 3 days of each other confirms that both of these events are particularly ‘unusual’.

On Monday 23rd February 2026, Tristan observed an ‘unusual’ encounter of a kookaburra flying from a tree at the end of Khartoum Rd (track in Lane Cove National Park).

On Friday 6th March 2026, Tristan was looking out of his bedroom window at 12/5 Leisure Close Macquarie Park and noticed a cat sitting on the ledge of a balcony in the distance of another separate apartment block. This appeared particularly ‘unusual’ since the ledge that the cat was sitting on was quite narrow and the apartment was several stories high. Tristan captured this cat on photo and noticed it resembled a ‘Persian cat’. Given the timing, this would appear quite relevant given that the women’s soccer match between Iran and Australia was played on the evening of Thursday 5th March, where the Iranian women’s soccer team was involved in significant political protests and safety concerns. After initial silence during their

anthem, players faced threats of being called “traitors” and were subjected to surveillance by team minders. Thus the ‘Persian cat’ possibly represented a symbol of ‘danger’ for the women’s Iranian soccer team.

On Saturday 7th March 2026, Tristan had another ‘unusual’ encounter with a kookaburra captured on video - this time in the backyard of where Tristan lives 12/5 Leisure Close Macquarie Park.

On Monday 9th March 2026, Tristan was watching ‘Sunrise’ on Channel 7, where MP Barnaby Joyce was being interviewed about the women’s Iranian soccer team seeking Asylum and the soar of fuel prices given the conflict in the Middle East. Throughout the interview several birds flew across the Parliament House drop in the background whilst Barnaby Joyce was being interviewed. Note that the following day Tuesday 10th March, five members of the Iranian women’s football team were granted humanitarian visas for seeking asylum in Australia.

On Tuesday 10th March 2026, Tristan observed two rainbow lorikeets in a tree from the balcony at his residence in Macquarie Park. This ‘unusual’ observation can be paralleled to the event that took place on the 17th February 2026, where Tristan observed two rainbow lorikeets in a tree (different tree from the 10th March event) at his residence in Macquarie Park.

On Wednesday 11th March 2026, Tristan went on the ‘Behind the Scenes Glasshouse Tour’ Botanic Gardens of Sydney primarily to observe ‘ant’ plants, where almost instantly Tristan observed an ant appearing an ant plant of the first of many ant plants on display.

On Sunday 15th March 2026, Tristan was walking back home to his residence in Macquarie Park at night time and again noticed a kookaburra on top of a sign post almost identical to the two kookaburra events above.

On Friday 20th March 2026, Tristan received a ‘rejection’ letter to be included as an artist in the Bondi Pavilion Art Gallery ‘Holding Light’. More specifically, the Bondi Pavilion Art Gallery were calling on contemporary artists following the Bondi attacks 14th Dec 2025 during a Chanukah celebration, as a means of bringing together contemporary artists in creative response to the terror attack at Bondi Beach during a Chanukah celebration. Curated by Shalom Collective and supported by Waverley Council, Holding Light affirms art as a powerful communal language - one that helps individuals and communities honour loss, process trauma, and move gently toward healing. As an artist, Tristan submitted an application focusing on poetry and in particular the video performing ‘The Minuscule Ant’ as a prayer at Bondi Beach Tuesday 16th December where a flurry of birds appeared when quoting ‘Tristan Barnett’. However, the submission was rejected where Tristan sent an email to inquire about the submission and apparently the original email sent to Tristan to confirm the rejection had the wrong address (bounced). It appears that God is not particularly happy with this decision given the rather ‘inspiration’ performance of ‘The Minuscule Ant’ at Bondi Beach and thus the ‘bounced’ email. Is it possible that the incorrect address was trisANT@strategicgames.com.au. The rejection letter is given in

the appendix dated Friday 20th March 2026.

On Tuesday 31st March 2026, Tristan was resting up in bed when a cockatoo landed on the window ledge. This appeared quite ‘unusual’ as Tristan has never observed a ‘bird’ landing on the window ledge in his bedroom and decided to record a video. Note that Tristan had recently reconfigured his table arrangements of ‘spiritual’ objects such that the table with ‘The Minuscule Ant’ flag as a tablecloth was now visible of displaying the word ‘Ant’, and miraculously this table (photo of Krishna playing the flute) was in line with the cockatoo on the window ledge. On the 26th of March coinciding exactly 3 months from Tristan’s birthday 26th of June, a young girl 25 years old from Spain Noelia Castillo Ramos had terminated her own life through euthanasia on what many have condemned as a break-down in the public health and legal system given the circumstances surrounding this incident. Typically, if one suicides (or VAD disguised) then one could potentially be reincarnated into a ghost given that ‘suicide’ is one of the biggest insults to God. However, the ‘unusual’ encounters that Tristan experienced only weeks prior and after the 26th March and other evidence suggests that on this particular ‘death’ Noelia most likely ascended to the spiritual sky as an archangel (topmost angel). Firstly, from above Noelia passed away 26th March exactly 3 months from Tristan birthday 26th June. Secondly, Jacinta Guirguis, a 25-year-old (given the reference of Noelia 25 years old) forklift driver from Bacchus Marsh, Victoria, was a top 6 contestant on Australian Idol 2026 as of the 31st March (and noting that 6 is a perfect number $3.2=6$ and $3+2+1=6$). Known for her unique vocal ability and emotional performances, Jacinta has advanced through the competition, gaining attention for her journey from warehouse worker to stage performer. The middle name of Ashleigh Barty also happens to be ‘Jacinta’ and thus the word ‘Jacinta’ to form ‘Ashleigh Jacinta Barty’ is required to obtain foremost ‘archangel’ along with ‘Tristan’ and ‘Barnett’. Further, Kesha Neve the eventual winner of Australian Idol, was a former competitive skier whose father coached Olympic athletes. A reference to skiing is Olympian Jakara ANTthony (and noting the ‘ant’ in ‘Anthony’). Also ‘heavens’ is the longest word in ‘Kesha Neve’.

On Wednesday 1st April 2026 to coincide with the first night of Passover, Tristan was having a margherita pizza at Macquarie University UBAR, where out of nowhere an ibis bird swooped down from above and snatched the last piece of pizza from the pizza box. Note that the 1st April was Passover night, and maybe an indication for all the Jewish community to remove all the bread remnants from the kitchen cupboards.

On Thursday 2nd April 2026 coinciding with the second night of Passover, Tristan observed a ‘kangaroo’ jumping away next to an enclosed fence when walking back to his apartment in Macquarie Park at night. An obvious reference to a ‘kangaroo’ is former Olympian breakdancer ‘Rachael Gunn’, where the beautiful word ‘archangel’ can be obtained within ‘Rachael Gunn’. Further, if we abolish the ‘UN’ then ‘archangel’ is an anagram of ‘Rachael

Gunn’.

On Saturday 4th April 2026, there was some ‘unusual’ behaviour of two rainbow lorikeets initially landing on the balcony of Tristan’s apartment in Macquarie Park and captured on video. The behaviour appears to depict some ‘courtship’ type process and could be related back to the Gita ‘as the Supersoul overlooking the individual soul like two birds in a tree’, where the two birds indeed flew from the balcony to a nearby tree.

On Tuesday 7th April 2026, Tristan performed ‘The Minuscule Ant’ at Echo Point Blue Mountains sunrise. Later that morning Tristan had a meander at the Street Art Walk and then when walking down Church Lane back after leaving the art precinct, Tristan observed a cockatoo swooping overhead and landing on a signpost.

On Sunday 12th April 2026, the series of ‘unusual’ events took place for Tristan in Katoomba, Blue Mountains. Firstly, Tristan walked into Katoomba Newsagency, where just as Tristan was walking past the customer being served at the counter, an ‘abundance’ of items that the customer had on the counter fell to the ground. Tristan left the newsagency and proceeded to continue walking down Katoomba Street, where Tristan observed a chair falling over outside the shop ‘True to the Bean’. Note that the person in front of Tristan walked back to pick up the chair thinking that they had knocked it over whilst walking past. But clearly the person in front of Tristan was beyond the chair when Tristan observed it falling over. Note also that on the other side of the road to ‘True to the Bean’ is Katoomba Uniting Church where the church is on the corner of Church Lane, where on Tuesday 7th April (5 days prior), Tristan observed a cockatoo in Church Lane swooping down overhead and landing on a signpost. Tristan ran some commentary in a video about the events above (including filming the chair that had ‘mysteriously’ fallen over) and then proceeded to continue walking down Katoomba Street where an ‘unusual’ event occurred at ‘Heart of Stone’. Tristan was curious about a desk lamp that resembled the ‘Red Baron’ aircraft. The customer service was somewhat ‘astonished’ by the fact that the lamp didn’t work when the USB plug was connected to a laptop (which had always previously worked in the past). The lamp was then plugged into a USB powerboard and it worked perfectly. There were also several ‘unusual’ encounters either ‘The Minuscule Ant’ flyer missing or misplaced at the Blue Mountains Food Co-op, The Elephant Bean and The Little Lost Bookshop.

On Monday 13th April 2026, a cockatoo landed on the front counter of ‘Soul Origin’ cafe at Macquarie University. Tristan decided to video this rather ‘unusual’ event and during the video the cockatoo flew to a nearby chair eating something presumably given to the cockatoo by the cafe. Further, another cockatoo decided to land on the front counter of ‘Soul Origin’ cafe which was captured on video before again flying to a nearby chair. Just prior to filming these the behaviour of both cockatoos, Tristan had put a copy of ‘The Minuscule Ant’ flyer on the student notice board. Note also that on previous days leading up to this event, Tristan had purchased a tea

from ‘Soul Origin’ cafe and used the ‘plastic’ cups from the cafe to build ‘bar ant’ in the campus hub.

On Saturday 18th April 2026, there was some ‘unusual’ behaviour of a kookaburra/s captured on video. Later that morning Tristan travelled to Glebe Markets to pick up a handmade knitting piece of the ‘minuscule ant’ logo at ‘Two Doves Crafted’. Tristan then proceeded to ‘Badde Manors’ cafe for lunch where Tristan displayed the ‘minuscule ant’ logo knitting piece on the table along with a number 20 stand for the lunch order. After Tristan returned from the washrooms the number 20 stand had disappeared from the table before the lunch order had arrived.

On Wednesday 22nd April 2026, there was some ‘unusual’ behaviour of a cockatoo at the back door of Tristan’s apartment in Macquarie Park captured on video. In particular, Tristan was looking just looking online at a ‘Christian Singles Night Zeta Bar’ through ‘Merge Dating’, where Tristan will be attending tomorrow Thursday 23rd April. At the actual event, Tristan had quite a traumatic experience of running into a high school Paul Graham who also attended the event. More details of what unfolded are documented below in an email that was sent to ‘Merge Dating’ following the incident. It is worth noting that the coordinator of events including the weekly Open Mic at the Arts Factory in Byron Bay was Paul Meloury (‘aka’ Cockatoo Paul). Paul Meloury was tragically killed by a eastern brown snake and the events above could have connections to Tristan almost treading on not one but two brown snakes when on a bush walk in Ku-ring-gai Chase National Park East Lindfield somewhere in the years 2006-2010. *Hello and thank you for the opportunity to attend the event ‘Christian Singles Night Zeta Bar’ Thursday 23rd April. Unfortunately, a situation unfolded during the evening involving a social media contact, Paul Graham, whom I had unfriended on Facebook almost three years ago. Paul approached me in a very inappropriate manner. He initially walked up to me wanting to shake my hand, which I ignored. He then attempted to put his hand around me and touched my jacket. After the shock of what had occurred, I walked away, and given the traumatic nature of the experience, I decided to leave the event early at around 8:30 pm. To make matters worse, Paul later sent a text message to my phone, after which I blocked his number. Paul and I attended school together 30 years ago, and we recently attended our 30-year reunion, where he also behaved inappropriately towards me and other former classmates. Since unfriending Paul on Facebook three years ago, he has continued to contact and stalk me across other social media platforms, including Instagram, and has sent me several inappropriate emails. Last year, he even sent me a Christmas present in an inappropriate manner. At the time, I was hosting family over Christmas while living in Byron Bay, and Paul used a mutual colleague as a way to send me the gift. Moving forward, I would still like to attend future events, and I would appreciate your advice on how best to handle situations like this going forward. Regards, Tristan Barnett*

On Saturday 25th April 2026 coinciding with ANZAC day, Tristan ob-

served from his bedroom 12/5 Leisure Close Macquarie Park, a Persian cat sitting on the ledge of a balcony in the distance of another separate apartment block. This appeared particularly ‘unusual’ since the ledge that the cat was sitting on was quite narrow and the apartment was several stories high. The cat proceeded to walk along the ledge before jumping down to the ‘safe’ balcony. The event was captured on video. Note that a similar event occurred on Friday 6th March at the same apartment (and likely to be the same Persian cat).

On Monday 27th April 2026, Tristan performed ‘The Minuscule Ant’ at Echo Point Blue Mountains sunrise, where a flurry of birds chirping miraculously appeared when reading the words ‘Ashleigh Barty’. Note that the 27th April was ANZAC day public holiday given that ANZAC day 25th April coincided with a Saturday. Also note that the very first ‘unusual’ bird encounter when performing ‘The Minuscule Ant’ occurred on Thursday 25th April 2025 in Mt Isa just after the commemorative dawn service when reading the words ‘Ashleigh Barty’.

On Tuesday 28th April 2026, there was some ‘unusual’ behaviour consisting of three cockatoos in a tree near Tristan’s apartment in Macquarie Park captured on video.

On Wednesday 6th May 2026, there was some ‘unusual’ cockatoo behaviour on the ‘front lawn of Macquarie University captured on video. In particular there was one cockatoo eating a ‘clump’ of grass from one of its claws.

On Thursday 7th May 2026, there was some ‘unusual’ cockatoo behaviour in a tree in the same precinct as Tristan’s apartment in Macquarie Park captured on video. In particular, there were a total of four cockatoos ‘close’ together in a kind of ‘meditative’ state and one cockatoo was making a very ‘unusual’ sound in the form of ‘chanting’.

On Sunday 10th May 2026 coinciding with Mother’s Day, there was an ‘unusual’ observation of a deck chair that had fallen over such that one of the legs in the other deck chair has landed inside the drink holder of the deck chair that has fallen over and captured on video.

On Monday 19th May 2026, the ‘Persian’ cat appeared again sitting on the ledge of the opposite apartment block from Tristan’s residence in Macquarie Park. But this time Tristan was walking within the grounds of this apartment (rather than viewed from Tristan’s bedroom window as in previous occasions). The cat was staring directly at Tristan and captured on both video and camera. When Tristan proceeded to his apartment and looked out of the bedroom window, the cat straight away jumped down from the ledge onto the balcony. Note that this event occurred on the 19th May: An 8-month-old Ragdoll named ‘Mont Blanc’ miraculously fell 14 floors from an apartment balcony in Melbourne and survived with only minor injuries.

On Tuesday 20th May 2026, there was some ‘unusual’ cockatoo behaviour on Tristan’s balcony at his residence in Macquarie Park.

On Saturday 23rd May 2026, Tristan was a participant in the ‘Bankstown

Poetry Slam' at the Parramatta Town Hall as part of the Sydney Writers' Festival. A rather 'unusual' event occurred when walking home that night from the poetry event, where there was a 'cat' spotted next to the footpath by a random bystander close to Tristan's apartment in Macquarie Park. The cat appeared to be the same 'Persian' cat that was spotted on the 19th May and in previous weeks sitting on the ledge of the opposite apartment block from Tristan's residence in Macquarie Park. Note that Tristan would not have spotted the 'cat' if it wasn't for this random bystander.

On Saturday 30th May 2026, Tristan noticed a cockatoo appearing on the balcony at his residence in Macquarie Park just after making a facebook post on a creative writing piece 'All about the soul' (read out for the first time the previous evening 29th May at 'Creative Corner' Ikigai Wellness Studio in North Sydney) and also a reference to 'Jai Arrow' after being diagnosed with MND. Tristan then proceeded to walk out onto the balcony and noticed a kookaburra within the trees. Moments later the kookaburra flew down from the tree to the balcony and completely wiped out the cockatoo all captured on video. Note that Barra (in reference to Tristan Barnett) can be obtained out of 'kookaburra' and the 'cockatoo' could be considered a reference to 'Paul Graham' by considering the late 'Cockatoo Paul' from Byron Bay. Thus, the kookaburra wiping out the cockatoo could be considered a sign that Tristan Barnett has defeated an enemy in Paul Graham.

On Sunday 31st May 2026, Tristan was at the quadrangle in The University of Sydney running a video by discussing the possibility of returning to the quadrangle on the 26th June (coinciding with Tristan's birthday) wearing a green jacket and white pants to reflect the 'Roger Federer' tennis look. When quoting the words 'bring in the media' a bird flew overhead in the background.

On Monday 1st June 2026, Tristan had a somewhat confronting encounter at the University of Technology Sydney (UTS), where Tristan was creating an art piece at the designated arts space within the university (just outside the library), where UTS security asked Tristan for some form of ID (which has never occurred before given the countless number of times Tristan has visited UTS). Note that on a previous occasion, the resident artist Simon Christopher Greiner became somewhat aggressive verbally towards Tristan, when Tristan was using the 'existing' art pieces in a community setting to create a beautiful art piece involving ants. Note also, that when leaving UTS, Tristan can be fairly certain of seeing the organizer of the Palestine Action Group Josh Lees in the main food court on the ground floor of the main building.

On Thursday 4th June 2026, Tristan was travelling on the metro at night after performing at the monthly 'Bread & Butter' Poetry Slam in Alexandria, where there was an 'unusual' encounter involving the metro system 'collapsing' and thus having to disembark at 'Barangaroo' station. In particular, there was an incident at 'Victoria Cross' station that had caused the metro system to 'collapse'. Note that 'VIVID' light displays were running when

disembarking at ‘Barangaroo’, and Tristan took this opportunity to spend some time observing some of the exhibits before walking to Wynyard station to catch a bus back home in Macquarie Park. Note also that on Monday 25th May (exactly 7 months from Xmas day), there was a major VIVID disaster such that almost 90 drones crashed into Sydney Harbour, where the anticipated drone show running throughout VIVID was a major draw card for the exhibition. Note also, in reference to the metro incident at ‘Victoria Cross’ station, that Ben Roberts-Smith received the Victoria Cross for Australia (VC) in 2011 for extreme gallantry during his fifth deployment to Afghanistan with the Special Air Service Regiment (SASR) in 2010. However, Ben Roberts-Smith was arrested at Sydney Airport by the Australian Federal Police (AFP) on April 7, 2026 and charged with five counts of the war crime of murder allegedly committed in Afghanistan between 2009 and 2012.

On Friday 5th June 2026, an ‘unusual’ encounter occurred such that an escalator in Chatswood completely stopped when Tristan was literally 1 metre from exiting.

On Sunday 7th June 2026, Tristan was travelling back on the train from the Blue Mountains after performing in a poetry event at Wentworth Falls and there was a rather ‘unusual’ cloud formation representing some sought of ‘staff’ captured on both photo and video. Note that Alexander Zverev was playing in the French Open tennis finals that evening (eventual winner), and thus the staff could be symbolizing Alexander Zverev as a warrior given the ‘Alexander the Great’ reference. Note also, that in 2006 Tristan went on a date with an Israeli girl ‘Rinat Noble’ to watch the Australian Open tennis. Rinat made the particular insulting comment “I don’t wish to watch Tommy Haas play because he is German”. Thus, 20 years later in 2026, God has reacted to such a comment by identifying German player ‘Alexander Zverev’ as a warrior which contributed to his eventual victory in the finals.

On Thursday 11th June 2026, Tristan was returning home from a volunteer catch-up at Paddington RSL with MP Allegra Spender and had a rather ‘unusual’ encounter with a cat just outside his residence in Macquarie Park in the nighttime captured on video. In particular, the cat was staring directly at Tristan and eventually ‘lay’ down as some sought of worship reference. Over the coming days, Tristan sent an email to Allegra with the proposal of forming the ‘Australian Yoga Party’ which could be somewhat successful given that Australia is looking for ‘change’ as reflected by the surge in polls for ‘One Nation’. Further, the cat walked away after Tristan was talking and filming the high rise ‘Meriton’ building in the background, as a possible indication that this high-rise building does not suit the space given the surrounds of Lane Cove National Park.

On Saturday 13th June 2026, an ‘unusual’ encounter with a cat occurred and captured on video when Tristan was walking to Stanmore Station after spending some time with colleagues from the Newtown Buddhist Centre at a cafe and an art gallery.

On Sunday 14th June 2026, an ‘unusual’ encounter with a cat occurred and captured on video at Tristan’s apartment block in Macquarie Park. In particular, there was a cat sitting on a windowsill 1st floor apartment looking directly at Tristan. Note that Tristan saw the musical ‘CATS’ on his birthday 26th June last year in 2025, and the 14th June is 12 days from Tristan’s birthday (with a possible connection to the Xmas carol ‘The Twelve Days of Christmas’).

On Wednesday 17th June 2026, Tristan travelled to Bondi Beach for the Holding Light Event ‘Artist Talk & Networking’ (following the Bondi Beach attacks 14th December). Before the event Tristan gave a commentary where a bird appeared when quoting the word ‘artisit’s’ within ‘Holding Light Artists Exhibit’ and later in the video a seagull appeared when quoting ‘Great White Sharks Coogee’. Following the video, Tristan went into ‘Betty’s Burgers’ to have something to eat prior to the event. Then when walking out of ‘Betty’s Burgers’, the weather turned very grey but more notably there was just the one long cloud stripe directly about Tristan and captured on video.

On Saturday 20th June 2026, Tristan was leaving his apartment block in Macquarie Park and notice a kookaburra on top of the residents letter boxes. Given this rather ‘unusual’ event, Tristan decided to capture the kookaburra on video, where the kookaburra flew to the ground on what seemed to be a ‘worm’ for food and then amazingly flew back to land on top of the letter boxes, where this time the kookaburra was almost in line with Tristan’s letter box at apartment 12.

On Sunday 21st June 2026, Tristan went to ‘Three Chefs & Co’ cafe in Macquarie Shopping Centre where a rather ‘unusual’ event occurred involving an ant and captured on video. In particular, Tristan ordered a strawberry smoothie with scones (jam & cream), in line with Wimbledon commencing in 8 days. Tristan moved the minuscule ant from a back of the chair to the ‘sofa’ where Tristan was sitting an ant appeared on the hoodie. After return home, Tristan was firing up the ‘ninja’ barbecue to grill some vegetables and a kookaburra appeared on the balcony ledge directly in line with the barbecue. This appeared ‘unusual’ given that kookaburras don’t typically land on Tristan’s balcony and that Tristan was cooking vegetables (where kookaburra’s are typically carnivores).

On Tuesday 23rd June 2026, Tristan was looking outside through the back door of his apartment in Macquarie Park and observed a kookaburra in the background in flight and landing on a tree. Note again that ‘barra’ is Australian slang for ‘Baron’, ‘barra’ can be obtained out of ‘kookaburra’, ‘barra’ can be obtained out of ‘Tristan Barnett’, ‘Mundi’ is Australian slang for ‘Monday’ and ‘Barra-Mundi’ is a fish.

On Wednesday 24th June 2026, Tristan was walking home to his apartment in Macquarie Park and had some ‘unusual’ encounters with ‘crows’ eating a piece of bread (Khartoum Rd) whilst a Qantas plane flew above where ‘ant’ can be obtained within Qantas all captured on video. Note that Tristan had just visited ISKCON for the morning Bhagavatam talk with the

location of ISKCON within the surrounds of ‘Crows Nest’.

On Friday 26th June 2026, Tristan was filming from the ground floor within the grounds of his block of apartments in Macquarie Park, and a bird flew past when filming Tristan’s top floor apartment just after referencing the ‘spiritual tree’. Note that the 26th June was Tristan’s birthday and was playing ‘Royal Tennis’ at Sydney Real Tennis Club Cheltenham later that morning wearing a outfit with a green jacket and white pants to reflect the ‘Roger Federer’ look from Wimbledon many years ago.

On Saturday 27th June 2026, Tristan was walking to Macquarie Shopping Centre from his residence in Macquarie Park and had another ‘unusual’ encounter with a kookaburra captured on video. Later that day, Tristan when to purchase a ‘Powerade’ from Coles and was unable to scan the item at the automatic check-out machines due to a piece of a ‘red tape’ directly covering the scanning barcode. In politics, ‘red tape’ refers to excessive, redundant bureaucratic rules and administrative procedures that cause time delays and increase compliance costs. Note also that the customer service representative that Tristan called over, also found the piece of ‘red tape’ directly covering the barcode particularly ‘unusual’.

On Monday 29th June 2026, Tristan observed two Rainbow lorikeets on the balcony with rather ‘unusual’ behaviour which coincided with day 1 of Wimbledon commencing that evening and captured on video. Note that ‘ninja’ can be obtained in ‘Jannik Sinner’ where one of the lorikeets was chirping on the ledge overlooking Tristan’s ninja barbecue. The eventual winner for Wimbledon 2026 was indeed Jannik Sinner and also day 1 of Wimbledon coincided with a ‘strawberry’ full moon in reference to traditional ‘strawberries and cream’ at Wimbledon.

2.10.45 Gold Coast

On Thursday 2nd July 2026, Tristan was inscribing ‘The Minuscule Ant’ in the sand at sunrise at Broadbeach, where ‘bird poop’ miraculously appeared on the sand.

On Friday 3rd July 2026, Tristan performed ‘The Minuscule Ant’ at sunrise at Broadbeach, where the waves came over and washed away some of the art piece just prior to completing the poem

2.10.46 Byron Bay 8

On Saturday 4th July 2026, a series of ‘unusual’ encounters occurred. Firstly, Tristan was staying at the Glen Villa Resort in Byron Bay, where two endangered Bush Stone-curlew birds appeared in the morning directly next to the door on the verandah just as Tristan opened the curtain. Following this event, Tristan went to have breakfast at ‘Hole in the wall Byron’, where just after putting up a minuscule ant flyer on the wall, someone walked in saying that someone had stolen their bike which was left just outside the cafe. The

next ‘unusual’ encounter of the day occurred at the ‘Haven Gallery’, where a crowd of Argentineans were watching the FIFA World Cup Argentina v Cabo Verde. Tristan purchased the last Messi shirt with the number 10 and Argentina won the match 3-2 in extra time. More significantly, Argentina also won their next match 3-2 against Egypt, where Egypt scored the first two goals after 67 minutes and then Argentina scored the next two goals after 83 minutes and then Argentina scored the winning goal 3 minutes into extra time to win the match. Thus, Argentina were down two goals after 67 minutes and scored 3 goals in the next 17 minutes to win the match. Coincidentally, Novak Djokovic won a quarter final match at Wimbledon with a set score line 3-2 on Tuesday 7th July, where both Djokovic and Messi are 39 years of age. Note also, that Tristan performed ‘The Minuscule Ant’ on ‘France Got Talent’ in June 2025 with a performance number of ‘410’, where the French word for ‘ant’ is ‘fourmi’ and the Lionel Messi shirt number is 10. Many consider Messi and Djokovic to be GOAT (Greatest Of All Time) and a concatenation of ‘AH’ to ‘Messi’ gives ‘Messiah’. Tristan’s birthday is the 26th June and Messi’s birthday is the 24th June, where the 25th June is exactly 6 months from Xmas. Also, Novak won an equal record 24 singles grand slams. After the soccer match, Tristan went to the ‘Glen Villa Resort Coffee Cart’ to purchase something to eat and just as Tristan was approaching the ‘cart’, the holder containing business cards that was sitting on the ledge of the ‘cart’ fell to the ground.

On Sunday 5th July 2026, Tristan inscribed ‘The Minuscule Ant’ in the sand at sunrise Main Beach Byron Bay. Whist inscribing, two pelicans flew overhead and landed on the beach. ‘The Minuscule Ant’ art piece along with the pelicans then became an exhibit for spectators at sunrise and captured on video. The filming including the pelicans miraculously walking around the ‘outside’ of ‘The Minuscule Ant’ without going within the circumference. Shortly after filming, a third pelican arrived to join the other two pelicans.

2.10.47 Sydney 5

On Tuesday 7th July 2026, Tristan spotted a ‘cat’ at the window on the downstairs apartment in Tristan’s block of apartment, which appears to be the same ‘cat’ that was spotted previously at the window of the same apartment.

On Friday 10th July 2026, Tristan had a very ‘strange’ encounter at Macquarie Shopping Centre where Tristan came across his ex-neighbours Nathan and Trish (believed to be the spiritual identities). In particular, Tristan had a face-to-face discussion with Trish and she ended up walking away with a ‘minuscule ant’ sachet. Given that the 10th July was convicted drug smuggler Schapelle Corby’s birthday, provides evidence that a ‘spirit being’ had placed the drugs in Schapelle’s body board bag (since believed spiritual identity of Tristan’s ex-neighbour Trish walked away with a ‘minuscule ant’ sachet). Also, the 10th July was the passing of media profile Derryn Hinch and most

likely ascended to the spiritual sky given Tristan's plant received a third flower on that day (where Derryn would give a regular update on facebook to his orchard flowering).

2.11 Macquarie University Clubs

Tristan joined many clubs including religious and political clubs 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 University 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. This 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.

There were many positive experiences and relationships from Tristan's involvements with clubs at Macquarie University. However, 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 Uni-

versity 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

2014-2018 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

2019-2023 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 two 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 (President: Ned Barsi), Young Liberals in 2014 (President: Damien Pace), Young Greens

in 2014, and had association with the Socialist Alternative Club from 2013 (more notably public figure and spokesperson for Palestine Action Group Josh Lees). 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). On the 18th May 2023, Tristan joined former Olympian Zali Steggall independent for Warringah and subsequently Tristan left the Australian Greens. Tristan campaigned through social media on facebook for Zali for the 2025 Australian Federal Election with a successful outcome - Zali reelected as an MP for a third term. On the 12th January 2026, Tristan joined Allegra Spender independent for Wentworth and subsequently Tristan left independent Zali Steggall.

2013-2015 Labor

2016-2018 Liberal

2019-2023 Greens

2023-2025 Zali Steggall

2026- Allegra Spender

2.14 Arts Space

2.14.1 Mathematics

As documented above, Tristan was awarded with the Higher School Certificate at the age of 17 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. Tristan continued with mathematics at tertiary level achieving three degrees including a PhD 'Mathematical modelling in hierarchical games with specific reference to tennis'. Many consider mathematics to be an art form in say 'perfectionist art' in that mathematical knowledge is not subject to error unlike science subjects.

2.14.2 Graphics Art

Resulting from Tristan's PhD in tennis statistics and a continuation beyond the PhD, Tristan developed a sophisticated tennis calculator in an Excel spreadsheet using only the built-in functions in Excel (no programming) to obtain from any score line the chances of each player winning the match and match duration (such as the parameters of distribution of the number of points remaining in a match from any score line). The presentation, graphics and structure could be considered an art piece in graphics or electronic art. Download: strategicgames.com.au / the-baron-breaks

2.14.3 Spoken Word

As documented above, Tristan wrote a poem 'The Minuscule Ant' 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. Since this event, Tristan has perfected the art of performing the poem as a prayer in many places and settings including 'religion' such as churches where many 'unusual' bird encounters have occurred in a live stream or video. In particular, on Tuesday 16th December 2025, Tristan performed 'The Minuscule Ant' at Bondi Beach around sunset (2 days after the 'violent attacks' at the 1st night Chanukah service) where there was a flurry of birds flying overhead (on what appears to be at least 15) when quoting the words 'Tristan Barnett'. Tristan has also performed 'The Minuscule Ant' at 'The Last Supper' (Darwin) in 2024 and 'France Got Talent' (Paris) in 2025.

Since producing 'The Minuscule Ant' Tristan has written a further 46 'creative writing pieces' (poetry) representing humour and satire including themes of tennis, politics, mathematics and travel. Tristan performed these 'poetry' pieces along with 'The Minuscule Ant' from the 30th June 2025 within Byron Bay and surrounds at 'Arts Factory Talent Show' Garden Bar Byron Bay, 'Open Mic' SAE University College, 'Australian Poetry Slam' Byron Bay Library (Heats 2025), 'Save Wallum Poetry Slam' Brunswick Heads Picture House, 'RAVING' Station Street Co-Op Bangalow, 'Poets Out Loud' Regent Theatre Murwillumbah, 'Hush Poetry' Casa Luna Byron Bay and 'Wednesday Jam' The Paddock Project Mullumbimby. On the 19th August 2025, Tristan was interviewed on BayFM 'Roadtrip' from performing 'ABBA in Mullum the day after 25/07/25' at 'Save Wallum Poetry Slam' Brunswick Heads Picture House. When living in Byron Bay 2025-2026, Tristan regularly performed 'The Minuscule Ant' poem at Main Beach, Byron Bay with a rather impressive art piece of inscribing the words 'The Minuscule Ant' in the sand.

Tristan has produced a 52-page booklet containing all 47 'poetry' pieces and is for retail. A copy of the booklet (earlier version) has been donated to Byron Bay Library, YHA Byron Bay, Drifter Byron Bay, Wake Up By-

ron Bay, Jan Malkin Originals, Talsiman Studio (artwork by Mandy Jackson), Pro Hart Gallery, Lismore Library, Arts Factory by Nomads Byron Bay, Mullumbimby Library, Library of Stuff Mullumbimby, Wake Up Bondi Beach, Lennox Head Library, YHA Cape Byron, The Surf House Byron Bay, The Paddock Project Mullumbimby, Waverley Library, Brunswick Library, Chatswood Library, Station Street Co-Op Bangalow, The Last Super Darwin, Sydney Poetry Lounge Glebe, Bankstown Poetry Slam, Tweed Heads Library, Kingscliff Library, Murwillumbah Library, Goonellabah Library, Ballina Library, Alstonville Library, Nomads Magnetic Island, Gilligan's Hotel & Resort, OzSail Whitsundays, Dingo's K'gari (Fraser Island) Adventures, Magnums Airlie Beach, Rachael Gunn (Olympic breakdancer) and John Foreman (jazz pianist). Further, Tristan obtained a busking permit in July 2025 to perform 'poetry' in the Byron Shire.

When returning to Sydney from Byron Bay in February 2026, Tristan has performed 'Open Mic' Sydney Poetry Lounge Glebe Hotel, 'Poetica Petit Poetry Lounge' Woollahra Gallery at Redleaf, 'Live Poets' Don Bank Cottage North Sydney, 'Open Mic Poetry' Hong Kong Restaurant Newtown, 'Poetry & Song Open Mic' Hong Kong Restaurant Newtown, 'Bread & Butter Poetry Slam' The Nest Creative Space Alexandria, 'Bankstown Poetry Slam' Parramatta Town Hall (Sydney Writers' Festival 2026), 'Bankstown Poetry Slam' Bankstown Arts Centre, 'Australian Poetry Slam' Manly Library/San Souci Library (Sydney Heats 2026), 'Australian Poetry Slam Workshop' Woollahra Library Double Bay, 'Poets at the Petersham Bowlo' Petersham Bowling Club, 'Sappho Poetry Open Stage' Sappho Bar Glebe, 'Sappho Open Stage' Sappho Bar Glebe, 'Open Mic' MoshPit Bar Newtown, 'Poets in the Pub' Katoomba Family Hotel, 'Poetry Night' The Little Lost Bookshop Katoomba, 'Poetry at the Pub' The Grand Hotel Newcastle, 'The Writer's Pond' The Lord Gladstone Hotel Goodspace Gallery Chippendale, 'North Shore Poetry Collective' Chatswood Library/Willoughby Hotel, 'North Shore Poetry Collective' Chatswood Library (Willoughby Literary Festival 2026), 'Open Mic Speculative Fiction' Chatswood Library (Willoughby Literary Festival 2026), 'Poetry and Spoken Word' We Three Bar Marrickville, 'Bonfire Open Mic' Desire Books & Records Manly, 'Asphalt Words and Ocean Dreams' Hoppers Co-operative Brewery Newtown, 'Creative Corner' Ikigai Wellness Studio North Sydney, 'Westside Poetry Slam' Parramatta Leagues Club, 'Open Mic Night' Manly Library, 'Poetry Reading' Kedumba Gallery Wentworth Falls, 'Poets in Residence Group' Lane Cove Library, 'Open Mic Night' Marrickville & District Hardcourt Tennis Club, 'Literary and Poetry Evening' Harry Hartog Mosman, 'Saltwater Poetry Slam' Gudjagang Ngara li-dhi Aboriginal Corporation Wyong and 'Open Mic Night' Chatswood Mall Market.

Tristan was awarded equal third place by the judges 'Bread & Butter Poetry Slam' 5th March 2026 performing 'ABBA in Mullum the day after 25/07/25' and 2nd April 2026 performing 'All about ants', and awarded first place (\$100 debit card prize) by the judges 'Australian Poetry Slam' (Heats) San Souci Library 21st August 2026 performing 'The Ash Barty Barbie Doll

- Byron Bay and Beyond'. Tristan has performed a total of 9 pieces across three poetry slam events - 'Bread & Butter', Bankstown and the 'Australian Poetry Slam'. Finally, Tristan was the Feature Poet 29th June 2026 'Poetry & Song Open Mic' Hong Kong Restaurant Newtown.

2.14.4 Art Gallery

Since writing the poem 'The Minuscule Ant' on the 13th December 2023, Tristan has become an art collector of almost anything representing ants including sculptures, paintings, books, soft toy and a board game. Maybe an 'Ant Gallery' would be more appropriate than an 'Art Gallery' to represent the collection and thus Tristan's ant gallery is currently displayed in his private residence. Tristan's DIY representations of 'ants' consist of 'Xmas ants' using green and red paper cups (with chenille sticks as antennae and legs), 'tennis ants' using cupboard boxes (with aluminium foil as antennae) and 'bar ants' using glasses (with paper straws as antennae and legs). Tristan also made a 'clay ant' from a pottery workshop 'Kirsten's Clay' at the Manna Haven Cafe, Byron Bay.

2.14.5 Arts and Crafts

In July 2024, Tristan attended several arts-and-crafts sessions at Waverley Library, Bondi Junction. In particular, Sketchflash ran 3-5pm each Wednesday and Collage Making ran 2-4pm each Thursday. Tristan was generally welcomed although the organizers were not particularly happy about Tristan building 'ants' out of pieces of cupboard during collage making.

This trend of making 'ants' emerged from a multi-cultural festival in Darwin in May 2024, where Tristan created an 'ant' out of a lantern. Tristan created 'ant' exhibits in hostels including dorms that Tristan stayed in whilst travelling in 2024/2025 and left on tables, lockers etc. Generally the 'art' pieces were positively welcomed by staff and management. However, the YHA at 'The Rocks' in Sydney were completely ruthless and tore down Tristan's beautiful creativity of primarily Xmas ants underneath the Xmas tree just prior to Xmas in 2024, and the YHA management stole an UNO Flip game and a packet of ping pong balls as gifts placed underneath the tree. 'The Minuscule Ant' poem attached to the tree was also removed.

In 2026, Tristan attended a hand-building pottery workshop 'Kirsten's Clay' at Byron Bay's Manna Haven Cafe (97 Jonson Street) run by local artist Kirsten Barton. Tristan made a 'clay ant' and from above used this 'clay ant' within the 'Art Gallery'.

In April 2026, Tristan became an alumni member of 'Drawing Circle' at the University of Technology Sydney (UTS). Events have consisted of 'Etch N Sketch' and 'Paint N Sip', where Tristan would typically theme his pieces on 'ants' using 'minuscule ant' merchandise.

On Saturday 16th May 2026, Tristan participated in a creative workshop in exploring the intersection of visual art and poetry at Woollahra Library in Double Bay run by the resident artist Oormila Prahlad.

In May 2026, Tristan participated in a creative workshop in sculpture building using pieces of cardboard at the University of Technology Sydney (UTS) run by the resident artist Simon Greiner. Whilst Simon was quite helpful and respectful of each individual's art piece/s throughout the workshop, Simon however became somewhat aggressive verbally towards Tristan, when Tristan was using the 'existing' art pieces in a community setting to create a beautiful art piece involving ants at a later time outside the workshop.

Tristan regularly produces themed 'bar ants' just using straws and cups in cafe and bars. For example 'rainbow ants' are produced by using straws of different colours. Tristan purchased a 'Harry Potter wand' and regularly inscribes 'The Minuscule Ant' in the sand as an art piece in Byron Bay. Tristan created 'The Minuscule Ant' using Jenga blocks when staying at a hostel in San Diego in 2025. In March 2026, Tristan replicated this innovative art piece using Jenga blocks in the central courtyard at the University of Technology Sydney (UTS), in July 2026 at a games venue 'Fortress' near Central Station and in August 2026 at 'We Three Bar' Marrickville. Finally, Tristan built an interesting art piece out of straws to decorate a pot plant at Folk Byron Bay (cafe) on New Year's Eve 2025.

2.15 Macquarie University Sports & Aquatic Centre

Tristan originally went to Macquarie University Sports and Aquatic Centre during his BSc degree (1995-1999) 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 to coincide with another undergraduate degree. Various classes in Hatha Yoga (taught by Yogi Chauhan), 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 in 2024 Tristan attended several yoga classes taught by Yogi Chauhan at his own home studio in Cheltenham ('Yoga with Yogi'). From Wednesday 15th October 2025, Tristan has been attended several yoga classes at the Byron Yoga Centre, Byron Bay.

2.16 Religion

2.16.1 Krishna Consciousness

From the second half of 2013, Tristan has made many visits to the Hare Krishna Temple North Sydney and met several 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 on a daily basis 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 made many 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 Millfield 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 (mostly at the Harvey Lowe Pavilion, Castle Hill). Tristan has also visited the ISKCON temples in Adelaide and Melbourne, Krishna Village Eungella (including ISKCON temple), Bhaktivedanta College in Belgium, and India cities Jaipur (including ISKCON temple and an Ashram with a 45-minute yoga class led by Dr Yogini Pushpalata), Vrindarvan (including ISKCON temple) and Kurukshetra (including the place where Lord Krishna delivered the Gita to Arjuna).

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 (Pastors Tom and Angela) 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. Pastor 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 the 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 by Pastor Tim Blencowe 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 attended Ryde Adventist in 2022 and was most welcomed. 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 pastor stated that the Second Coming will face Satan as documented in Corinthians and said “God Bless” to Tristan when departing church.

Tristan attended St Johns Anglican Darlinghurst in 2024 as the church was conveniently located a few doors away from Govindas. Tristan has been warmly welcomed despite being somewhat ‘controversial’ in his teachings with views that oppose most of the other regular attendees.

Tristan attended Eastgate Church Byron Bay in 2025 as the church was conveniently located about a 10-minute walk from Tristan’s residence at ‘Habitat’.

Tristan also attended YWAM Byron Bay in 2025 (Youth With A Mission group mostly associated with Eastgate Church), where there were weekly Thursday gatherings around sunset on the grass at Main Beach. Whilst the youth ministry and participants were quite friendly with many ‘positive’ experiences, Tristan has concerns with the leader Kevin claiming to be some sought of guru. In particular, Kevin (middle aged man) would get quite ‘close’ to you when praying including touching people on the heart quoting “there is Jesus inside the heart”. Thus, what is Kevin’s real motive for being there given there are many young ladies from around the world as part of this ‘YWAM’ group, and thus is Kevin running some kind of ‘cult’ following given his preaching is complete nonsense and goes around praying by invading one’s private space including inappropriate touching?

Tristan also attended Byron Bay Adventist Church in 2025 where services, Bible study and community lunch would typically take place on Saturdays in line with the Sabbath. On Saturday 15th November ‘Manna Haven

Cafe’ as part of the church celebrated their 20th anniversary since the opening of the cafe where Tristan was present throughout the morning service.

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 and Sunday tefillin services leading up to the Bar Mitzvah along with 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), Newtown Synagogue (progressive), The Great Synagogue (orthodox), North Shore Temple Emmanuel (progressive) and North Shore Synagogue (orthodox). Tristan has also visited historic Broken Hill Synagogue 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

From the 19th September 2022, Tristan attended Young Buddhist at Newtown temple on Wednesday evenings 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 Aryadharma, Cittamaya, Dhammakumara, Priyada, Fynn and Adam. 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 was 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 had been involved in. Tristan also attended an introductory meditation retreat for 2 nights 26th-28th July 2024 and a Young Buddhist retreat for 3 nights 3rd-6th October 2025.

2.17 Intellectual Games

Tristan's interest in intellectual type games originated with backgammon in 1995 after finishing secondary school where 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 sports prediction modelling in setting prices 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 participated in the 2026 City2Surf with an official time of 02:06:55, where Tristan walked the entire course as some form of 'power walking'.

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 2.4 million dollars of research from the start of the PhD in 2002 until the end of 2026. These calculations were based on the salaries for a PhD (2002-2005), lecturer status (2006-2019) and senior lecturer status (2020-2026).

2002-2005 $\$20,000 \times 4 = \$80,000$

2006-2019 $\$100,000 \times 14 = \$1,400,000$

2020-2022 $\$130,000 \times 3 = \$390,000$

2023-2026 $\$150,000 \times 4 = \$600,000$

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 two and a half 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 and 2025 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, The Worldwide Tennis Coaches Conference in Bogota 2023, World Congress of Tennis Medicine & Science 2025 and MathSport International Conference 2025.

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, ashram in Jaipur with a 45-minute yoga class led by Dr Yogini Pushpalata and Jyotisar in Kurukshetra - birthplace of the Bhagavad

Gita where according to scriptures Lord Krishna descended on Earth about 5000 years ago.

Our road trips of Tristan, Tim and Paul continued over 27 years (1996-2023) where typically every six months or yearly (exception with the COVID pandemic) we would cover a different place mainly within Australia and New Zealand. Note also that Tristan met Tim on a number of occasions overseas namely Korea, Japan, India and China. As below Tristan has visited 27 countries (including New Zealand) and every continent except Antarctica over 30 years from 1996-2026.

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

2025 China, France, Belgium, Netherlands, Luxembourg, USA

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 January 2020, the mood shifted to manic depression where Tristan was struggling to get out of bed, eat, shower, cook, shop and do simple household tasks. Further, in 2011, Vice-Chancellor Professor Elizabeth Harman terminated Tristan's adjunct lecturer appointment at Victoria University (VU), allegedly as part of an effort to conceal corruption among senior staff that Tristan had been exposing. 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 2026 (over 14 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 became 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 2026 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 punter. 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 on time. 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” even though the work agreement clearly stated that Tristan was an employee for Sportsbet21. 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 from 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 are encouraged in business to reduce expenditure). 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 Tristan 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, and the counsellor recommended for Tristan 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 (both physical and verbal) and witnessed high levels of family violence including a member of the family being threatened with a knife. There was also bullying from a family friend Betty Giledi with comments “you will get spanked all day if you don’t behave yourself”. Tristan experienced high levels of schoolyard bullying in primary and secondary school including be-

ing 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, Sydney. 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 (even as first author's) that did not do any work. In fact, out of the 19 people that Tristan has worked with as joint authors on publications only 3 have coordinated papers (Graham Pollard, Alan Brown and Tim Byrnes) and 2 have made a 'reasonable' contribution (Stephen Clarke and Ian Lisle). Thus, the remaining 14 authors have at best only proof-read completed versions of papers (which arguably the reviewers could have done the same task). Tristan has 47 publications and coordinated 39 of these 47 publications. However, Tristan added on 6 publications an author as the first author, and on 19 publications 34 co-authors, and these added 40 authors made no contribution to the final outcome (thus the articles would have still been published without the added 40 authors). In particular, Tristan added a PhD student former president of Tennis Australia Geoff Pollard at Swinburne University as a first author on 4 publications and co-author on 1 publication (and note Tristan added Anthony Bedford as first author on this particular publication), where Geoff did not make any contribution to these 5 publications and Tristan was not a supervisor. On one particular publication, Tristan added 3 authors namely Geoff Pollard (first author), Graham Pollard (second author) and John Zeleznikow (fourth author); where these additional authors made no contribution to the final outcome. Further, when Tristan attempted to change the ordering of the authors before the article was published by making himself as first author, Geoff second author, Graham third author and deleting John entirely from the article; Graham sent Tristan an email quoting "It is totally inappropriate to change the ordering of author's in any government or private sector and what about John why have you deleted his name entirely". Further, the article was published in 'The Journal of Medicine and Science in Tennis', where the editor only included portraits of Geoff and Graham in the author's biography section since they were listed as first and second author (where Tristan's portrait was not included being a third author despite writing the entire publication where Graham and Geoff made no contribution). Further, Tristan sent this article to the director for the Institute of Sport and Health at Victoria University Professor Michael McKenna, where the feedback from Michael was a 'nasty' tone stating the words "you are only a junior partner". This form of 'bullying' from above and in particular the 'nasty' comments from Graham and Michael exacerbated the anger attacks.

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 articles with Graham without adding Denny as a co-author on any of these publications.

The following is sufficient evidence to suggest that the former president of Tennis Australia Geoff Pollard has not met the criteria to justify that his approved PhD thesis submitted in 2017 is his own work. As above, Tristan commenced a PhD in tennis statistics in 2002 and graduated in 2006. Tristan presented and published at the biennial MathSport conferences in 2002, 2004 and 2006 (with further involvement with MathSport conferences beyond graduating in 2006). During these conferences Tristan met Graham Pollard which led to collaborating and publishing 18 joint papers from 2006-2025. After Tristan had graduated with a PhD in 2006, Graham sent an email to Tristan and Alan Brown (Tristan's PhD co-supervisor) stating that Geoff Pollard would like to undertake a PhD in tennis statistics by requesting as to whether Tristan and Alan would like to be involved in this process. And note that Graham's request for Graham to be a 'supervisor' for Geoff was rejected given the family lineage, and thus Denny Meyer become the coordinating supervisor and Stephen Clarke a second supervisor based on their prior positions and supervision with the 'Sports Statistics Unit' at Swinburne University. The following is documented in Geoff's PhD thesis:

I would like to acknowledge the contribution of my brother Professor Graham Pollard who encouraged me to get involved in academic research again after an interval of approximately twenty years when my full-time role as President, Chairman and CEO of Tennis Australia changed to Executive President and Chairman and I employed a CEO to run the day-to-day business. Graham and I co-authored 21 articles with an overall even split of responsibility, he being named first 11 times and me ten times. He also encouraged me to stick with the thesis, even at times when I could not understand why a person approaching retirement would bother. I would also like to acknowledge the help and guidance from my supervisor Professor Denny Meyer and thank her for being so tolerant with my challenges and time and travel restraints that went with my national and International roles in tennis administration. She offered great encouragement throughout the long ordeal and never wavered in her commitment. My other supervisor Professor Stephen Clarke retired from Swinburne University, but was always there and was of great help as a new

set of eyes to my original draft of this thesis.

This thesis is presented to fulfil the requirements of a Doctor of Philosophy at Swinburne University of Technology. This thesis is a complete update and rewrite of ten years of part-time academic research, much of which has already been published in academic journals and conference papers and one is a chapter in a major encyclopaedia. Altogether there are 39 published articles and 21 of these were in conjunction with my brother, Graham. We each made substantial contributions to all of our joint publications. Four chapters are completely my own work and four chapters are the result of the collaboration with my brother. All the data analysis, which was substantial, is mine. With this qualification, I hereby declare that this thesis and the work presented in it is entirely my own. No other person's work has been used without due acknowledgement in this thesis. All references and verbatim extracts have been quoted and the sources of the data used in the analyses have been specifically acknowledged.

There are alarm bells ringing from the first sentence in the first paragraph above, in that the first acknowledgment is his brother Graham (direct family member) who basically wanted Geoff to have a PhD, and thus it is clear that without Graham, Geoff would not have commenced a PhD. Geoff then states that both Graham and himself have made a substantial contribution to all of their 21 published articles. And this appears to be some sought of defense strategy to justify that Geoff has met the criteria that he has done the work for a PhD given that Geoff has not collaborated at all with his coordinating supervisor being Denny Meyer and Graham is his brother (Graham also being a Professor of Statistics with a PhD in tennis statistics). It is common practice in a PhD to sign a declaration that the work is your own. The tone of Geoff's thesis from the outset is trying to justify that the work is his own - which can only be viewed as a defence strategy. Geoff has stated in the 'Declaration of Authorship' that four chapters are completely my own work and four chapters are the collaboration with my brother. If the work is your own then why are you trying to justify this by writing the above sentence which sounds somewhat 'strange'. Note also that Tristan added Geoff as first author on four articles (even though Geoff made no contribution) and yet Geoff has not included this work in his thesis. This is an indication to the reviewers that Geoff hasn't done the work in these four articles and yet Geoff has included these four articles in the Appendix under 'Geoff Pollard articles' (along with the other thirty five articles that his name is listed on). Thus, how has Geoff managed to get his name on so many articles as either first author or co-author without doing any work? As outlined above, Geoff and Graham are brothers and Graham was encouraging Geoff to do the PhD, where Geoff was confident that Graham would help and do the necessary work to achieve this objective given Graham's outstanding background in academic research particularly tennis related. Graham sent Tristan a rather 'strange' email commenting on the fact that by us working with Geoff, he would be able to get us 'perks' in tennis given Geoff's role as

President of Tennis Australia at the time when undertaking the PhD. And indeed Geoff gave Tristan two tickets to the 'Presidential Lounge' Rod Laver Arena at the Australian Open over four consecutive years - watching the likes of Roger Federer from basically the 'best' seat in the house. Thus, the above could be interpreted as some sought of 'bribe' in the sense that if Tristan had not helped Geoff by adding his name on articles, it is very unlikely that Tristan would have received the exclusive Australian Open tickets over the four consecutive years. The other main reason for Tristan being so obliging to help Geoff with his PhD was in order to get some sought of revenge against Denny Meyer for her ongoing bullying against Tristan over several years and in particular for her rather aggressive and threatening remarks that she made about an incident involving 'Steven Mishner' as documented below which resulted in Tristan resigning from Swinburne University as an adjunct researcher. And thus, Tristan at the time felt that he could obtain some sought of revenge against Denny by writing articles with Geoff by putting Geoff's name as first author (and not including Denny's name on any of the articles).

To summarize above, Geoff Pollard commenced a PhD in tennis statistics as a direct result of his brother Graham Pollard initiating the process. Geoff was confident that the PhD would be completed given that Graham was an active researcher at the time with a strong track record of publishing articles in tennis statistics. Thus, Graham and Geoff published 21 articles with Geoff as first author on 10 articles and Graham as first author on 11 articles. Geoff has to justify that he has done the work in these 21 articles by stating in his thesis that both Graham and himself have made a substantial contribution to all of their 21 published articles. Based on the above and including the fact that Geoff's coordinating supervisor Denny Meyer has not done any work at all to help Geoff with his PhD and Tristan added Geoff's name on 5 articles (4 of these articles as first author where these 4 articles were not included in his PhD thesis), is a strong indication that Graham and Geoff Pollard have colluded in the PhD thesis by Graham basically doing all the work in the 21 published articles and assigning Geoff as first author on 10/21 of these articles to make out it is a 50/50 split. There is also strong evidence that Denny Meyer (Geoff's coordinating supervisor) was also aware of the collusion above but happy to sign-off on the completion of the thesis as to justify to the university that she has been a responsible supervisor by helping Geoff with the PhD. Note that Geoff states in the acknowledgements of his thesis above "*I would also like to acknowledge the help and guidance from my supervisor Professor Denny Meyer and thank her for being so tolerant with my challenges and time and travel restraints that went with my national and International roles in tennis administration*". This is an indication that Geoff simply did not have the time to work on his PhD, and although it is common and accepted to obtain help for your PhD particularly the coordinating supervisor (or in Geoff's situation Graham Pollard), the student (Geoff Pollard) would also be required to work on the PhD in

conjunction with the ‘supervisors’ help. Based on the above Geoff simply did not have the time to work consistently on his PhD due to his full-time commitments with national and international roles in tennis administration and was confident that the work would be completed due to his brother Graham Pollard being an eminent researcher particularly in tennis statistics. Based on the above, it would appear to Geoff’s supervisors Denny Meyer and Stephen Clarke, the Head of School Glen Bates and the Dean Russell Crawford; that Geoff simply has not done ‘enough’ work to justify that his PhD thesis is his own work. Note that Denny Meyer was the coordinating supervisor and made very little or no contribution to Geoff’s PhD thesis. It is the responsibility of the coordinating supervisor to sign-off on the PhD thesis and to obtain two referees suitable for examination before submitting to the Higher Degree Research team at Swinburne University. Thus, there could be and quite likely in this scenario ‘corruption’ or ‘politics’ in the referees examining Geoff’s PhD thesis. Also, the university obtains a ‘reasonable’ sum of money from the government for each completed PhD. And finally, Denny needs to justify her position to the university for supervision after 3-4 years duration for a PhD and thus convenient to sign-off on the completed version.

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 the situation, Denny tried to inappropriately give Tristan a hug at a Mathsport conference several months later and Tony also tried to coverup the situation 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 incident 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’ or even ‘trafficking’ 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 through the back-door 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), Denny stated “If you get us into trouble again I will be a very angry women” 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 was undertaking 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, allegedly as part of an effort to conceal corruption among senior staff that Tristan had been exposing 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) in 2009-2010 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 (as a form of plagiarism) could claim this work experience on his CV. James is a Registered Fitness Professional and worked with Tennis Victoria amongst other roles sports related. Note also that the unpaid work that Tristan completed for the WB was first initiated from Clare, where Clare contacted John about this project and hence John offered the project to Tristan in a private email. This resulted in several meetings with combinations of John, Clare, Simon, James and Tristan. Although there was no formal written contract, it is illegal to do work without being paid, and given the circumstances of Tristan being unemployed at the time holding an unpaid adjunct position with Victoria University, it could be considered as a form of 'slavery'. Note that the work carried out for the WB, was decision support software built in an Excel spreadsheet using performance indicators for player drafting. Simon Dalrymple is a highly respected talent scout and recruiter in the Australian Football League (AFL). Simon worked for the WB 2007-2018. After starting as a development coach in 2007, he became the National Recruiting Manager in 2010. He is famously credited as the architect behind the draft selections

and most notably identifying superstar Marcus Bontempelli at pick No. 4 in 2013, that broke the Bulldogs' 62-year premiership drought in 2016. In was stated by Simon (as well as John, Clare, James and Michael McKenna), that the decision support software for player drafting was exceptional work, and thus arguably contributed to WB winning a premiership in 2016 to reflect the film 'Moneyball'.

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). Michael would also send Tristan 'inappropriate' and 'insulting' emails such as stating "you are only a junior partner on this article" in reference to Tristan adding author's as the first author on various publications where the added first author had made no contribution to the publication.

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 (where both John Zeleznikow and Clare MacMahon were added as co-authors by Tristan and they made no contribution), 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, the VIS decided to get Bahadorreza Ofoghi who is an expert in data mining. This is a form of workplace bullying from Steven. Further, John and Clare 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 was 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 in performance modelling written by Bahadorreza, where it indicates that both John and Clare 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, then why was John unable to resolve the disputes that he was involved in with Tristan and other staff within Victoria University? Further, Tristan has shown 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.

The following argument is evidence to suggest that John Zeleznikow was Joseph Stalin in a previous life. Firstly, the name 'John' can be obtained sequentially in 'Joseph Stalin'. Secondly, John has a son called 'Joseph'. The last name 'Zeleznikow' is typically of Eastern European origin, where Stalin was a Soviet revolutionary and politician who led the Soviet Union from 1924 until his death in 1953. Finally, from the outset of Tristan's adjunct appointment, John was making statements like "by mentoring you I am determined to get you paid work through Victoria University which will lead to a better life". Thus, Tristan fell for this propaganda (in a similar way to Communist Joseph Stalin as depicted in the story 'Animal Farm') and Tristan would typically work as hard as he possibly could by helping the university without being paid through there partners such as the AFL Western Bulldogs and publishing many articles whilst constantly adding John as a co-author on these projects.

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 was 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 in 2019, 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 anniver-

sary 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, in 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 a method for teaching secondary and tertiary level mathematics as published in the conference proceedings for The 15th International Congress on Mathematics Education in 2024 ‘Teaching differential calculus to high school students using a game of tennis’. 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. The only way Tristan could get to sleep was from taking medication, and in particular the Clonazepam.

Also, Tristan spoke with another psychiatrist in 2018 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 regular 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 (diagnosed with generalized anxiety almost 7 years in September 2012). 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' in November 2019, there appeared these creatures on a tree represented by leaves outside Tristan's apartment 12/5 Leisure Close, Macquarie Park. At night time, the leaves of the top two creatures blended together and shone 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, and 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 (MARS) for posting on facebook about the Hare Krishna movement. As a result of the bipolar disorder, this led to a schizoaffective disorder where Tristan visualized Ed Chen 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 incident appeared to be real to Tristan at the time given that Ed Chen was a real person and there was the stalking incident earlier at MARS. 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 a 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 slowing 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, the anxiety had eased off (given that we all have a certain level of anxiety), the schizoaffective disorder and

tremor had disappeared, the mood had stabilized (no depression or mania) and hence Tristan was arguably 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 Macquarie University 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. Two 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.

2.20.11 Recovery from Anxiety

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 2026 (14 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 inflammation from seborrheic dermatitis on the face of Tristan has also significantly eased off around the 19th July 2026 which appeared as an 'annoyance' skin rash for Tristan in year 11 at secondary school back in 1993.

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.

Throughout the years 2019-2025 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 Ed Chen (the perceived 'stalker'); Tristan had an encounter of collapsing to the floor at the counselling service and making various loud statements by revisiting the incident of the Vice Chancellor terminating Tristan's appointment at Victoria University and also the incident when Tristan contacted 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.

For approximately 3 years from when the bipolar was cured on the 22nd September 2022, Tristan was having episodes of internal swearing whilst visualizing either John or Denny but the frequency slowly eased off over the 3 year duration and thus the traumatic events from the past became a 'passing thought' rather than a 'full blown episode'. Further, Tristan was also 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 was living in fear of the possibility of confronting either Denny or John in real-life. This was exacerbated with John due to the fact that John is related through the family and thus Tristan had 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? Another interesting observation 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.

Note also that Tristan would simply just add authors (and even authors as first authors) to papers even though they made no contribution. In fact, out of the 19 people that Tristan has worked with as joint authors on publications only 3 have coordinated papers (Graham Pollard, Alan Brown and Tim Byrnes) and 2 have made a ‘reasonable’ contribution (Stephen Clarke and Ian Lisle). Thus, the remaining 14 authors have at best only proof-read completed versions of papers (which arguably the reviewers could have done the same task). Tristan has 47 publications and coordinated 39 of these 47 publications. However, Tristan added on 6 publications an author as the first author, and on 19 publications 34 co-authors, and these added 40 authors made no contribution to the final outcome (thus the articles would have still been published without the added 40 authors).

In particular, Tristan added Anthony Bedford as first author on 2 publications and co-author on 6 publications and Anthony’s contribution at best would be to only proof-read ‘final’ versions. Anthony would play ‘politics’, ‘groom’, ‘manipulate’, ‘stalk’, ‘bluff’, ‘lie’, ‘coerce’ and ‘bully’ Tristan in order for Tristan to keep adding Anthony as a co-author on publications. Anthony needs to meet a quota of research output in order to obtain funding from the ‘University of the Sunshine Coast’ to cover expenses for overseas travel to attend conferences. At the International MathSport conference in Luxembourg 4-6 June 2025, Tristan added Anthony as a co-author on two papers in which Anthony made no contribution where the university could be funding up to \$10,000 for Anthony to attend the conference given that Anthony travelled to Luxembourg with his wife and daughter, and was ordering several \$170 bottles of wine and expensive food at fancy restaurants. At one particular night venue, Anthony ordered 4 ‘strong’ alcoholic shot glasses to include Tristan even though Anthony knew that Tristan does not drink alcohol. And thus after Anthony and his wife and daughter each had one alcoholic drink, Anthony drank the remaining alcoholic drink directly in front of Tristan as some sought of ‘bullying’ type behavior. This ‘unusual’ behaviour also occurred when Anthony was holding hands with his wife on two separate occasions whilst walking alongside Tristan and Anthony would ‘stalk’ Tristan by sitting next to Tristan at conferences or when within close proximity comments like “sit next to me don’t be shy”. Tristan writes poetry, comedy and satire on tennis; where Anthony became aggressive and somewhat threatening towards Tristan after Tristan made the comment “you may like to grab yourself a hot chocolate given ‘Hot Coco’ within hot chocolate”. Note that Tristan’s writing style is often based around finding words within words or anagrams, and never makes any distinction between looks or someone’s ethnic background. The very fact that Anthony became so aggressive and somewhat threatening towards Tristan after making the comment above about Coco Gauff, suggests that Anthony is accusing Tristan of being racist (where clearly there is no racism involved in Tristan’s writing style as can be verified by making the same comment on social media and through live

poetry performances) and thus an indication of Anthony's aggressive and intense personality. Anthony was Chair for our biennial ANZIAM MathSport conferences in Australia and was able to achieve this objective of 'owning' Tristan through his elite status and thus an example of how power corrupts. At the 17th MathSport Conference in Melbourne 3-5 July 2024, Anthony 'ordered' as a form of bullying for Tristan to take home a scarf that Tim Heazlewood (one of the delegates) had left behind. Tristan was heading to clubs/bars etc that night and Anthony was not happy about Tristan handing back the scarf after initially accepting it. Anthony also needs research output in order to obtain an academic promotion in status and based on the above one would have to question as to whether he is deserving of his current position as Associate Professor. At the final conversation that Tristan had with Anthony at the conference in Luxembourg, Anthony stated "could you add my name on three publications for the gambling conference in Las Vegas next year". Further, Anthony tried to bluff Tristan a second time by stating that he would add Tristan on a paper in horse racing if Tristan added Anthony's name on a paper/s, where Tristan fell for this bluff previously on a paper in horse racing where Anthony did not publish the paper stating that it was sensitive material and unable to publish. Furthermore, Anthony was making 'threats' about Tristan live streaming by stating "careful about your live streams when travelling to the US", and note that Tristan obtained Visas to the US, UK and China with no delays (and most welcomed by officials when going through customs). Anthony Bedford is corrupt and given his position as Chair within MathSport gives Anthony the power to be corrupt. In fact Anthony is so corrupt that he is luring colleagues to being corrupt into his 'dangerous' regime. For example, at the International MathSport conference in Luxembourg 4-6 June 2025, Tristan added Erica Mealy on a test cricket paper in alternate scoring systems - a colleague of Anthony's at the University of the Sunshine Coast. Erica was recommended by Anthony as she is an 'experienced' computer programmer and programming work was needed for the article to be published, and Erica would also give the oral presentation. Instead of Erica doing the programming work as a so-called 'experienced' programmer, Erica obtained some 'student' to do the work and the student's name was not referenced on the article. Similar to Anthony, the University of the Sunshine Coast was providing full funding for Erica to attend the conference in Luxembourg given the requirement of presenting and publishing in the conference proceedings. Erica's presentation was a complete 'dog's breakfast' and failed to answer the research question. Erica made a total shambles of formatting the two articles that Tristan added her name where the editing was done at the last minute and thus Tristan did not have time to make the relevant changes before the two articles were published in the conference proceedings. At the conference, Erica would torment Tristan by ridiculing the article on test cricket with comments "why do you want to reduce the draw probability" and she would somewhat harass students with comments "if you need help with anything please keep in contact". At the

conference in Luxembourg 4-6 June 2025, Anthony was a Performance Analyst for the Silver Ferns New Zealand Netball team. Finally, Anthony prefers to be called 'Ant' and became somewhat aggressive when Tristan used the name 'Ant Bedford' on a publication rather than 'Anthony Bedford'. Note that it is very unusual to be called 'Ant' with the name 'Anthony' given the reference to an 'insect'. Tony is typically used as a 'nickname' for Anthony.

Note how the 'bullying' scenario from above involving Anthony Bedford occurred after Tristan's bipolar was cured on the 19th September 2022 which in turn reduced levels of anxiety. The previous 'bullying' encounters namely from John Zeleznikow and Denny Meyer occurred prior to Tristan's spiritual progression (yoga process) in January 2013. Thus, although the 'bullying' encounters from Anthony had some effect on Tristan's anxiety levels, Tristan was still able to obtain an 'average' level of anxiety on July 2026, and thus demonstrates Tristan's extraordinary spiritual advancement just prior from the 'bullying' encounters from Anthony. And note that when one is enlightened (free of all anxieties), 'bullying' encounters such as what occurred for Tristan from above will not have any effect on the individual.

2.20.12 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 2026

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 with 3 years of spiritual advancement
- 3) One can be cured of schizophrenia with 3 years of spiritual advancement
- 4) One can be cured of generalized anxiety with 7 years of spiritual advancement
- 5) One can be cured of bipolar with 10 years of spiritual advancement
- 6) One can hit generalized anxiety and reach an 'average' level of anxiety with 14 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. If one looks after the Supersoul then 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 by following yoga processes as a lifestyle. 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, 3 places in Adelaide and 4 places in Byron Bay.

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
 1995-1999/2013-2023 Macquarie University, Balaclava Road, North Ryde
 1995-1999/2013 Macquarie University Sport and Aquatic Centre, Gymnasium Road, North Ryde
 2001 University of Technology Sydney, 15 Broadway, Ultimo
 2013 Macquarie University Village, 22/122 Culloden Road, Marsfield
 2013-2025 Hare Krishna Temple, 180 Falcon St, North Sydney
 2013-2014 Hillsong, 1-5 Solent Circuit, Norwest Blvd, Baulkham Hills
 2014-2026 12/5 Leisure Close, Macquarie Park
 2015-2018 Macquarie Baptist Church, 122 Herring Rd, Macquarie Park
 2022 The Bridge Church, 136 Herring Rd, Macquarie Park
 2022-2025 Govindas, 112 Darlinghurst Rd, Darlinghurst
 2022-2025 Sydney Buddhist Centre, 24 Enmore Rd, Newtown
 2022-2024 Ryde Seventh-day Adventist Church, cnr Lane Cove Road & Dobson Crescent, Ryde
 2024 23/166 Mowbray Rd, Willoughby
 2024-2026 St John's Darlinghurst, 120 Darlinghurst Road, Darlinghurst

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

Byron Bay

2025-2026 36/9 Easy St, Byron Bay
2025-2026 Easygate Church, 20 Centennial Ct, Byron Bay
2025-2026 Youth With A Mission (YWAM), 2-10 Bay St, Apex Park, Byron Bay
2025 Byron Bay Adventist Church, 97 Jonson St, Byron Bay

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 week-day, 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. Note that 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 un-

usual 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 involve 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
June 2018

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 2018

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 Roger Federer Foundation

Dear Dr. Barnett

Thank you for your manuscript. Your concern is also of great importance from our perspective, and your commitment is impressive. Kindly note that the Roger Federer Foundation, is a charitable organization exclusively dedicated to bringing quality early education to underprivileged children in six countries in Southern Africa and Switzerland. We work solely with experienced partner organizations on-site to provide children with a good start in education. An expansion of our programs to other areas, or topics such as yoga, are currently not planned. We are aware and accept that with this strategy we have to decline many good and deserving projects. We hope for your understanding.

Best regards,
Olivia James

Executive Office Manager
Roger Federer Foundation

3.8 A Letter from Rachael Gunn

From a fellow Mac uni researcher: you're an absolute legend. Like billion in 1 legend. Awesome

3.9 A Letter from Yogi Chauhan

Hi Tristan, thanks so much for sharing your work with me and acknowledging me. I just received your parcel. I can't wait to read it. Thank you so much

3.10 A Letter from Shalom Collective

Hello Tristan,

Thank you for your email. I see now that the email below that was sent to you yesterday was sent to the wrong email address. I am sorry about that.

Thank you again for your submission to the Holding Light art exhibition. We received a very large number of submissions, and the selection process was undertaken with great care. Unfortunately, on this occasion your work has not been included in the final exhibition selection. This decision is not a reflection of the quality or value of your work. The final selection was shaped by curatorial considerations and the balance of voices, mediums and perspectives across the exhibition. We recognise that for many artists these responses come from a deeply personal place, and we sincerely appreciate your willingness to share your work as part of this project. Thank you again for your contribution. We hope to welcome you to the exhibition.

Warmly,
Hadar

Hadar Matatyau | Program Manager
Website: shalomcollective.com.au

3.11 A Letter from Office of Zali Steggall

Dear Tristan,

Thank you very much for writing in to Zali with your idea for making the world a peaceful place. Although I do not have a PhD in mathematics, I have been practicing yoga for nearly 20 years, and I can personally attest to its capacity for helping to heal both body and mind. Yoga should probably be taught in all institutions, not just in schools. Once again thank you for writing to Zali.

Namaste

Celia | Community Liaison
Office of Zali Steggall OAM MP

3.12 A Letter from Office of Allegra Spender

Dear Tristan,

Thanks for your email to Allegra and for attending the volunteer catch-up recently! Thank you also for taking the time to share your proposal for an Australian Yoga Party. I will pass this on to Allegra and her policy team.

Kind regards,

Madeleine.

Electorate Officer
Office of Allegra Spender MP
Member for Wentworth

3.13 A Letter from Tim James

Tristan

Thank you for popping into the Electorate Office and leaving a copy of your report ‘Can Teaching Yoga Philosophy in Schools Achieve World Peace?’

Appreciate the kind gesture.

Regards

Tim

Tim James MP
Shadow Minister for Fair Trading, Work Health and Safety and Building
Shadow Minister for Local Government
Shadow Minister for Veterans
Member for Willoughby

3.14 A Letter from Alex

Hi Tristan,

Thank you for sending this through, we really appreciate it! I liked the contrast you did between the runners and walkers, rightly pointing out that Andy and Holly would be disqualified from a walking race. You also used specific details well to add to the tone which I thought worked really well. I have passed it onto our media team so can be aware in case it’s something they are interested in.

Kind Regards,
Alex

THE IRONMAN GROUP ®

3.15 A Letter from Ryde Liberals Team

Hi Tristan,

Thanks for reaching out, and apologies for my delayed response. We would love to have you attend our Gala Dinner for Jordan in a couple of weeks. Unfortunately due to time constraints and the nature of this event we won't have time in our runsheet for your poetry. Our apologies. It is a very interesting read though, and appreciate you sharing it.

Have a lovely weekend.
The Ryde Liberals Team

3.16 A Letter from National Folk Festival

Dear Tristan Barnett,

We have finalised our lineup for the 2027 National Folk Festival and unfortunately we could not include The Minuscule Ant in the program. We are sincerely grateful for the time and effort you took to apply, and we encourage you to reapply for 2028. As long-time festival performers ourselves, we know that this news can be difficult to hear, and sending this email is the worst part of our job. To help contextualise our decision, we had over a thousand applications and could have curated a fantastic Festival many times over from the wealth of excellent applications we received. We have aimed to create a diverse program that balances returning acts alongside welcoming new artists into the National Folk Festival family. The selection process was guided by the Festival Ethos to deliver a vibrant and community driven Festival that facilitates creative participation and transformative experiences for audiences and artists alike, alongside prioritising artist fees within a tight budget. We assure you that every application was considered, and we worked through each decision in a deeply collaborative way. We would love to invite you to be part of the 2027 Festival (25th – 29th March) as we value you in making the folk community greater than the sum of its parts. The 2027 Festival will put participation at its heart: a place where folks sing, dance, play, recite, learn and create side by side. There will be many opportunities to take part including dances, ensembles, blackboard concerts, sessions, parades, workshop performance outcomes, and more! For the next month (until Midnight 30th September) you can book discount tickets at the otherwise sold out Early Bird 1 prices.

We hope to see you at the Festival!

Sincerely,

Chris & Holly

Artistic Directors of the National Folk Festival, Australia

www.folkfestival.org.au

3.17 A Letter from National Folk Festival 2

Hi folks,

It seems like our bulk mailout altered the Early Bird 1 ticket link for some people, so here are is a new link and code for you! Try the link first, and if you're still have issues, head directly to our ticketing page on our website, and use the discount code listed here. If you're still having issues, email and we'll sort it out for you :)

Cheers,
Chris

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 Prabhupada. 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 the International Society for Krishna Consciousness (ISKCON). Prabhupada’s translation and commentaries of the Bhagavad Gita As It Is, 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 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 (constitutional position) 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 is documented which 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 yoga philosophy 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 '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? Thus, there appears to be an additional energy source. The Gita does not say directly what is consciousness but it is reasonable to conclude that consciousness is the 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 lightning 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.

Note that the individual soul is giving us material consciousness as energy (which is not God as the Supersoul). Thus, it is reasonable to conclude that energy coming from food that we consume is also consciousness (material and spiritual) since plants and all living entities have a soul (individual soul and a Supersoul). From below, water also has a spiritual component and thus a soul. Therefore, when we consume water, we are somehow consuming a ‘piece of God’. Given the advancement in science, it does appear a bit ‘unusual’ that material consciousness (given that there is material and spiritual consciousness) and the ‘mind’ has not been established through physics. Thus, it is reasonable to conclude that it is not possible to define material consciousness and the ‘mind’ through physics which are material as opposed to spiritual which cannot be defined by physics, and note that the subtle

body is mind, intelligence and ego, where ego is the gateway to the soul such that false ego is material consciousness and real ego is spiritual consciousness. Note also that a particle can pass through another particle known as quantum tunnelling, and thus it is reasonable to conclude that Jesus did indeed walk through a wall as documented in the Bible as the highest state of consciousness (100% spiritual consciousness) as a demigod (where Jesus fluctuated in consciousness throughout his life) and ghosts can walk through a wall with no gross material body (100% subtle material body). Further, angels and God as pure spirit beings (no gross or subtle material body) can also walk through a wall. Based on the above, it can be deduced that ‘The First Law of Thermodynamics’ is not correct as stated: The First Law of Thermodynamics is the principle of conservation of energy, stating that energy cannot be created or destroyed, only transformed from one form to another.

4.4 Evidence that God Exists

1) Tristan was able to cure generalized anxiety, bipolar and schizoaffective disorder after 14 years of yoga processes (2013-2026) which medical experts claim cannot be cured. Tristan is arguably immune from COVID given that Tristan travelled 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 in 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 as a 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 arguably 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 potentially 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, 9/11 victims, Bondi Beach victims (14th December 2025), Charlie Kirks etc 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 for the victim, 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 thus using contraceptives is a sin given that illicit sex is one of the four biggest sins along with meat, intoxication and gambling. 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 piece 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 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 non-living material substances. So essentially, a soul is transmigrating from water to the seed and therefore water is a type of 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, 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 unfairly 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. From 2013, 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 just over 3 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 an 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 'yoga studio' 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 are 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 discuss or distribute knowledge about 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 of religion, meditation, charity, devotional service, religious ceremonies and yoga in a 'studio'. Listening to music, arts-and-crafts and mathematics could also be considered as spiritual or yoga processes since music, mathematics and arts-and crafts have spiritual aspects. Note also 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 5 years for Tristan to reach a level of 'average anxiety' for a total of 14 years after commencing yoga processes back in 2013. Hence, results cannot be obtained overnight and can take possibly up to 7 years to obtain results as was the case with Tristan (by curing the generalized anxiety). 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 Ten 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, vaping, 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, tai chi, dharma

talks, bhagavatam talks, mathematics, arts-and-crafts, poetry 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 from Cambodia 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.

Here are some quick observations to demonstrate a level of uncertainty in the belief that Jesus is God. Firstly, being the 'Son of God' and God could be considered a contradiction. Also Jesus would worship the Father as God and thus it appears to make no sense for God to worship God - this could be considered 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 to 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 the 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 justified 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.

Here are some longer and more detailed explanations to demonstrate a level of uncertainty in the belief that Jesus is God. 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 one's 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, walking through a wall and walking out of 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 the Son of God as the 'Messiah'. In fact, all humans are sons of God or 'a son of God' because we are part-and-parcel with God and God is our 'Father'. Thus, Jesus and all humans are sons of God, but Jesus is a 'special' son of God given by 'the Son of God' as documented in the Bible.

From the Bible (John 14:6), Jesus quotes, "I am the way and the truth and the life. No one comes to the Father except through me." As explained above, 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). But more to the point and again explained above, there are many incarnations of God (possibly thousands). The Father, Yahweh/Jehovah and Allah are incarnations of God representing the three Abrahamic religions.

And thus, to come to the Father one needs to go through Jesus but to come to Allah as another incarnation of God one needs to go through Muhammad etc. Note that the Supreme Personality of Godhead is Lord Krishna.

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. The spirit soul located in the heart is life and the material body is dead. Our bodies are changed from one form to the next at the end of each life according to our karma through reincarnation and transmigration of the soul. If we have bad karma then we can descend to being reincarnated into a lower form of life such as an animal or a 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 eventually obtain. 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 a high form 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 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. And indeed, 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 by 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 the 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 a level of 'happiness' 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 obtaining this level of 'happiness' by advancing spiritually in comparison to acquiring the 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 is likely to be better in an environment away from family. Also, the youth allowance is contributing for the rental accommodation and therefore any 'savings' by living at home are offset by the advantages of being 'independent' by living away from home. It is also highly recommended to live in a university college throughout your studies as securing a place in the general rental market can be a complex and timely process. Currently, to obtain youth allowance requires one to be enrolled full-time and it is recommended to do the minimum number of subjects each semester to be enrolled as a full-time student. This will potentially improve grades and allow more

time to undertake casual work whilst studying.

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 ideally 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, one requires 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 could 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 'minimal' 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 rent out your current place if you have a property or have no fixed address by storing minimal possessions in a commercial locker. Living out of a mobile home could be an option for travelling. 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. One is better off selling their house (with the option of buying into a cheaper market) 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 became the dominant third party since forming a seat in the lower house in 2010 under the leadership of Bob Brown. In 2022, the Greens held 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 47 publications over 25 years (2002-2026), 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, the 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. 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. 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 (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 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 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 14 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 of Jesus

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

- 1) Tristan arguably cured bipolar and generalized anxiety to an 'average' level anxiety after 14 years of undertaking various yoga processes at the age of 35 (and hence 36 years after having bipolar symptoms 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 where the letter 'T' in 'Tristan' could represent or look like a 'cross', Tristan was dating someone Jewish called Rinat Noble in 2006 where 'St Rinat' is an anagram of Tristan and 'Baron' can be obtained out of 'Rinat Noble'.
- 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 in 2019 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 that 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 some degree of confirmation from the International Society for Krishna Consciousness and spiritual master 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 2.4 million dollars of research from 2002-2026, and was unemployed during the 13 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 were made in many churches that Tristan visited for teaching yoga philosophy and claiming to be the Second Coming.

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

11) Tristan obtained the maximum 5000 facebook contacts in 2023 (15 years after joining facebook in 2008), 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 Zeleznikow 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 AFL Western Bulldogs Football Club, 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 ‘unusual’ 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 levels 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 (including hearing ‘voices’ from God) and never fully recovered, which could not only be due to ongoing ‘bullying’ towards Tristan but also Paul was ‘mocking’ the teachings of Tristan. Paul 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 from July 2025, Tristan does not want to have any contact with Paul at all given his ‘aggressive’ and appalling social behaviour, along with a very negative outlook on life. Over time Paul became pathologically obsessed with Tristan based on facets such as Tristan’s looks, money, achievements and social status. Paul is homophobic and completely opposes the Chinese Communist Party with comments of equating the Chinese President Xi Jinping to Adolf Hitler and wanting to assassinate the Chinese President (Tristan witnessed Paul making a hand gesture of a ‘gun’ in reference to the Chinese President on our last road trip in New Caledonia in July 2023). Paul also illegally entered Australia when returning from a road trip in New Zealand end of 2022 by not scanning his passport when going through customs. The tipping point came about when Tristan, Tim and Paul last met at a restaurant in July 2025, and not only was Paul inappropriately taking photos of Tristan but then started recording the

conversation. Since Tristan ‘unfriended’ Paul from social media in August 2023, Paul has tried to intimidate and obtain some kind of ‘revenge’ towards Tristan by comments and ‘like’ ticks on social media including facebook and instagram, sending numerous emails on Tristan’s three separate email accounts, commenting on Tristan’s posts on the Killara High School whatsapp group leading up to the 30th reunion, and using Tim as some sought of ‘middle man’ (an example being when Tristan hosted Tim and his family over the Xmas to New Year break in 2025, where Paul gave Tim a Xmas present to give to Tristan). Tristan attended a Christian Singles Night at Zeta Bar on Thursday 23rd April 2026 (organized through Merge Dating). Paul just happened to have also registered for that night, where Paul walked up to Tristan wanting to shake hands. Tristan ignored this gesture and then Paul inappropriately went to put his hand around Tristan touching his jacket. After the initial shock of what had occurred, Tristan was so traumatized that Tristan left the event straight away at about 8:30pm (given the event was scheduled to end at 10pm). To make matters even worse, Paul had sent Tristan a text message to his phone and received whilst Tristan was travelling on the metro back home. Tristan then proceeded to block Paul’s mobile number. In July 2026, Tristan met Tim at a festival in Kogarah (Tim was taking his two kids to the festival and invited Tristan). However, Paul turned up at the festival later that evening given that Tim and Paul frequently whatsapp each other (and thus Tim mentioned that he was at this Kogarah festival with the kids and Tristan). At the festival Paul was staring directly at Tristan, where Tristan perceived Paul as some sought of ‘monster’ given the ‘large’ belly gut, bad standing posture and intensity within an ‘inflated’ face. Thus, given that Tim is always informing Paul about where Tim is located when he visits Sydney, Tristan decided to stop messaging Tim shortly after the event above in Kogarah, in an attempt that Tim will ‘unfriend’ Paul.

Paul was a ‘troubled’ child with various psychological problems and depression from primary school, and these psychological issues may have been exacerbated in high school through school colleagues where Nick Pollock in particular was running a very dangerous ‘cult’ and Paul was ‘easy pickings’ for Nick to lure Paul into his ‘cult’. The ‘cult’ was into experimental drugs and dangerous risk-taking activities. More notably, a school colleague David Keough who was part of this ‘cult’ would drive at high speeds well exceeding the speed limit, walk through train tunnels and it all ended tragically for David when he was scaling a cliff at Bondi Beach and fell to his death. Nick Pollock takes no responsibility for the death of David Keough and Tristan saw Nick in Byron Bay at a festival after the death of David where Nick told Tristan to “p**s off” for standing outside the tent because Nick and two other members of his ‘cult’ following (namely Lihling Chong and Chris Lang) were illegally smoking cannabis in the tent and there were police circulating the camping ground. Nick Pollock had a ‘big’ following from school colleagues at Killara High School with literally girls ‘draping’ off him. In particular, Nick was dating Lihling Chong from our school year, where on

the last day of school in 1994, Lihling and another school colleague Emma Cartland had spiked a drink of (anonymous) from our school year, and tragically (anonymous) ended up in hospital but thankfully recovered from the ‘spiking’ incident. Thus, was this disturbing event coordinated or related to the Nick Pollock cult? Paul has an honours degree in meteorolgy and since Tristan ‘unfriended’ Paul from social media in August 2023, Paul has been working for ‘The Bureau of Meteorology’.

Note also that 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 it would appear unlikely that this task to cover all ‘knowledge’ would have been achieved by anyone else throughout history.

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 the 2nd March 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 ‘bird’ reference has occurred on over fifty more occasions from late 2022 when Tristan attended Ryde Adventist Church.

19) On Tuesday 17th September 2024, there appeared to be a ‘ghost-like figure’ in the trees directly opposite Tristan’s third floor apartment 23/166 Mowbray Rd Willoughby 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 September 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 to reflect Jesus on the cross.

22) Tristan wrote a poem 'The Minuscule Ant' as documented in 'Prayer' at a 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 14 years of undertaking yoga processes at the age of 35 (and hence 36 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 of Jesus. However, there are a further 22 more criteria documented from above including numerous 'unusual' 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 in March/April 2013. 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 more than fifty 'unusual' bird encounters documented after this 'out-of-body' event in March/April 2013 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 of Jesus 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 Tristan curing generalized anxiety on his birthday the 26th June 2019. Fur-

ther, 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 University Incubator 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.

Tristan wrote a poem 'The Minuscule Ant' as documented in 'Prayer' at a young Buddhist retreat in December 2023, 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.

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. This latter reference provides some justification that the mission which began in 2013 has been accomplished in 2024 (12 years later) and that the teachings of Tristan as detailed in this document have been somewhat approved through God by an angel such as Angel Gabriel, in which all religions could conform to including Muslims.

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 (of course reflecting the crucifixion and resurrection of Jesus Christ).

The above provides 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 courts)
 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 to coincided with Tristan's birthday)
 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 (Tim Byrnes' student Manish PhD official acceptance to coincide with Tristan's birthday)
 25th August 2023 (bird 'poop' appeared on Tristan's shoulder directly after putting on tefillin at New York City)
 13th December 2023 (isolated lightening display at Vijayaloka Centre to coincide with a new moon after writing a poem 'The Minuscule Ant')
 21st April 2024 (bird 'poop' appeared on Tristan's hand the day before the eve of Jewish Passover at Cloncurry)
 25th April 2024 (a flock of birds flew overhead when reading the words 'Ashleigh Barty' in 'The Minuscule Ant' poem at the ANZAC day commemorative dawn service in Mt Isa)
 3rd June 2024 (black snake spotted at night time in the camping ground Kimberley's as an indication there is evil on the tour)

26th June 2024 (Julian Assange back in Australia as a free man to coincide with Tristan's birthday)

28th August 2024 (bird 'poop' appeared on the windscreen of the car when travelling on a private tour to Ranthambore National Park for a tiger safari)

17th September 2024 (ghost-like figure appearing in a tree at Tristan's residence 23/166 Mowbray Rd Willoughby)

28th September 2024 (Xmas tree outside Tristan's motel room at White Laterns Motel rm 12 in Armidale had blown over to be horizontal overnight)

7th January 2025 (the neon light at the front window fell and shattered the glass window when the customer service representative rejected 'The Minuscule Ant' poem with the quote "it had been patented" at Happy Travels 36 Camp St, Queenstown)

11th February 2025 (the shoes of a devotee disappeared from the shoe rack outside at the ISKCON temple North Sydney directly after Tristan had a conversation with another devotee about 'the minuscule ant' concept for peace. This latter devotee was mocking this concept)

18th May 2025 (at the Old Port of Marseille, there was a very unusual encounter of a flock of birds flying high in the sky (most likely seagulls) in a coordinated way - captured on film. The arrangement of the birds appear to resemble a point from the 'Star of David' and given the colours white and blue from the birds and sky respectively, the scene could reflect the Israeli flag, where the birds in such an arrangement reflect a symbol of peace such as 'white doves')

17th July 2025 (Tristan noticed bird 'poop' just below the right shoulder on a brand-new hoodie custom printed with 'The Minuscule Ant' logo when walking into the Beach Hotel, Byron Bay)

5th August 2025 (Tristan inscribed 'The Minuscule Ant' in the sand at Main Beach Byron Bay, where just after completion the waves came over 'The Minuscule Ant' artwork and it was obliterated. Tristan looked behind and there was an 'unusual' cloud formation representing a 'cross' and Tristan captured this image on camera and in a live stream)

24th August 2025 (In the evening, Tristan was a meeting a colleague at 'Brisbane Powerhouse' for the break dancing National finals. We met outside at the downstairs bar area (about 4.15pm), where Tristan's colleague went to the bar to buy some chips and when she came back there was 'bird poop' on the chair she was sitting at which wasn't there previously (about 4.45pm). About 45 mins when we were about to head inside for the break dancing (about 5.30pm), the 'bird poop' had completely disappeared from the chair)

19th September 2025 (a rather 'unusual' occurred of an owl appeared on Tristan's unit complex in 'Habitat'. Specifically, the owl was particularly big and starring directly at Tristan when returning home at nighttime. This event occurred directly 3 years after the Queen's funeral on the 19th September 2022)

22nd September 2025 (a black snake appeared in the rock gardens at 'Habitat' 36/9 Easy St, Byron Bay during the Charlie Kirk memorial service)

1st October 2025 (a rather ‘unusual’ encounter occurred at Bondi Beach of a seagull being so fascinated by Tristan’s Woolworths paper bag to the extent that the seagull was literally biting at it)

10th October 2025 (a rather ‘unusual’ event occurred at Brunswick Heads Picture House during ‘Kinky Drawers’ event where a champagne glass shattered when the artist was ‘drawing’ the ‘kinky’ part of a live model)

13th November 2025 (a copy of the ‘Gospel of Luke’ had miraculously vanished from a nearby table where Tristan was standing at Apex Park Byron Bay during a YWAM Thursday afternoon gathering)

16th November 2025 (a flurry of birds flew overhead when reading the words ‘Tristan Barnett’ in ‘The Minuscule Ant’ poem at Bondi Beach just two days after the violent Bondi attacks that claimed 15 innocent lives)

17th December 2025 (Tristan visited the Australian Museum gift shop 1 William St Sydney to purchase a beautiful ‘gold’ ant brooch where miraculously the ant had vanished from a security locked cabinet and appeared in the backroom)

27th April 2026 (a flurry of birds flew overhead when reading the words ‘Ashleigh Barty’ in ‘The Minuscule Ant’ poem at Echo Point Blue Mountains sunrise which coincided with the ANZAC day public holiday)

Based on the above, Tristan’s birthday 26th June has key dates in the years 1977, 2006, 2019, 2023 and 2024. Chris Isaak (born 1956) and Ariana Grande (born 1993) share Tristan’s birthday 26th June. Notable events on this day include the United States Congress officially declaring Christmas a federal holiday in 1870, the founding of the United Nations (UN) in 1945, the passing of Michael Jackson in 2009 (25th June in the US exactly 6 months from Xmas), and on the 26th June 2024, Julian Assange becoming a free man following a plea deal with the US government. Billie Jean King was an elite tennis player winning 39 grand slams (12 singles) and quite controversial in her political views - an advocate of gender equality and has long been a pioneer for equality and social justice. One of the most famous songs performed by Michael Jackson was indeed 1983 single ‘Billie Jean’. And given that MJ died on Tristan’s birthday exactly 6 months from Xmas could imply that Tristan is ‘King’ from the BJK reference.

Both Tristan Barnett and Rachael Gunn (aka ‘Raygun’) are affiliated with Macquarie University. Rachael is a lecturer in the Department of Media, Communications, Creative Arts, Language and Literature, and Tristan graduated with a Bachelor of Science degree. And incidentally, if the United Nations (abbreviated to just ‘UN’) are abolished then ‘archangel’ is an anagram of ‘Rachael Gunn’. And quite fitting given that the word ‘spiritualness’ can be obtained out of ‘Tristan plus Isolde’, in reference to the 2006 epic romantic drama ‘Tristan + Isolde’.

Tristan’s birth date 26th June 1977 is tennis orientated 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. The name ‘Tristan Barnett’ is also tennis orientated. 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 again Tristan graduated with a PhD in tennis statistics in 2006. However, 60/60/60 (or 666) is known as the ‘devil’s’ number and this could be equated to St Rinat (where saint and satin are anagrams) given that Rinat Noble was very pro-Zionist with insulting comments such as “I don’t want to watch Tommy Haas play tennis because he is German”. Also, ‘Baron’ can be obtained out of ‘Rinat Noble’.

Shakira, Emma Pask, Ada Nicodemou and Schapelle Corby were born in 1977, and Elvis Presley died in 1977 along with His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. Notably, both Emma Pask and Tristan celebrated their 30th KHS school reunions during the weekend 20th-22nd September 2024, where Emma attended Kirrawee High School and Tristan attended Killara High School. Simon Tedeschi (4 years below Tristan) and Elle Macpherson (13 years above Tristan) both attended Killara High, and Stirling Mortlock was in the same year as Tristan at Lindfield East Public School.

Looking further abroad, in 2024 when the encounter with the Xmas tree occurred at the White Lanterns Motel Armidale, Penny Wong was the Foreign Minister (where Penny always saves the day in reference to the former television series Inspector Gadget), Jerome Laxale was the federal MP for the seat of Bennelong (Tristan’s federal electorate in reference to Tristan’s middle name ‘Jerome’), Jordan Lane was the state MP for the seat of Ryde (Tristan’s state electorate in reference to Tristan’s former dog’s name ‘Jordan’) and Anthony Albanese was the Prime Minister (in reference to the word ‘ant’ from ‘Anthony’ where the poem ‘The Minuscule Ant’ performed by Tristan has led to many ‘unusual’ encounters involving birds).

There is indication to abolish the United Nations (UN) since ‘archangel’ is an anagram of ‘Rachael Gunn’ (once the letters ‘UN’ are removed from ‘Rachael Gunn’) and from the card game ‘UNO Flip’, Mark Philippoussis (nicknamed to just ‘Flip’) won 0 slams (once the letters ‘UN’ are removed from ‘UNO Flip’).

It is also interesting that on the 28th September 2024 (when the ‘horizontal’ Xmas tree appeared at the White Lanterns Motel Armidale) there were 4 male tennis players ranked in the top 10 representing ‘demoniac’ names. More specifically, Jannik Sinner (surname ‘sinner’), Alex De Minaur (aka ‘demon’), Casper Ruud (in reference to ‘Casper the Ghost’) and Alcaraz (in reference to ‘Alcatraz’). Replacing the ‘r’ in ‘Sinner’ with a ‘t’ gives ‘Sinnet’ (and ‘sinnet’ backwards gives the word ‘tennis’ where Jannik Sinner won 2 slams in 2024 and $r+2=t$ on the standard alphabet). In contrast, adding a ‘t’ to ‘Alcaraz’ becomes ‘Alcatraz’ and thus if we represent the missing ‘t’ as a ‘cross’, then prisons and corrective units in general are places for ‘sinners’, ‘demons’ and ‘ghosts’. At the 2025 Australian Open tennis, Tristan

Schoolkate and Tristan Boyer lost to Jannik Sinner and Alex De Minaur (aka 'Demon') respectively in the 2nd round. Thus, the two Tristan's at the 2025 Australian Open lost to 'sinners' and 'demons' both in the 2nd round.

Further, Barron Trump is a student at New York University (in reference to Tim Byrnes being an academic at NYU Shanghai) and 'Lord' can be obtained in 'Donald Trump'. 'Anointers' is one of the longest words obtained in 'Anthony Fisher' (the ninth Catholic Archbishop of Sydney). The words 'Father' and 'ants' can also be obtained in 'Anthony Fisher'.

Tristan moved to Byron Bay on the 30th June 2025. Note that 'Baron' can be obtained out of 'Byron Bay', 'Li Na' out of 'Ballina' (closest main shopping district from Byron Bay) and there is an 'IGA' supermarket only minutes from where Tristan is living in reference to the tennis player 'Iga Swiatek'. Note the word in 'Barra' in Tristan Barnett, where Australian slang for Monday is 'Mundi' and thus establishing the word 'Barra-Mundi'. Also, 'Hugger Barnett' is an anagram of environmental activist 'Greta Thunberg'.

Delta Goodrem is an Australian singer/songwriter based in Sydney. 'Xmas with Delta' has been performed by Delta for many years, where 'X Delta' reversed is 'Delta X' (a famous notation used in mathematical calculus).

The following information is used to give an indication that the longest serving Prime Minister of Israel Benjamin Netanyahu was Adolf Hitler in a previous life. Firstly, Hitler died 30th April 1945. Netanyahu was born 21st October 1949 (four years after the death of Hitler). Based on the war in Gaza from the 7th October 2023, many scholars and politicians around the globe have accused Netanyahu of committing genocide given the high number of casualties including children. Note that 'ant' in French is 'fourmi' where Netanyahu was born four years after the death of Hitler. Also, 'antihuman' is the longest word obtained in 'Benjamin Netanyahu'. Thus, it appears that Hitler descended to an 'ant' for 4 years (several ants) before returning as a human in Netanyahu. To put it another way someone has to be Hitler in a previous life based on reincarnation / transmigration of the soul until the spiritual sky is reached. In any case the 6 million Jews, 60,000+ Gaza casualties, 9/11 victims, Bondi Beach victims, Charlie Kirks etc would have most likely ascended to the spiritual sky as angels which is our whole purpose in life (constitutional position) where 3/4 of the universe is spiritual and life is eternal (the soul is life and cannot be destroyed). Everyone 8.4 million species in life will get to the spiritual sky eventually and the material universe will be annihilated by God.

There are good ants and bad ants, where the likes of Anthony Fisher and Anthony Albanese are good ants, and Anthony Bedford as documented earlier with high levels of corruption and bullying in reference to academic research is a bad ant. And interestingly, Anthony Bedford goes under the nickname as 'Ant'.

Finally, Tristan has observed three interesting references to 'The Minuscule Ant'. Firstly, 'nanotesla' is the longest word obtained in the Prime Minister 'Anthony Albanese' and 'Anthony' can be abbreviated to just 'ant'.

The ‘t’ in ‘ant’ can be written as a ‘cross’, ‘C’ for Charlie is a standard phonetic alphabet term and the ‘cross’ is directly below the ‘C’ when ‘The Minuscule Ant’ is inscribed on the sand. This could reflect on the political assassination of ‘Charlie Kirk’. The three middle letters in ‘minuscule’ are ‘USC’ which is an acronym for the University of the Sunshine Coast. Given that Anthony Bedford had an affiliation with this university and the alignment of ‘USC’ is directly above ‘Ant’ when ‘The Minuscule Ant’ is inscribed in the sand, gives some indication that although Anthony is highly corrupt, one has to “Love thy Enemy” (as quoted by Jesus).

5.4 Places of interest

5.4.1 Overview

Tristan’s trail would be of interest for places to visit throughout Sydney, Melbourne, Adelaide and Byron Bay. Below are places of significance in Sydney based on growing up with local schools, having a Bar Mitzvah, ‘unusual’ 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 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 & 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 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 ‘unusual’ encounters included a ‘ghost-like’ figure appeared in a tree.

5.4.6 Places of Particular Significance

- 1) 60B Clanville Rd (Roseville Park Tennis Courts)
- 2) Squeaky Beach, Wilsons Promontory National Park
- 3) 22/122 Culloden Rd, Marsfield (Macquarie University Village)
- 4) 1-8-6 Jingumae Tamagami Bldg. Shibuya-ku, Tokyo (Harajuku Starbucks)
- 5) 12/5 Leisure Close, Macquarie Park
- 6) Balaclava Rd, Macquarie Park (Macquarie University Incubator)
- 7) Vijayaloka, Minto Heights (Buddhist Retreat Centre)
- 8) Kimberley (Mt Barnett camping ground)
- 9) 23/166 Mowbray Rd, Willoughby
- 10) 22 Marsh St, Armidale (White Lanterns Motel rm 12)
- 11) 36 Camp St, Queenstown New Zealand (Happy Tours)
- 12) 180 Falcon St, North Sydney (ISKCON temple)
- 13) Old Port Marseille, France
- 14) Main Beach, Byron Bay
- 15) 119 Lamington St, New Farm (Brisbane Powerhouse)
- 16) 36/9 Easy St, Byron Bay (‘Habitat’)
- 17) 30 Fingal St, Brunswick Heads (Brunswick Picture House)
- 18) 1 William St (Australian Museum Shop)
- 19) Bondi Beach
- 20) Echo Point, Katoomba

5.5 Yoga for Peace

If one likes ants then one will like all creation for the following reasons:

- 1) ants are the most primitive of animal life
- 2) ants are the most abundance of animal life (possibly around 13,000 species of ants)
- 3) everyone associates very well with ants and somewhat amazed by their abilities for such a minuscule creature
- 4) ants are social insects

Since the start of 2024, Tristan has been posting flyers in reference to the poem ‘The Minuscule Ant’ on notice/community boards to raise awareness to like ants, along with hand-out merchandise as a sachet (in a ‘sandwich bag’) containing a business card, postcard and stickers. Tristan regularly wears a custom-made t-shirt where ‘The Minuscule Ant’ poem is written on the back of the t-shirt and a custom-made hoodie featuring the ‘The Minuscule Ant’ logo. Tristan builds themed ‘bar ants’ in cafes and bars using glasses (with straws for the antennas and legs). When living and visiting Byron Bay, Tristan regularly inscribed ‘The Minuscule Ant’ in the sand as an art piece and streamed a YouTube video of ants going about their daily lives as a form of meditation in the Habitat Village precinct (search: Ambient Music & Ants | Mesmerizing Nature Footage). Tristan was also building an art piece by writing ‘The Minuscule Ant’ out of Jenga blocks in the courtyard at the University of Technology Sydney (UTS).

In 2024, a website ‘Yoga for Peace’ (yoga-for-peace.com) was established where this document can be freely downloaded. A link to this website is given on a ‘Yoga for Peace’ facebook group ([facebook.com / groups / 501908766635731](https://facebook.com/groups/501908766635731)), Tristan’s facebook page ([facebook.com / tristan.barnett.589](https://facebook.com/tristan.barnett.589)) and on ‘Strategic Games’ website ([strategicgames.com.au / who-is-the-baron](http://strategicgames.com.au/who-is-the-baron)).

More significantly, from the 14th November 2024, this document has been distributed as a hard copy to the following 81 key people/bodies including Vice Chancellors, Ministers, Senators and Members of Parliament (state and federal): Macquarie University VC Professor S. Bruce Downton, The University of Sydney VC Professor Mark Scott, University of Technology Sydney VC Professor Andrew Parfitt, The University of New South Wales VC Professor Attila Brungs, Australian National University VC Professor Genevieve Bell, Swinburne University VC Professor Pascale Quester, Victoria University VC Professor Adam Shoemaker, University of South Australia VC Professor David Lloyd, Flinders University VC Professor Colin Stirling, La Trobe University VC Professor Theo Farrell, RMIT University VC Professor Alec Cameron, University of the Sunshine Coast VC Professor Helen Bartlett, University of Canberra VC The Honourable Bill Shorten, Southern Cross University VC Professor Tyrone Carlin, The University of Melbourne VC Glyn Davis, Monash University VC Sharon Pickering, Senator Penny Wong, Mark Butler MP, Allegra Spender MP, Zali Steggall MP, Jerome Laxale MP, Jordan Lane MP, Tanya Plibersek MP, Senator Fatima Payman, Jason Clare MP, Jenny Leong MP, Senator Jenny McAllister, Prime Minister Anthony Albanese, Matt Thistlethwaite MP, Jason Yat-sen Li MP, Sally Sitou MP, Peter Dutton MP, Adam Bandt MP, Stephanie Di Pasqua MP, Sussan Ley MP, Senator Larissa Waters, Tamara Smith MP, Richard Marles MP, Senator David Pocock, David Littleproud MP, Barnaby Joyce MP, Senator Pauline Hanson, Bob Katter MP, Justine Elliot MP, Anika Wells MP, Chris Minns MP, Tony Burke MP, Chris Bowen MP, Peter Malinauskas MP, Kevin Hogan MP, Janelle Saffin MP, Geoff Provest MP, Senator Lidia Thorpe, Senator Mehreen Faruqi, Senator Linda Reynolds, Angus Taylor MP, Andrew

Hastie MP, Senator Andrew Bragg, Kellie Sloane MP, Tim James MP, Nicolette Boele MP, His Holiness Pope Francis, Archbishop Anthony Fisher, His Majesty King Charles III, Her Excellency Sam Mostyn, Roger Federer Foundation, Anne Frank House, Bhaktivedanta College Belgium, Krishna Village Eungella, Capital Jewish Museum Washington D.C., Jewish Museum Sydney, President Donald Trump, Elon Musk Foundation, Tennis Australia, Victoria Institute of Sport (VIS), Australian Institute of Sport (AIS), Western Bulldogs AFL, Australian Research Council (ARC), Australia and New Zealand Industrial and Applied Mathematics (ANZIAM), Yogi Chauhan (Yoga with Yogi), Jillian Segal (Australia's Special Envoy to Combat Antisemitism) and The Honourable Virginia Bell (Royal Commissioner on Antisemitism and Social Cohesion).

5.6 Justice

As detailed throughout this document, Tristan experienced extensive bullying and abuse throughout his life, including bullying by students and teachers at Lindfield East Public School and Killara High School, physical and sexual assault by teachers, and a near-fatal incident involving a peer. After earning a PhD from Swinburne University, he faced academic bullying and unpaid work, including \$25,600 owed by the Western Bulldogs AFL Football Club while in a voluntary position at Victoria University. His supervisor, Professor John Zeleznikow, also bullied him, causing family conflict. Tristan endured further bullying at NCS Pearson, Infoplum, and the Victorian Institute of Sport. This prolonged mistreatment led to a generalized anxiety disorder in 2012, resulting in severe health issues, hospitalizations, and unemployment since then. Despite holding a PhD with 47 academic publications and conducting \$2.4 million worth of research including a solution to world peace as contained in this document, Tristan did not receive a single penny for the research. Tristan is owed \$25,600 by the Western Bulldogs AFL Football Club and \$13,000 by Sportsbet21. He has also been persecuted for teaching yoga philosophy, having been banned from churches, synagogues, and several Christian clubs at Macquarie University. Given that the word 'justices' can be obtained out of Jesus Christ, has justice been obtained by writing this document?

Hare Krishna

Chapter 6

Poems

6.1 Just a Coincidence

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 merrily (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. And is it just a coincidence that tennis player Carlos Alcaraz is missing a ‘t’ for tennis (or even a ‘cross’) to form the infamous Alcatraz prison in reference to Jannik Sinner (‘Sinners’), Alex de Minaur (aka ‘Demon’), Casper Ruud (‘Ghosts’ from Casper the Ghost) and Karen Khachanov (‘Katchy’ for a ‘KKK’)? 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. Okay some politics. Given that ‘archangel’ is an anagram of Rachael Gunn

(aka ‘Raygun’) without the UN, should we then simply abolish the UN? Bandt is displayed sequentially in Bandicoot and Albo sequentially in Albatross in reference to political leaders Adam Bandt and Anthony Albanese (known colloquially as ‘Albo’). Susie O’Neill, former gold medallist swimmer was nicknamed ‘Madame Butterfly’ in reference to her peerless quality as a butterfly swimmer. 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?

6.2 Is the Davis Cup $\frac{1}{2}$ Full or $\frac{1}{2}$ Empty?

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 $p = \frac{1}{2}$ as a non-linear singularity. 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 $\frac{1}{2} \cdot 1 = \frac{1}{2}$ 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.

6.3 MATHS MATTERS @ KHS 30th Reunion

On the 21.09.24, Tristan attended the 30th reunion Killara High School for the class of 1994. Since, $21+9-24=6$ (where 6 is a perfect number $3+2+1=6$ and $3 \times 2=6$), implies that maths was taught in class 30 years ago. Both sport 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 sport 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 references. 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

6.4 Saving Jannik Sinner with the Night-time Cap

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 an equal 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 along with the current pope 'Pope Francis' are in Rome. Roman Catholic bishops (including cardinals, archbishops, and popes) are 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

6.5 Anyone for Basketball?

An intriguing question in the world of sporting prowess is this: how well would an elite athlete perform if we dropped them into a completely different sport? Ash Barty provides a fascinating example, having excelled at both tennis and cricket while even considering professional golf after retiring from tennis in 2022. So, if athletes can cross sporting boundaries, why not assemble an entire basketball team from tennis legends? Basketball is the ultimate team sport: five players, different skill sets, one ball and absolutely no room for someone who thinks they're playing singles. First, we

need a sharpshooter. Basketball rewards precision, particularly from behind the three-point line. In tennis, the closest equivalent is the ability to serve an extraordinary number of aces. Enter Goran Ivanisevic, Mr Ace himself. His 2001 Wimbledon triumph as a wildcard was built around a formidable serving performance, making him the obvious candidate to stand downtown beyond the three-point line and launch basketballs at the hoop. Next comes the slam dunk. At 1.93 metres, Goran might also have fancied his chances above the rim, but the tennis player who practically has the word slam built into his résumé is 14 times tennis slam champion Pete Sampras. His spectacular overhead ‘slam dunk’ tennis smash has long been admired by tennis fans, with some even suggesting that Pete possessed the athleticism to dunk a basketball on a 10-foot hoop. In other words, Pete could potentially turn a tennis smash into a basketball slam dunk—with considerably more altitude and attitude! For some fancy ball handling, Nick Kyrgios would be the obvious choice. His trademark tweener demonstrates the sort of improvisational hand-eye coordination that could make him basketball’s most entertaining trick-shot specialist. You would probably want to warn the coach, however, that the phrase “stick to the game plan” may not be part of his vocabulary! For defence and recovery, Boris Becker earns a place through his legendary diving volleys. If the basketball is heading towards the floor, Becker’s response would presumably be: Why let gravity win? That leaves the most important position: the ball handler. Basketball requires the ball to travel repeatedly from one end of the court to the other, so we need someone with almost supernatural patience and ball control. Step forward Novak Djokovic. In the 2015 Miami Masters final against Andy Murray, Novak famously bounced the tennis ball repeatedly before serving at match point—reported as 29 consecutive bounces. If anyone could bounce a basketball from one end of the court to the other while maintaining concentration, Novak would surely be the man. So, there we have it: Goran Ivanisevic for the three-pointers, Pete Sampras for the slam dunks, Nick Kyrgios for the trickery, Boris Becker for the diving defence and Novak Djokovic for the endless ball bouncing. On paper, it may be the most mismatched basketball team ever assembled—but with this much tennis talent, you would certainly want to see them take centre court.

6.6 Much Ado About Tristan Barnett

Chris Isaak (born 1956) and Ariana Grande (born 1993) share Tristan’s birthday 26th June. Notable events on this day include the United States Congress officially declaring Christmas a federal holiday in 1870, the founding of the United Nations in 1945, the passing of Michael Jackson in 2009 (25th June in the US exactly 6 months from Xmas), and on the 26th June 2024, Julian Assange becoming a free man following a plea deal with the US government. Both Tristan Barnett and Rachael Gunn (aka ‘Raygun’) are affiliated with

Macquarie University. Rachael is a lecturer and Tristan graduated with a Bachelor of Science degree. And incidentally, if the United Nations (abbreviated to just ‘UN’) are abolished, then ‘archangel’ is an anagram of ‘Rachael Gunn’. And quite fitting given that the word ‘spiritualness’ can be obtained out of the 2006 epic romantic drama film ‘Tristan plus Isolde’. Tristan’s name is tennis orientated given that ‘tennis’ can be obtained out of ‘Tristan Barnett’. Tristan’s birth date 26th June 1977 is also tennis orientated 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. At the 2025 Australian Open, Tristan Schoolkate lost to Jannik Sinner in the second round, and Tristan Boyer lost to Alex de Minaur (aka ‘Demon’) in the second round as well. Thus, the two Tristans at the 2025 Australian Open both lost in the second round - one to a ‘Sinner’ and the other to a ‘Demon’. Shakira, Emma Pask, Ada Nicodemou and Schapelle Corby were born in 1977, and Elvis Presley died in 1977. Simon Tedeschi (4 years below Tristan) and Elle Macpherson (13 years above Tristan) both attended Killara High School, and Stirling Mortlock was in the same year as Tristan at Lindfield East Public School. Whilst compiling this dissertation about ‘Tristan Barnett’, Jerome Laxale was the federal MP for the seat of Bennelong (Tristan’s federal electorate where Tristan’s middle name is ‘Jerome’) and Jordan Lane was the state MP for the seat of Ryde (Tristan’s state electorate where Tristan’s former puppy dog was named ‘Jordan’). And finally, Penny Wong was the Minister for Foreign Affairs (where Penny always saves the day in reference to the former television series Inspector Gadget). Penny and the detective dog called ‘Brain’ are the true heroes of Inspector Gadget, acting as the secret, competent intelligence behind every mission while the incompetent Gadget takes the credit. Thus, if one symbolizes Tristan’s former puppy dog named ‘Jordan’ with intelligence Jordan Lane MP to detective dog ‘Brain’ from Inspector Gadget with intelligence Penny Wong Minister for Foreign Affairs (where the collaborative team of Penny and Brain from Inspector Gadget always save the day), then what are the chances that Tristan regularly watched Inspector Gadget as a kid whilst growing up?

6.7 The Double Prestige in Tennis

“The Prestige” is the final part of a magic trick, where the magician reveals hidden secrets and unveils the true nature of the illusion, delivering a satisfying conclusion that leaves the audience amazed. Disclaimer: to achieve The Prestige in tennis - or indeed The Double Prestige - the audience should read this passage from beginning to end; otherwise, it would be like watching Titanic after already being told the ending. Now the traditional advantage set, which had existed since the origins of Wimbledon in 1877, was completely abolished from tennis 145 years later, with the 2021 French Open becoming

the last Grand Slam tournament to use it in singles final sets. The tiebreak itself had been proposed by James H. Van Alen in the early 1950's to solve the problem of excessively 'long' matches and was first introduced at the US Open in 1970. Although the other Grand Slams later adopted tiebreaks, they initially preserved the final advantage set as a nod to tradition. However, the increasing dominance of the serve - particularly in the men's game due to improvements in racket technology - continued to produce lengthy final sets. Famous examples include Ivanisevic defeating Krajicek 15-13 at Wimbledon in 1998, Roddick defeating El Aynaoui 21-19 at the 2003 Australian Open, and Isner defeating Mahut 70-68 at Wimbledon in 2010, a match lasting a world record 11 hours and 5 minutes. The only 'positive' aspect of this latter match was that it was played over three days due to light constraints. Thus, if spectators missed the match on the first day, they could still watch it on the second day; similarly, if they missed it on both the first and second days, they could still watch it on the third day. Another major scoring innovation was the introduction of the No-Ad game in doubles in 2006, where a sudden-death point is played at deuce. Building on this idea, consider an alternative format called the 50-40 game: the server still requires four points to win the game, but the receiver needs only three. This deliberately introduces a small imbalance in favour of the receiver and caps games at six points. Since serving has become increasingly dominant, such an imbalance may actually create more competitive games and more breaks of serve. Suppose player A and player B have probabilities of 74% and 72%, respectively, of winning points on serve-values typical of 'long' advantage-set matches. Using a Markov chain model with constant serving probabilities, the chances of reaching 12-12 in a final advantage set are 21.7% using traditional deuce scoring, 13.6% using No-Ad scoring, and only 2.0% using the 50-40 game. Thus, the traditional advantage set could potentially return as a final set in Grand Slam tennis through this game changer (pun intended) - and voilà, "The Prestige". There is more. Under the same serving assumptions, the average number of points played in a best-of-five match with all tiebreak sets is 274 for deuce scoring, 249 for No-Ad scoring, and only 212 for the 50-40 game. Meanwhile, the stronger player's probability of winning rises slightly from 61.1% under deuce and No-Ad scoring to 61.8% under the 50-40 format. Thus, the 50-40 game not only shortens matches but, somewhat counterintuitively, slightly increases the likelihood that the stronger player wins. At the same time, it may allow the return of the traditional advantage final set while avoiding the excessive match lengths that led to its removal - and voilà, "The Double Prestige".

6.8 Backpackers Down Under - Fraser Island and Beyond

Whilst travelling on a 4-monther Greyhound Bus backpacker style from Melbourne to Darwin in 2024 (via Cairns and Alice Springs), and 10,000+ km later, the writer was just a little bit curious as to why backpackers would plan their entire trip around Fraser Island (in comparison to other big features such as do an Uluru or sick gorg possibly spewing jumping crocodiles Adelaide River Top End). Here are several reasons. Firstly, Fraser Island is a major highlight in the Australia Lonely Planet Guide and every tourist alike not just backpackers would note Fraser Island on the bucket list as things to do. Secondly, Fraser Island is a UNESCO World Heritage Site and at 122km long it is the world's largest sand island. Thirdly, the island's proximity from the major cities of Sydney and Brisbane, and nicely positioned on the East Coast of Australia (home of the Great Barrier Reef and Whitsundays) is convenient for all types of backpackers including nomads, gypsies, hipsters, surfies, musos, clubbers, poet slammers, filthy mullets, fruit-loops, swifties, drifters and couch surfers. Fourthly, assuming backpackers arrive in Sydney and depart from Cairns, then a Lonely Planet route could entail from south to north - Bondi Beach, Manly Beach, Summer Bay (also known as Palm Beach without Marilyn Chambers and Mr Stewart), Byron Bay, Surfers Paradise, Rainbow Beach, Airlie Beach and Mission Beach (although you are more likely to see a cassowary on the beach than a missionary); where Rainbow Beach is the gateway and closest mainland to Fraser Island. Fifthly, overseas marketing, branding and 'product pleasure' can drive traffic to destinations and thus contributing to the half a million visitors to Fraser Island each year. Familiar and now popular branding towards backpackers include Wake Up (in reference to Jack Dawson in the movie 'Titanic' but unable to say to much as to not spoil the ending), Nomads Magnetic Island (with an Adults Only Olympic Games interactive night), The Arts Factory Byron Bay (where one can deepen their own self-awareness with mother-nature such as making a bracelet out of a blade of grass), Gilligans Backpackers Cairns (known as party central and Gilligan's Island is a well-known pinball game), Spank Me in the Whitsundays and voila Dingo Tours glamping on Fraser Island playing patented dorm-only UNO Flip with 4 players given that 6 is a perfect number (that is a positive integer that is equal to the sum of its positive proper divisors), where the total number of ways that a group of 4 objects (be it balls, cards or even backpackers) can be arranged 2 at a time (known as the binomial coefficient 4C_2) is equal to 6 - perfecto!

6.9 Three Little Birds and the Bees

'Three Little Birds' is a song by Bob Marley and the Wailers, released on the album Exodus in June 1977. Coincidentally, the only three former Australian

politicians that come to mind with last names representing types of birds are Andrew Peacock, Bob Hawke and Wayne Swan. The 31st Australian Prime Minister is Anthony Albanese (often referred to as just ‘Albo’). Incidentally, the word ‘Albo’ could be interpreted as ‘Albo the Albatross’, where ‘Albatross’ cannot be obtained out of the letters of ‘Anthony Albanese’ but rather a ridiculous four other types of animal species namely - ants, bees, abalone and hyenas. Now playing off the colloquial expression ‘the birds and the bees’ LOL and based on information obtained above we can deduce the rather elegant expression ‘Three Little Birds and the Bees’. Now incidentally, one of the longest words obtained out of ‘Anthony Albanese’ is nanotesla. It is readily accepted amongst public discourse including academics, politicians and former politicians, that ants are minuscule. From above and stating the obvious ‘Anthony’ can be abbreviated to just ‘Ant’, and given the ‘nanotesla’ reference from above lends itself to another rather elegant expression that the PM Anthony Albanese could be referred to as ‘The Minuscule Ant’ in preference to ‘Albo the Albatross’. Now also incidentally, ‘AA’ are the initials of ‘Anthony Albanese’, where ‘aa’ is an actual word defined as a type of lava and lava is known to symbolize ‘love’. Thus, if one loves ‘ants’, then one will like all of God’s creation since (drum roll) ants are minuscule.

6.10 To be or not to be Li Na or Na Li

Li Na (or Na Li given that in China the last name is often pronounced first) is a Chinese former professional tennis player and quite impressively the first Chinese player to win a Grand Slam (2 in total) by winning the 2011 French Open and 3 years later the 2014 Australian Open. Now let’s digress to chemistry given the obvious ‘love’ reference in tennis, the not so obvious Australian Open (abbreviated to AO ‘Adults Only’) and the smoking ash reference from Ash Barty LOL. On the periodic table of elements, lithium (abbreviated to Li) has an atomic number of 3 and sodium (abbreviated to Na) has an atomic number of 11. Sodium Na is directly below Lithium Li on the periodic table and thus it is intriguing that although Li Na reads naturally from top to bottom on the periodic table; there is an argument that Na Li could be an icebreaker discussion at say an end of year school prom for argument’s sake based on Na Li winning the 2011 French Open and 3 years later the 2014 Australian Open where Sodium Na (atomic number 11) + Lithium Li (atomic number 3) = 14. Let’s continue with the chemistry theme and you may like to grab yourself a hot chocolate given ‘Hot Coco’ within ‘hot chocolate’ in reference to the 2023 US Grand Slam winner Coco Gauff. Now again referring to the periodic table of elements, Rutherfordium (abbreviated to Rf) has an atomic number of 104 and Roger Federer with initials and international branding also RF (by noting the capital F) has won 103 titles. Therefore, by equating the two identities produces $Rf - RF = 104 - 103 = 1$, and with some grunt and fancy footwork we derive the rather elegant

equation $R = \frac{1}{f-F}$.

6.11 One-Dimensional Rafael Nadal

The 2025 French Open commenced on the 25th May with a tribute to Rafael “Rafa” Nadal, highlighting his record 14 titles at the tournament - the most by any player at a single Grand Slam. Rafa won 22 Grand Slam titles overall, with 14 out of 22 or 63.6% coming at the French Open. Across 1,326 career matches, Rafa won 82.3%, with a standout 90.2% win rate on clay, far higher than on any other surface. Rafa’s performance drops on indoor courts to 67.9%, reflected in his lack ‘0’ of ATP Finals titles played indoors. Thus, based on Rafa winning a record 14 French Open titles in comparison to winning the other 3 grand slams of 8 in total, along with Rafa’s relatively poor performance on indoor surfaces, suggests that Rafa could be One-Dimensional - only performing on clay surfaces played outdoors. Now given Rafa’s special tribute at the 2025 French Open and retirement from tennis just after the 2024 Paris Olympics, suggests that his next project and journey in life could involve clay, as opposed to spray painting the car ‘Pro Hart’ style for argument’s sake. Thus, what would be more appropriate than Rafa Nadal taking up pottery-making and could be a great ambassador for this craft-making ‘art’ sport if we assume that ‘physical’ sports apply to tennis, cricket and the likes, and ‘mind’ sports apply to chess, poker and so on. Further, if there was indoor and outdoor pottery-making then Rafa’s performance outdoors could possibly be better than indoors if tennis is anything to go by given that Rafa won a ridiculous world record 14 French Open titles played outdoors and thus has a ‘feel’ for the clay. Now an obvious reference to pottery-making is of course from the 1990 film ‘Ghost’ with lead casts Sam Wheat as played by Patrick Swayze and Molly Jensen as played by Demi Moore. “Hey Google what is the pottery-making scene in the 1990 film Ghost” - “well Tristan the pottery scene is a moment of quiet sensuality, where physical touch and intimate proximity are central to the narrative. As Sam, in his ghostly form, gently guides Molly’s hands on the spinning clay, the viewer is invited into an intimate space of vulnerability”. Now it is rather convenient that there is an alias ‘Ghost’ on the tour through Casper Ruud (where Casper was the name of a ‘friendly ghost’ in a theatrical animated cartoon series) and it is also convenient that Casper Ruud like Rafa Nadal also performs best on clay in comparison to grass and hard courts. Thus, although Rafa Nadal appears to be the superior in tennis to Casper Ruud on all surfaces, it would be intriguing and could make great spectator curiosity for which tennis player would be better at pottery-making where both indoors and outdoors day-time and night-time (LOL) could be utilized accordingly. On the contrary Roger Federer’s tennis record with 8 men’s Wimbledon singles titles and 6 end of year ATP Finals suggests that Roger in his retirement could be best suited to say indoor grass lawn mowing. And

finally, Novak Djokovic is good on all surfaces grass, hard and clay indoors and outdoors with a particular talent for bouncing the ball an unlimited number of times before serving, and thus Novak could also be competitive at both pottery-making and lawn mowing both indoors and outdoors day-time and night-time. However, given the ability to bounce the ball an unlimited number of times suggests that Novak should avoid street performing as a juggler.

6.12 Beyond Serenity in Israel/Palestine Combined

The writer decided to play around with words and Scrabble games from 7 June 2025 onward to find even the slightest hint as to whether the ongoing Israeli–Palestinian conflict could eventually be resolved through findings that appear somewhat magical or even “spiritual” because of their coincidences. The findings are as follows. Israel was declared the ‘State of Israel’ on 14 May 1948 by the United Nations (UN). Rachael Gunn (aka ‘Raygun’) was somewhat controversial as a breakdancing competitor at the 2024 Paris Olympics because of her style of dancing. Raygun received zero points from the judges and did not progress beyond the first round. If we abolish the UN, then amazingly the word ‘archangel’ is an anagram of ‘Rachael Gunn’. In a similar word puzzle, former tennis player Mark Philippoussis (aka ‘Flip’) won zero Grand Slam titles. Once again, if we abolish the UN from the card game ‘UNO Flip’, we are left with ‘O Flip’ (or Flip winning 0 slams). Therefore, if the UN had not declared the ‘State of Israel’ in 1948, or if the UN had never existed in the first place (to be ‘abolished’), would the Israeli–Palestinian conflict have ever occurred, where Israel’s current war in Gaza has reportedly killed at least 54,677 Palestinians and wounded at least 125,530, according to Gaza’s Health Ministry? The Prime Minister of Israel, Benjamin Netanyahu, is the longest-serving Israeli Prime Minister in history, serving for more than 17 years in total. One of the longest words that can be formed from ‘Benjamin Netanyahu’ is ‘antihuman’, which scores a total of 14 points in Scrabble based on its net value. The word ‘humanity’ can also be formed from ‘Benjamin Netanyahu’, and it scores 16 points in Scrabble. The word ‘antihuman’ is defined as being opposed or hostile to humanity. Given that ‘humanity’ scores more points than ‘antihuman’ in Scrabble, this may perhaps indicate that ‘humanity’ is more likely than ‘antihuman’ within Benjamin Netanyahu. One of the longest words that can be formed from ‘Palestine’ is ‘penalties’, and an anagram of ‘Israel’ is ‘sailer’. The UN has imposed sanctions on the Israeli government and sought for Benjamin Netanyahu to face the International Court of Justice for war crimes. In June 2025, a British-flagged yacht named ‘Madleen’, as part of the Freedom Flotilla mission, was intercepted by Israeli forces on 8 June while sailing to Gaza to provide humanitarian aid to the Palestinian people. Given that ‘greenbug’ and ‘earthnut’ can be formed from

‘Greta Thunberg’, it seems fitting that the 22-year-old climate activist and humanitarian was among the crew on the sailing vessel to Gaza. Given that neither of the above ‘missions’ was successful, this may help explain why the ‘reverse’ of words appears to have occurred, such that ‘penalties’ apply to Israel according to the UN, and ‘sailer’ applies to Palestine, as in the sailing ship to Gaza providing humanitarian aid to the Palestinian people. The fact that this ‘reverse’ occurred appears somewhat ‘magical’, since if one or both missions had been successful, then the word puzzle would not seem to make sense. Thus, perhaps these two outcomes — Benjamin Netanyahu not facing the International Court of Justice for war crimes and the Madleen mission to Gaza being intercepted by Israeli forces — represent the best outcomes for the long-term resolution of the conflict. The word ‘serenities’ can be formed from ‘palestineisrael’, where ‘serenities’ is defined as states of being calm, peaceful, and untroubled. The word ‘serenity’ also resonates with the public, as depicted in the Australian film *The Castle*, with the iconic line, “How’s the serenity?” associated with the Kerrigan family’s holiday home in Bonnie Doon. However, ‘serenity’ itself cannot be formed within ‘palestineisrael’; rather, only the plural form, ‘serenities’, can be obtained. Since a plural form is often perceived as stronger or extending beyond the singular form, this may perhaps be an indication or a ‘sign’ that something beyond serenity could exist in a combined Israel–Palestine future.

6.13 All About Ants

If one likes ants then one will like all creation for the following reasons: 1) ants are the most primitive of animal life, 2) ants are the most abundance of animal life (possibly around 13,000 species of ants), 3) everyone associates very well with ants and somewhat amazed by their abilities for such a minuscule creature, and 4) ants are social insects. Thus, if one does not like ants are they then classified as being ‘anti’? And what about Spider-Man in the sense that if there are no ‘ants’ around, has Spider-Man then killed off the ants including Ant-Man given the word ‘ant’ within quANTumania? And thus, is Spider-Man really just the Anti-Man? But God loves all his creation including the minuscule ant and (drum roll) Prime Minister Ant Albanese. And thus is Ant Albanese minuscule given that ‘nanotesla’ is one of the longest words obtained in ‘Anthony Albanese’? And can kangaroos really fly given that ‘ant’ is obtained within qANTas and not kangaroo? Ants have an association with Shakespearean plays with one-liners such as ‘Wherefore Ant thou Cleopatra’. Building an art gallery (or rather an ‘ant’ gallery) could be quite appropriate where Pro Hart frequently used ants as a powerful symbol in his art, particularly to represent the hardworking miners of Broken Hill. He saw a parallel between the tireless efforts of ants and the dedication of miners, toiling underground to extract silver, lead, and zinc. The ants, therefore, became a visual metaphor for the miners’ resilience and

contribution to the community, especially during challenging times like the World Wars and the Great Depression. The Australian indigenous often use ants (particularly honey ants) in their paintings as a representation of bush survival tucker and green ants can be used for traditional medicine. The indigenous animal of the Northern Territory is indeed the ant, and quite appropriate given that Australia Northern Territory abbreviates to just ‘ANT’. The very fact that society are so fascinated by such a minuscule creature, possibly led to the 1998 animated film ‘Antz’, grossing \$171.8 million worldwide at the box office and receiving positive reviews, with critics praising the voice cast, animation, humor, and its appeal towards adults. In any case ants are abundANT, have ANTennas but can’t play tennis, are anything but ANTisocial, quite brilliANT, fANTastic, importANT, relevANT and pleas-ANT. And finally, it could be worth an archaeological exploration to find rare species of ants such as the dinosaur, trap-jaw, bulldog and driver ant particularly in places of ANTwerp and ANTartica – where if unsuccessful one could quote “they were clearly there but did not see any ants because they are minuscule”.

6.14 ABBA in Mullum the Day After 25/07/25

As the title suggests there was some ABBA type performance in Mullum on the 26/07/25 – where the previous day was the 25/07/25 in line with the palindromic words ‘ABBA’ and ‘Mullum’. More specifically, the show was advertised as ‘ABBA Ukulele Fest’ with a tagline ‘Whether you’re an avid strummer or just here for the harmonies, this event is for you. Bring your uke, your voice, your friends - or just bring your love of ABBA’. The event was held at the Courthouse Hotel in Mullumbimby (aka “Mullum”), a town in the Byron Shire in the Northern Rivers region of New South Wales Australia, from 2-5pm on Saturday 26th July 2025, where the 1898 ‘historic’ hotel pub even had modern-day washroom facilities and the ‘Waterloo’ was only part of the ABBA sing-along performance. Hence, can we derive some piece of logic or at least join the dots as to why the performance was held on the 26/07/25 and not the 25/07/25 to complete the palindromic trilogy if we include the words ‘ABBA’ and ‘Mullum’? Well firstly, an eve of an event is often showcased as just as important as the actual event itself e.g. New Year’s Eve and Xmas Eve, where the eve of the ABBA performance was the 25/07/25. Now let us look at something more innovative and note that although the word ‘ABBA’ is sequential in the hit song ‘Abracadabra’ by Lady Gaga, the word ‘Abracadabra’ is not actually a palindrome even though ‘arbadacarba’ sounds awesome as a throwback for a DJ when transitioning between songs. The film ‘Muriel’s Wedding’ featured four classical ABBA hits, namely ‘Dancing Queen’, ‘Waterloo’, ‘Fernando’ and ‘Mamma Mia’. If we consider ‘ABBA’ to be the dominant pop group in the 1970’s, then the dominant pop group in the 1960’s could be considered as ‘The Beatles’. This

latter band had a hit song titled ‘Yesterday’, which featured in the film ‘Mr Bean’, and thus if we equate the ABBA hits in the film ‘Muriel’s Wedding’ to the song ‘Yesterday’ by ‘The Beatles’ in the film ‘Mr Bean’, then the obvious reference to the word ‘yesterday’ to the ABBA performance in Mullum on the 26/07/25, is indeed the previous day as (drum roll + ukulele) 25/07/25.

6.15 The Unknown Precedent

The United Nations (UN) is a global intergovernmental organization established by the signing of the UN Charter on the 26th June 1945 with the articulated mission of maintaining international peace and security. If we abolish the ‘UN’ from former Olympian break-dancer ‘Rachael Gunn’ (aka ‘Raygun’) then quite simply ‘archangel’ is an anagram of ‘Rachael Gunn’. Then again, the leader of the opposition ‘Sussan Ley’ requires the ‘UN’ to obtain an UNlazy Sussan, in reference to the expression ‘a Lazy Susan’. The initials of the PM Anthony Albanese are simply ‘AA’, where ‘aa’ is a word representing a type of lava and lava can symbolize ‘love’. And if God loves all his creation including the minuscule ant and (drum roll) Ant Albanese, where the longest word in ‘Anthony Albanese’ is nanotesla, then the PM Ant Albanese could be represented as simply ‘the minuscule ant’. The longest word in ‘Benjamin Netanyahu’ is ‘antihuman’, where ‘i’ is complex or an imaginary number equal to the square root of minus one. Thus, if the ‘i’ in ‘antihuman’ is imaginary (or doesn’t really exist) then antihuman is truncated to simply ‘Ant-Human’. Many consider Argentinean professional football player Lionel Messi as the GOAT, where GOAT is an abbreviation for ‘Greatest Of All Time’. Thus, applying concatenation of the initials of ‘Ant-Human’ being ‘AH’ to ‘Messi’ gives the rather elegant word ‘Messiah’. And continuing with this concatenation theme, why doesn’t President Trump simply marry ET?

6.16 All About the Word ‘Barren’

According to google AI, the most common definitions of ‘barren’ describe something that is unproductive or cannot produce growth, such as land that is infertile, or a person or animal unable to bear young. It can also describe something that is devoid of qualities or stimulation, like a speech barren of wit, or an experience barren of success. But the word ‘barren’ in its different spelling representations has many more connections like places, objects, names and so on with arguably the most famous being the ‘Red Baron’ - a German fighter pilot Manfred von Richthofen with the German Air Force during World War I. Manfred is considered the ace-of-aces of the war, being officially credited with 80 air combat victories. President Donald John Trump’s son is indeed called ‘Barron Trump’ and incidentally ‘John Barron’ is an Australian journalist and television presenter most recognized for co-hosting ABC’s ‘Planet America’. Thus, applying some simple multiplication

using the names above we derive the identity John Barron x Barron Trump, which factorizes to $Barron^2(John.Trump)$, where we are left with the rather complex conundrum of showing that $Barron^2 = Donald$ to complete the Presidents full name 'Donald John Trump'. On a change of direction, Barron Falls is a steep tiered cascade waterfall in Kuranda, Shire of Mareeba, Queensland, Australia. The falls are created by the Barron River descending from the Atherton Tablelands to the Cairns coastal plain. Similarly, Lady Barron Falls, is also a tiered-cascade waterfall, located on the Lady Barron Creek in the Central Highlands region of Tasmania, Australia. Dunno can waterfalls marry? Another change of direction 'Bridge Baron' is computer software (also available as an app) for the classic game 'Bridge' or 'Contract Bridge' that combines AI-powered gameplay with historic tournament replays, allowing you to refine your skills and challenge yourself. The software has a virtual alias known as 'The Baron' which provides a recommendation of the next playing decision in a rather 'seductive' voice such as 'The Baron recommends two diamonds'. And those familiar with the game of Bridge may have noticed the 'trumps' reference to 'The Baron' and hence 'Barron Trump' could appropriately take on the alias as 'The Baron'.

6.17 A Dupe of Pruned Punters Peter Dutton's Protested

At the 2025 federal election on the 3rd May, the Coalition suffered its worst ever defeat to just 43 seats in the House of Representatives, with Labor winning 94. Peter Dutton the Leader of the Opposition even lost his own seat of Dickson, with Labor challenger Ali France defeating him on her third attempt. As the title suggests, Peter Dutton resonates with the well-known 'Peter Piper' tongue twister, where using AI scrabble software all words within 'Peter Dutton' can be easily and quickly populated - pretend, duped, reputed, pruned, deport, protest; to name just a few. Given that AI, SEO and cookies are commonplace at the workstation and let's be honest everyone is attached and even in love with their working platform where a virtual AI generated marriage may even be possible in the not too distant future; is it possible that rather 'unattractive' words of pretend, duped, reputed etc within 'Peter Dutton', may have influenced voting decisions and strategies accordingly, thus contributing to Liberal's worst defeat and the first time in Australian politics that the leader of the opposition losing his own seat? Let us compare key players leading up to the election. Firstly, there was Senator Fatima Payman with her ALP breakaway over 'crossing the floor' by favouring to recognize a Palestinian statehood, throwing 'tantrums' in parliament by accusing Senator Pauline Hanson as being racist and forming the new kid 'Australia's Voice' party. But what may have particularly resonated with the public was her slant 'Fun Facts Friday with Fatima', where the only other 'F' word that comes to mind is of course 'Funky' for a 'Funky Fatima', and thus

‘Fun Facts Friday with a Funky Fatima’. Secondly, Peter Dutton was beaten at the 2025 election by Labor candidate Ali France, where the name ‘Ali’ is probably the closest name that one could have to ‘ALP’ – Australian Labor Party. And at the very least ‘AL’ Australian Labor may have resonated with the Australian public. Further, the name ‘France’ in ‘Ali France’ has connections with designer fashion on the Champs-Élysées, sunsets under the Eiffel tower with a nice cold jus d’orange, spotting a rock ptarmigan in the French ALPs (pun intended) and even boutique cafes chocolat chauds accompanied with a petite croissant. Thirdly, the Prime Minister takes on the ‘alias’ Albo and even this could resonate with the Australian public as say ‘Albatross Albo’ or ‘Albo the Albatross’, where encountering a real ‘albatross’ can be a great experience whilst travelling Australia and abroad. As previously and per the title, Peter Dutton resonates with the well-known ‘Peter Piper’ tongue twister and thus obtaining rather ‘unattractive’ words such as pretend, duped and reputed. From above, slogans such as ‘Albo the Albatross’, ALP France and Funky Fatima; may have resonated with the Australian public based on their brandings. However, the word ‘potter’ within ‘Peter Dutton’ is somewhat attractive in reference of course to ‘Harry Potter’, and thus by Dutton wearing Harry Potter glasses, waving a wand etc, may have resonated with the public with slogans such as ‘Dutton the Wizard’ or ‘Pete’s Wizardry with a twist’, and possibly could have saved Peter Dutton at the 2025 federal election.

6.18 The Unknown Horse

In reference to the children’s nursery rhyme ‘Mary had a little lamb’, with the first verse “Mary had a little lamb, little lamb, little lamb. Mary had a little lamb, its fleece was white as snow”. And thus, stating the obvious did Mary have one lamb, two lambs, three lambs or four lambs? And should one call their pet lamb ‘Snow White’ given their name happens to be ‘Mary’? And what about naming your pet GOAT ‘Sinner’ after the tennis player ‘Jannik Sinner’? And can one own a pet BULL given your name is ‘Rafael’ in reference to clay court specialist ‘Rafael Nadal’? And are dogs allowed on Australia’s popular ‘Greyhound’ bus? What about kangaroos on ‘Qantas’? Or the ‘impossible’ snake in New Zealand? Novak Djokovic (with a record 24 singles grand slams) is married to Jelena Djokovic. Incidentally, Dokic is obtained sequentially within Djokovic and quite fitting given that Jelena Dokic was a successful tennis player from Australia with 6 singles titles reaching a career high of number 4 in August 2002. Finally, Taylor Fritz is a professional tennis player also reaching a career high of number 4 in November 2024. Thus, given the ‘similarity’ of names with Taylor Swift, it makes sense and could enhancement spectator interest for Taylor Fritz supporters to sing ‘Taylor Swift’ Spotify tunes during critical stages and key momentum shifts in ‘Taylor Fritz’ matches as a ‘Game-Changer’.

6.19 Finding the GOAT at the 2026 Australian Tennis Open

Novak Djokovic has never lost an AO final
Carlos Alcaraz has never won an AO final
Novak is going for a record 25 slams
Carlos is going for a record youngest player to win 7 slams
Novak is going for an equal record 11 AO
Carlos is going for a maiden AO
Novak is going for a record oldest player to win a slam
Carlos is going for a record youngest player career slam
Novak holds the record for the most number of weeks ranked number 1
Carlos holds the record for the youngest player ranked number 1
Novak has beaten Carlos on 5 occasions
Carlos has beaten Novak on 4 occasions
Novak has never beaten Carlos on a natural grass court surface
Carlos has never beaten Novak on an indoor hard court surface
Novak is 38 years old from Serbia
Carlos is 22 years old from Spain
who is the GOAT?

6.20 A Traveller's Guide to World Renowned US National Parks

YoSemite National Park is simply breathtaking in California's Sierra Nevada mountains. Recognized as part of the UNESCO World Heritage list, YoSemite stands as one of the world's great natural treasures. Whether you're seeking epic adventure or peaceful immersion in nature, YoSemite offers something unforgettable. From ancient giant sequoia trees to the towering granite cliffs of El Capitan and Half Dome, and the iconic vista of Bridalveil Fall, YoSemite reveals a landscape of cascading waterfalls, lush meadows, and abundant native wildlife. Each season invites discovery and wonder. And if YoSemite alone isn't enough to satisfy the explorer's spirit, California is home to several other remarkable national parks. Sequoia National Park is famed for its giant sequoia trees (no s Sherlock), including the legendary General Sherman Tree, the largest tree on Earth by volume. Joshua Tree National Park captivates visitors with rugged rock formations and stark desert landscapes where bristled Joshua trees (no s Sherlock 2) rise above the cactus-dotted Colorado and Mojave Desert. Kings Canyon National Park contains one of the deepest canyons in the United States and offers vast wilderness beauty. Further east, the state of Utah hosts national parks where visitors can walk paths shaped by thousands of years of human history. In Zion National Park, gaze up at massive sandstone cliffs of cream, pink, and red that soar into brilliant blue

skies. Wander through the tall, stretching walls of narrow slot canyons and discover a landscape alive with diverse plants and animals. Zion's unique beauty enchants the senses while connecting visitors with the deep stories of the past and the thrill of present-day adventure. If YoSemite could be described as Radiant, Superb, Vibrant, Resilient, Charming, Devoted, Motivating, and Harmonious; then Zion might be called Blissful, Clear, Euphoric, Serene, Grateful, Passionate, Abundant, and Full of Potential. And when the spirit of YoSemite and Zion comes together, they ignite something greater still: Flourish, Thrive, Cherish, Nurture, Transform, Appreciate, Empower and Inspire.

6.21 All About the Soul

The Bible, Qur'an, and the Bhagavad Gita or just 'Gita' each describe a divine spiritual presence within living beings. One interpretation is to equate the Bible/Quran's 'Holy Spirit' or 'Holy Ghost' or 'Spirit of God' or 'Spirit of the Lord' or just 'Spirit' with the Gita's 'Supersoul', and the 'soul' in the Bible/Quran with the Gita's individual soul. In this framework we have two souls, where both the individual soul and the Supersoul are located within one's heart, with the Supersoul being a plenary expansion of God, and acting as a divine observer and guide. So, at Xmas time you better watch out because Santa may find out who is naughty or nice so start learning the lyrics to your Xmas carols and you better not cry even if one is from Argentina. But note that the capital of South Korea is indeed 'Seoul', and therefore South Koreans (not North Koreans) have three 'souls' based on the above. The Gita describes the soul as spiritual, immeasurably small (one ten thousandth the size of a tip of a hair), and the source of life within the 'dead' material body. Therefore, the soul gets inside the atom as the smallest unit of life. Human existence can then be viewed as consisting of three layers: the gross material body (water, air, fire, earth, space and blood), the subtle material body (mind, intelligence and ego), and the spiritual body (individual soul and Supersoul). The mind is the central subtle sense and has three functions of thinking, feeling and willing. We have 9 holes all driven by senses (and eyes are holes along with the nose, ears and the mouth). The traditional Modern Western Medicine model identifies that we have 5 'standard' senses (touch, vision, smell, taste and sound). Yet we have 9 holes all driven by senses along with the mind being the central subtle sense. Thus, when one equates the 9 holes with the 5 'standard' senses by either counting, feeling, touching or otherwise; then we have 8 senses where the 5 'standard' senses could be considered as 'gross' senses, the mind as a 'subtle' sense and the remaining 2 holes as 'spiritual' senses. Given that 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, it appears that physical energy from food alone may not fully explain

life, awareness, and consciousness, suggesting consciousness itself could be an additional energy source. Namely, material consciousness (coming from the individual soul) arises from attachment to worldly desires, while spiritual consciousness (coming from the Supersoul plenary expansion of God located in the heart) emerges through practices such as yoga, prayer, art, music, knowledge, poetry, mathematics, meditation, and ethical living. Yoga (or 'to yoke' from the Bible) aims to reconnect the individual soul with the Supersoul, leading toward enlightenment or freedom from suffering. The Buddha for example was Enlightened at the age of 35. From the Gita, there are 400,000 species of humans defined by the level of one's consciousness and 8.4 million species in life. Given $400,000 / 8,400,000 = 0.0476$, implies that almost 5% of species in life are in fact human. Extending this idea further, if every living being contains a fragment of the divine, then all life may be spiritually interconnected through consciousness (or spiritual consciousness). This spiritual connection is proposed as a possible 'fifth force' of nature beyond the four known physical forces. Thus, if we assume there is only one God, then it makes sense that the piece of God located in the heart of every living entity 8.4 million species in life are somehow connected through a force as possibly spiritual consciousness.

6.22 An Unequivocal 10-line Twisted Sonnet

Arty Ash without a b implies Ash Barty is a subset of Ashleigh Jacinta Barty
Whereas Carlos Alcaraz without a t implies Carlos Alcaraz is a subset of Carlos Alcaraz Garfia

Kalani Artis with or without a t implies Kesha Neve is an artist

Whereas John Ash with or without an n implies John Nash is a mathematical artist solving partial differential equations

Artist Trista without an n implies Tristan Barnett is a slam'n poet artist and just a top bloke from the Northern Suburbs of Sydney

Whereas Transit with an n implies transit is the only anagram of Tristan

Heavens longest word in Kesha Neve implies greenbug in Greta Thunberg

Whereas archangel in Ashleigh Jacinta Barty implies Australian Idol Jacinta Guirguis sings like an angel epitomizing the heavens above

Earthnut in Greta Thunberg implies archangel in Olympic breakdancer Rachael Gunn

Whereas spiritualness in Tristan plus Isolde implies serenities and pleasantries in a future Israel/Palestine combined

6.23 Un Sonnet Français Poétique

Absent, Aurélie, Aviation, Attaché

Brunette, Baroque, Bonjour, Ballet
 Poétique, Pascal, Pyjama, Pénélope
 Excellent, Emmanuel, Escargots, Employée
 Richard, Raison, Révolution, Réservoir
 Silhouette, Safari, Sonnet, Solliciteur
 Boutique, Burlesque, Baguette, Bureau
 Gastronomie, Gazette, Gabriel, Gâteau
 Restaurant, Raquette, Ricochet, Ridicule
 Musique, Madame, Métro, Minuscule
 Champagne, Croissant, Cul-de-sac, Chauffeur
 Cabaret, Cadet, Calorie, Connaisseur
 Souffle, Sabotage, Sentiment, Souvenir
 Magnifique, Massage, Mathieu, Mousquetaire
 Déléguer, David, Déviation, Déjà vu
 Romantique, Ratatouille, Réunion, Rendez-vous

6.24 Bring Back the Linux Operating System

Brisbane – Bris Vegas – Yobbo
 Sydney – Sidney Mate – Cobber
 Tweed Heads – Gold Coast – New South Wales
 Coolangatta - Gold Coast – Queensland
 Ballina - Balna - Li Na
 Byron Bay IGA – IGA – Iga Swiatek
 Suffolk Park – Suffolk – Suffo
 Brunswick Heads – Brunswick – Bruns
 Mullum – Mullumbimby – Mullum
 Bangalow – Bangas – Bangas again
 Newrybar – Newie – New S
 Nimbin - Nimbin University – Nimbin National University
 Lennox Head – Lennox – Linux
 Coffs Harbour – Coffs – Cool Banana

6.25 All About the Fibonacci Sequence

The Fibonacci sequence is a series of numbers where each number (a Fibonacci number) is the sum of the two preceding ones, typically starting from 0 and 1. The sequence begins: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, and continues infinitely. However, the Fibonacci sequence is more than just numbers on a page - it's a quiet rhythm woven through the world around us. From the unfolding of petals to the spirals of shells, it hints at an underlying harmony,

a reminder that mathematics is not separate from nature but deeply embedded within it. Even the ancient ammonite, preserved in stone for millions of years, carries this sense of wonder. Its graceful, coiled form reflects a timeless pattern - one that connects the distant past to the present, science to art, and logic to beauty. These spirals don't just represent growth; they symbolize continuity, evolution, and the quiet persistence of order in the universe. In an unexpected way, this same pattern can spark inspiration in human spaces too. The small town of Uralla (in the Northern Tablelands of NSW), with its postcode 2358, echoes the Fibonacci progression - a simple coincidence that invites a deeper appreciation for patterns in everyday life. From this numerical curiosity emerges an idea: to shape environments that reflect the elegance of mathematics, transforming ordinary places into spaces of reflection and creativity. Imagine walking through Pioneer Park reimagined as a living spiral - pathways curving gently outward, gardens unfolding in sequence, mosaics telling stories of growth and connection. Such a space would not just be a park, but an experience: a place where mathematics becomes tangible, where visitors can feel the flow of a pattern that has guided both nature and human imagination for centuries. Now imagine a living tapestry of words unfolding in a Fibonacci rhythm - each word expanding with quiet purpose. Beginning with the letter 'A', where 'A' symbolizes the beginning of all things - the dawn of time itself - and the sense of wonder inspired by life's greatest questions: how we came to be, and whether existence continues beyond this world. This is followed with the letter 'I', where 'I' represents the individual self and personal consciousness. Then 'We' as a shared unity - reflecting connection, relationship, the emergence of harmony, cooperation, and collective human purpose. 'Son' represents Jesus as 'the Son of God', 'Moses' embodies the 'Ten Commandments', and 'Muhammad' symbolises the culmination of the Abrahamic tradition, bringing into focus the shared roots of Judaism, Christianity, and Islam and celebrating their enduring themes of faith, compassion, human connection and sacred story. Alongside this, 'Aboriginality' listens deeply and respectfully to the wisdom of First Nations peoples, grounding the narrative in ancient connection to land, spirit, and community. And then in a beautiful and inspiring way, 'Palestine-Israel-United' also offers hope for the ongoing conflict between Palestine and Israel in the Middle East. At the ninth word of 34 letters, let there be a moment of wonder - a light, unexpected lift inspired by the 1964 American animated live action fantasy musical comedy film *Mary Poppins* - awakening both the magic of our own childhoods and the possibilities we hold for our children's future. Then, as the sequence softens and descends, the words grow simpler, slower, and more still - reminding us that life's truest beauty is often found in the smallest things, spoken plainly and felt deeply. Okay, and here is the complete ascending and descending Fibonacci sequence of words pieced together - A, I, We, Son, Moses, Muhammad, Aboriginality, Palestine-Israel-United, Supercalifragilisticexpialidocious, Antiauthoritarianisms, Reconciliation, Devotion, Peace, God, Om, I, A

6.26 The Transcendental Apple Pie

The transcendental number π , 3.1415..., is arguably the most famous transcendental number because of its connection to calculating the area of a circle, πr^2 , and its natural extension to the volume of a sphere, $\frac{4}{3}\pi r^3$. Thus, applying high-school differential calculus, it would be more cost-effective for Coca-Cola to maximize the quantity of liquid while minimizing the amount of material used by producing spherical-shaped cans rather than the commonly known cylindrical type. Given that music is often considered to have a transcendental quality, we need look no further than jazz pianist John Foreman to obtain the word π . By removing the last three letters, 'ano', from the word 'piano', as found within 'John Foreman', we are left with the first two letters, p and i, or simply π . The other well-known transcendental number is e , equal to 2.7182... given that COVIDjok (without the 'e') is an anagram of Djokovic where Novak was denied up to 3 slams due to COVID. Thus, Novak was expected to win due to COVID a transcendental number of slams of e equal to 2.7182... to complete the Novak COVIDjok. A creative icebreaker topic for discussion at, say, 'Off the Record' nightclub ParkMGM casino Las Vegas before hitting the dance floor and breaking out some hip-hop, rap, contemporary, or even booty-dancing moves, is to explain the Novak COVIDjok2.71... concept through a three-colour fingernail-polish pattern that rotates the numbers 2, 7, and 1, noting that $2+7+1=10$. The obvious colour choices are red, white, and blue, representing the colours of the Serbian flag, given that Novak Djokovic was indeed born and raised in Belgrade, Serbia. American Pie is a comedy film about a group of college students attempting to lose their virginity before, or during, the end-of-year school prom, with or without the assistance of a warm apple pie. Now let us hanker after, or engage in a mass debate over, this warm apple pie by visualizing it in a mathematics classroom - or elsewhere - in an attempt to arrive at something of a transcendental nature. The area of the pie, viewed as a circle, is calculated as πr^2 , while the circumference is readily obtained as π times the diameter, or πd . One could also circumscribe the pie by drawing a polygon on it such that all of the polygon's vertices touch the circumference. There is a natural transcendentalism in the word 'pie', given that the transcendental numbers π and e interconnect to form the word p-i-e, or 'pie'. And we continue this fascination with the warm apple pie by elevating it to a grander version - the capitalized P-I-E ('PIE'), whereby reversing the letters of our capitalized PIE, just happens to be the number 3.14, which corresponds to the first three digits of the transcendental number π to arrive at our transcendental apple pie.

6.27 On a Sydney Poet's Journey

Open Mic Poetry, 8:52 Hong Kong Restaurant, Newtown

Spoken Word, The Glebe Hotel, Glebe
 Poetry & Song Open Mic, 8:52 Hong Kong Restaurant, Newtown
 Bonfire Open Mic, Desire Books & Records, Manly
 Bread & Butter Poetry Slam, The Nest Creative Space, Alexandria
 Bankstown Poetry Slam, Bankstown Arts Centre, Bankstown
 Australian Poetry Slam, Byron Bay
 Australian Poetry Slam, Sydney
 Feature, Open Mic Poetry, 8:52 Hong Kong Restaurant, Newtown
 Feature, Spoken Word, The Glebe Hotel, Glebe
 National Folk Festival, Canberra
 Darwin Fringe Festival, Darwin
 Bread & Butter Poetry Slam, Sydney Opera House
 Australian Poetry Slam, Sydney Opera House
 Manly Writers' Festival, Manly
 Sydney Writers' Festival, Sydney
 Downtown Casino, Las Vegas
 Downtown Fremont Street, Las Vegas
 Bellagio Casino, Las Vegas (and drum roll + air guitar)
 Bellagio Casino, Las Vegas, World Poker Tour Finals

6.28 Anyone for Down Under Sydney Poetry?

Sappho Books Café and Bar Glebe, Sapphos, Suffos, Suffolk Park
 Poets at the Petersham Bowlo, The Bowlo Poetry, The Bowlo, 10-dollar lawn
 bowls family friendly pokie free LGBTQ+

Sydney Poetry Lounge The Glebe Hotel, Glebe Hotel, Nude Lounge, The
 Birds and the Bees plethora
 Moshpit Bar Open Mic Newtown, Moshpit, Snakepit, Titanic the Movie Kate
 Winslet nude portrait

Don Bank Cottage Poetry North Sydney, Don Banks, Sir Joseph Banks,
 Australian Banksia plant
 Bankstown Poetry Slam Bankstown Arts Centre, Bankstown, Sir Joseph
 Banks, Australian Banksia plant hint golden wattle bush

Asphalt Words And Ocean Dreams Poetry Event Newtown, Asphalt, Ash-
 phalt, Ash Barty 4 slams AO FO Wimbledon US
 West Side Poetry Slam Parramatta, West Side, West Side Story, West Side
 Story classic musical tragic romance Shakespeare's Romeo and Juliet epitomized

We Three Bar Spoken Word Marrickville, We Three, We Three She Her, We
 Three She Her Them They It Whom Whose Which That
 Bonfire Open Mic Desire Books & Records Manly, Desire, Lust, AI fantasies
 beyond imaginations

Poetica Redleaf Gallery Woollahra, Poetica, Poetique, Un sonnet Français
 poétique
 Bread & Butter The Nest Creative Space Alexandria, The Nest, Bird's Nest,
 Bird's Nest Olympic Stadium Beijing

8:52 Hong Kong Restaurant Poetry & Spoken Word Newtown, 8:52 Hong
 Kong Restaurant, 8:52, (current time)

6.29 The Ash Barty Barbie Doll - Byron Bay and Beyond

The writer Tristan Barnett is known as “The Baron” where Barra (Australian slang for Baron) can be obtained out of Tristan Barnett as well as the longest word ‘bitartrates’. Mundi is Australian slang for Monday and thus by concatenating these two slang terms - Barra and Mundi - we arrive at a proper English word as simply Barramundi. Byron Bay is renowned for its relaxed, coastal lifestyle, along with nearby towns such as Ballina, Bangalow, Brunswick Heads, and Billinudgel. The Australian slang for the above towns could be interpretation but one playful observation is that the word Baron can be derived from the letters in Byron Bay. Further, an elegant visual arrangement can be achieved by cutting out the word Bay and placing it directly beneath Byron, creating a simple yet pleasing letter alignment. Perhaps, however, this is best attempted anywhere other than the Byron Bay library, unless you wish to be politely asked to leave even without the opportunity to explain the rather elegant Byron Baron conundrum. To celebrate her achievements, Ash Barty was honoured by Mattel with a unique, one-of-a-kind Barbie doll - simply, Ash Barbie. The doll wears a replica of the exact outfit Ash Barty wore when she won the 2021 Wimbledon Championships. It was created as a special tribute to her career and is not available for public sale. Tony Abbott was a former Australian Prime Minister who served as the federal member for Warringah, a coastal electorate encompassing the iconic Manly Beach. Now piecing the above together in some sought of poetic way we derive - Byron, Balna, Billi, Bruns, Bangas, Barra, Baron, Barty, Barbie, Barnett, Ballina, Bangalow, Byron Bay, Brunswick Heads, Billinudgel, Barramundi, Bitartrates, Budgie Smugglers

6.30 Quantum Tunnelling for Dummies

Quantum tunnelling (or barrier penetration) is a quantum mechanical phenomenon in which a particle passes through a potential energy barrier that it classically lacks the energy to overcome. This is possible because quantum particles behave as probability waves: when the wave function encounters a barrier, it penetrates it and decays exponentially within the classically forbidden region. This use of the word penetration should not be confused with penetration in blackjack (or its counterpart whitejill), where deep deck penetration - such as dealing about five decks from a six-deck shoe - creates favourable conditions for card counters. Under liberal rules, a skilled player using the Hi-Opt II counting system with a Kelly multiple-outcome betting strategy may gain a small statistical edge over the house, typically around 1%, depending on the game conditions. Because quantum tunnelling implies a non-zero probability, it is sometimes noted that, in principle, a macroscopic object such as a human passing through a solid wall is not mathematically impossible, but the probability is unimaginably small - effectively zero for any practical purpose. An interesting biblical parallel is the account of Jesus appearing among the disciples despite the doors being locked. John 20:26 (New International Version) states: 'A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!"'. Christianity regards this passage as miraculous, viewing Jesus as the divine Son within the Holy Trinity—rather than as a quantum-mechanical phenomenon. Within many religious traditions, ghosts are non-physical beings and angels are spiritual messengers of God. In these traditions, their immaterial nature suggests they could conceivably pass through material objects, such as the wall next to you - "Hello Casper". Now consider the premise, found in scriptures such as the Bible, the Qur'an, and the Bhagavad Gita, that each person possesses an individual soul and a Supersoul or Holy Spirit (understood in some traditions as God's presence within the heart), with spiritual consciousness arising from the Supersoul. Suppose there are 400,000 human species distinguished by their level of consciousness, measured by 'happiness' and relationship with God. In this view, the Buddha attained enlightenment at age 35, while various spiritual traditions also describe mystics walking on water or levitating as manifestations of exceptionally high consciousness. Incidentally, the Bible records a related account in Matthew 14:26: 'When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.' From the above discussion, quantum tunnelling implies that a person passing through a wall, while effectively impossible, has a probability that is not mathematically zero. Many religious traditions likewise describe angels and ghosts as non-physical beings capable of passing through material objects, while accounts of miracles such as walking on water and levitation also appear in religious history. The final piece of the puzzle may lie in Einstein's famous equation, $E = mc^2$, which demonstrates that

matter and energy are interchangeable. If one speculates that higher levels of consciousness involve a transformation of the physical body into a more subtle energetic state, then, at the highest level of consciousness, a person might exist in an angelic rather than a physical form, making passage through a wall conceptually possible. Within this speculative framework, Jesus, though appearing in human form rather than as a Spirit Being, is proposed to have passed through walls. Quantum tunnelling is presented not as proof, but as a physical analogy suggesting that such an event is not mathematically impossible.

6.31 How to Achieve an Australian Tennis Open Title Without Playing Tennis

The four tennis Grand Slam tournaments (Tennis Slams) are the Australian Open (AO), French Open (FO), Wimbledon, and the US Open. Therefore, winning the French Open earns you the title FO (where Rafa Nadal has 14 FO's in his portfolio), while winning the Australian Open earns you the title AO. Including doubles, Aussie Ash Barty won all four Grand Slam tournaments, while fellow Aussie Margaret Court holds the record with 11 Australian Open singles titles. Now what about achieving an AO title in poetry - or in Poetry Slams in particular - if Poetry Slams are viewed as the literary counterpart to Tennis Slams? Well like tennis, there are four major Poetry Slams in Sydney, with the Australian Poetry Slam (APS) being the pinnacle of the four. The other three are the Bankstown Poetry Slam, Bread & Butter Poetry Slam, and Sydney Poetry Slam. The latter, however, is the only slam with an Adults Only (18+) restriction. Thus, although winning the Australian Poetry Slam is generally regarded as the highest achievement, one might prefer to win the lower - ranked Sydney Poetry Slam in order to obtain an 'AO' title, since it is the only slam with an Adults Only (AO) restriction. Finally, what about obtaining an AO title that you could include on your CV or business card, for example, that is perhaps less obscure or cryptic than simply stating you won the Sydney Poetry Slam - the only slam with an Adults Only (AO) restriction? The Order of Australia recognises Australians who have demonstrated outstanding service or exceptional achievement. There are four levels, with the highest honour being the Companion of the Order of Australia (AC). The Medal of the Order of Australia (OAM) and Member of the Order of Australia (AM) are the most common honours and have no specific annual quota. In contrast, The Companion of the Order of Australia (AC) has a strict annual quota of 35 recipients, while the second-highest honour, Officer of the Order of Australia (AO), has a strict annual quota of 140 recipients per calendar year. Therefore, although the AO is not the pinnacle of the Order of Australia honours, one might actually prefer receiving the Officer of the Order of Australia because of its abbreviation and title, AO - a distinction that Ash Barty received in 2022

only months after winning the Australian Open AO on the 29th January 2022. So, what are the chances that Ash Barty takes to Adults Only (AO) Poetry Slams to not only win another AO title, but also claim another Slam?

6.32 Who is the best and fairest tennis player?

Whilst asking a mirror who is the fairest tennis player of them all may exist only in children's pantomimes such as 'Snow White', this fairy-tale fantasy may have taken on new life since 'Mirra Andreeva' won the 2026 French Open singles title as a 19-year-old teenager. Thus, posting a picture of Mirra Andreeva on your kitchen wall alongside 'Snow White' could become more popular than analyzing tennis statistics at a performance poetry slam. From 2003 to 2023 (a span of 21 years), we witnessed an era of Grand Slam dominance by the tennis trio of Roger, Rafa and Novak, who collectively won 66 of the 83 Grand Slam singles titles available (79.5%). This remarkable dominance is reflected in their outstanding individual statistics. Moreover, by combining a player's career percentage of points won on serve with their percentage of points won on return of serve, we obtain a useful measure of overall performance. Using this indicator, Novak records 109.8%, Rafa 109.9%, and Roger 110.4%. The tennis 'trio' record-breaking bonanza began when Roger Federer surpassed the Pete Sampras record of 14 Grand Slam titles by winning the 2009 Wimbledon Championships. This was followed by a flurry of new records over the next nine years, culminating in Roger's 20th and final Grand Slam title at the 2018 Australian Open. Counter-intuitively, however, it was Rafael Nadal - not Novak Djokovic - who first reached 21 Grand Slam singles titles by winning the 2022 Australian Open. The final tally for the tennis trio stood at Roger 20, Rafa 22, and Novak 24. So, will the new hot shots, Jannik Sinner or Carlos Alcaraz, go on to win 16 or 18 Grand Slam titles, assuming that Grand Slam milestones continue to follow an arithmetic progression from the Pete Sampras 14 titles to Roger's 20, Rafa's 22, and Novak's 24? Gender-based, tennis is arguably the most popular spectator sport, and this has been showcased in recent decades by players such as Steffi Graf, who won 22 Grand Slam singles titles, including all four Grand Slams and the 1988 Olympic gold medal, making her the only Golden Grand Slam champion. More recently, and during roughly the same era as the tennis trio, Serena Williams won 23 Grand Slam singles titles. From the performance indicator above, Serena remarkably outperformed the tennis trio, achieving 111.5% compared with Roger's leading figure of 110.4%. Women, of course, play best-of-three-set matches in Grand Slam singles, whereas men play best-of-five-set matches, making Serena's 23 Grand Slam titles even more remarkable. To further illustrate Serena's outstanding tennis resume, we now examine the connections between tennis, world university rankings, and politics. The QS World University Rankings evaluate universities' overall performance using indicators such as research, employability

and global engagement. For the first time, in 2026, the University of New South Wales (UNSW) ranked No. 1 in Australia, with a QS World Ranking of 19. Thus, if we abolish the UN (where UN is the abbreviation for the United Nations) from UNSW ranked No 1, then we are left with SW ranked No. 1, where SW is not only the initials of Serena Williams but also (drum roll) the initials of Snow White, making Serena Williams arguably the best and fairest of them all.

6.33 All I want for Xmas is Delta Goodrem

Xmas with Delta is an annual star-studded festive television special hosted by Australian singer Delta Goodrem on the Nine Network. Thus, by applying elementary mathematics to the inverse of Xmas with Delta (or simply X Delta), we obtain Delta X, representing the change, or horizontal distance, in the x-value between two points on a line or graph. Argentine footballer Lionel Messi was born on 24 June, while American singer-songwriter and actress Ariana Grande was born on 26 June. The midpoint is therefore 25 June, which also happens to be exactly six months before and six months after Xmas Day, neatly reinforcing the Xmas theme. The initials of Ariana Grande are AG. Since all three people mentioned above are from countries beginning with the letter A (Australia, Argentina, and America), and A is the first letter of the alphabet, let us define Delta X from our Xmas with Delta reference as equal to 1. This changes AG to AH, since $G+1=H$ in the standard alphabet. Alternatively, if one factorizes the expression $AG+A$ as $A(G+1)$, we again obtain AH, which further reinforces the logic behind choosing Delta X to equal 1. Lionel Messi was raised in the Roman Catholic Church and identifies as a Christian, frequently expressing gratitude to God for his football career and pointing to the sky in prayer after scoring. He also has a prominent tattoo of the face of Jesus Christ wearing a crown of thorns on his right shoulder, alongside a rosary on his arm. With this in mind, if one simply combines the word ‘Messi’ with the mathematically derived letters ‘AH’ from above, the result is the beautifully fitting Xmas word ‘Messiah.’

6.34 Going for Gold in the 2026 City2Surf

The 2026 Voltaren City2Surf was once again a sell-out event, with 90,000 registered participants. Andy Buchanan and Holly Campbell recorded the winning men’s and women’s times of 40 minutes 27 seconds and 46 minutes 35 seconds, respectively - by far superior to the writer Tristan Barnett’s finishing time of 2 hours 6 minutes 55 seconds. Out of the 77,234 participants who recorded a finishing time through the Voltaren City2Surf app, Tristan finished in 61,655th place, ranking him in the bottom 20th percentile of competitors. In fact, Andy Buchanan could potentially have run a full 42km marathon, compared with the 14km Sunday-morning stroll to the beach, and

still recorded a time faster than Tristan's 2 hours and 6 minutes. Historically and in the present day, the Commonwealth and Olympics Games have featured race-walking events, typically over distances 10 and 20km. Thus, Tristan's strategy was to walk - and walk the talk - the entire 14km City2Surf in an attempt to obtain Gold in a hypothetical walking category, and then write - and write the talk - about the achievement for a Poetry Slam or Open-Mic performance. To avoid disqualification in a race-walking event, the competitor must maintain continuous ground contact, with the supporting leg straightening upon contact. Consequently, race-walking courses are generally smooth and relatively flat, as steep hills make it harder to maintain legal technique. Thus, elite race-walkers in the 2026 City2Surf could potentially be disqualified from a hypothetical walking category, particularly on the steep ascents and descents of Heartbreak Hill. From historical data, most participants who walk the entire 14km course from Sydney CBD to Bondi Beach finish in a time beyond 2 hours and 30 minutes, noting that even 'walkers' generally start and finish the course with some sort of light jog, if only for the cameras. Tristan recorded 2 hours and 6 minutes, and made a conscious effort not only to walk as fast as possible (with legal technique), but also to overtake everyone on the course who was walking. Every competitor who crossed the finish line was awarded a medal, and this was known from the outset of the race as an added incentive to participate and complete the world's largest fun run. For the writer Tristan Barnett to go to such lengths not only to analyze the event but also to write about and perform his experience at poetry events, all in pursuit of Gold in this hypothetical walking category, is a testament to the history, popularity and enduring appeal of the City2Surf since its inception back in 1971. It also demonstrates that sometimes the journey to Gold begins not with running, but with walking, writing and, ultimately, talking the walk!

6.35 Preamble Compilations

Not to be confused with Barron Trump that has a double 'r'

Don't judge a book by its cover

Trigger warning - talking tennis again

As for the outfit - yeah trying to become a feature at this poetry event

Maybe not a good idea to perform magic by rabbits appearing out of the hat

and then running around the room - which is why I switched to poetry

Performed this piece at Poetica last month and in case you missed it here it is again

Polished off this piece this morning which in poetry terms makes it 'Press Hot Polish'

Maybe every poet needs a roadie - to not only carry the microphone and microphone stand, but also to carry the metaphors when the rhymes get heavy

I will be reading this piece rather than performing but agree that it would be a good idea to go on ‘Home and Away’ to improve my acting skills
 I don’t write abstract rather data-driven academic voice and maybe not a good idea to write poetry in The Shakespeare Room State Library of New South Wales

Started performing poetry in Byron Bay in the attempt of making it to Vegas Bellagio Casino World Poker Tour finals

Wearing the branding ‘The Minuscule Ant’ shirt which I wore last month.
 In fact, have two identical shirts so how do you know this was the shirt I was wearing last month and not its ‘Stunt Double’?

6.36 A Contemporary Ten Commandments

Many religions describe the spiritual sky and the afterlife using different terminology—being saved, salvation, moksha, liberation, nirvana, the Kingdom of God, and heaven. This suggests that life is eternal and that we continue to take on different bodies through reincarnation and transmigration of the soul until we reach the spiritual sky (assuming three quarters of the universe is spiritual), where the soul survives the death of the material body. Thus, our purpose in life, or constitutional position, is to reach the spiritual sky in the next life and escape the cycle of death and rebirth. Like anything else, reaching the spiritual sky is a process in which God, as the Supersoul—the divine presence within us, situated in the heart—credits Godly or yogic processes over sinful ones. The process is therefore twofold. First, by following yogic processes, we advance spiritually and minimize suffering in the material world, where, for example, the Buddha is traditionally said to have attained enlightenment at the age of 35. Second, this spiritual advancement gives us the best prospects of reaching the spiritual sky in the next life. These yogic processes, presented in the form of a contemporary Ten Commandments, are listed below—so enjoy, have a laugh, and then try putting them into practice before Moses comes back looking for his stone tablets!

1. Avoid meat, egg, mushroom, onion, garlic, chives, shallots, leek, alcohol, smoking, vaping, cannabis, caffeine, gambling, illicit drugs and illicit sex. You put alcohol into cars and apparently every animal comes with its own complimentary disease package.
2. Weekly gardening, wrestling and swimming (preferably at the beach). This could change the political landscape with the public voting on leaders with a talent for Greco Roman Wrestling.
3. Weekly hatha yoga, mindfulness, kirtan, japa, arati, puja, tai chi, dharma talks, bhagavatam talks, mathematics, arts-and-crafts, poetry and a gifted activity. Remember the last time that you were able to solve the integral between 0 and $\frac{\pi}{2}$ of x^3 over $1 + \cos x$ dx?
4. Listen to music frequently, and let your playlist do the heavy lifting.

5. Don't accumulate wealth (e.g. build or donate to a foundation). Let your fortune become someone else's foundation!
6. Six hours of sleep maximum per night. Animals generally have four big priorities: sleep, eat, mate, and defend themselves—basically the original four-item life plan, with no meetings or emails.
7. Eat prasadam (spiritualized vegetarian food) and karma free milk products. Maybe even write your own name on a favourite milk carton like Olympic swimmer Michael Klim (Klim backwards is Milk!)
8. Read Krishna Consciousness books including the Bhagavad Gita As It Is three times. Okay, read it four times if you genuinely think Gandhi spent his days running around India demanding independence, armed with nothing but a swag, a copy of the Bhagavad Gita, and an alarming amount of confidence.
9. Work hard but don't become attached to the results in working life as you could unfairly lose your job tomorrow. In other words, give your best today, but keep your emotional baggage light enough to fit in the cardboard box they hand you on the way out.
10. Avoid household and work conflicts and politics. Life is already complicated enough without turning the dinner table, office kitchen and family WhatsApp group into competing battlefields.

6.37 All about Jesus

The three Abrahamic religions give different accounts of the level of 'divinity' of Jesus Christ. Here are five observations that, from this perspective, demonstrate some uncertainty surrounding the belief that Jesus is God:

Firstly, being the Son of God and being God could be considered a contradiction.

Secondly, Jesus worshipped the Father as God. Thus, it could appear to make little sense for God to worship God, which could be considered another contradiction.

Thirdly, God is fully spiritual, omnipotent and omniscient, and cannot suffer in the material world. Jesus, however, had a material body and quite likely suffered during the ordeal leading up to the crucifixion and on the cross.

Fourthly, Jesus claimed divinity by forgiving sins, yet his subsequent material body in the afterlife could suggest he had not attained perfection. Thus, his forgiveness of sins may not prove that he was God, since our ultimate purpose in life is to attain a spiritual body in the afterlife.

Fifthly, the word 'Trinity' is never mentioned in the Bible. The Father, Yahweh and Allah are incarnations of Lord Krishna, the Supreme Personality of

Godhead, who is purely spiritual. Jesus was the Son of God as the ‘Messiah’, but all humans are also sons of God, with God as our ‘Father’. Thus, Jesus was a special Son of God as the Messiah. The Holy Spirit, also called the Holy Ghost or Spirit of God, is a plenary expansion of God residing in the heart of every living entity as the Supersoul.

The three Abrahamic religions also differ in their accounts of the death and resurrection of Jesus. Qur’an 4:157 states, “but they neither killed nor crucified him—it was only made to appear so”. From the perspective that we are eternal souls rather than material bodies, Jesus, like all living beings, cannot ultimately be killed. The soul is the source of life, while the material body is temporary matter. Through karma, reincarnation and transmigration, souls take on different bodies until they attain a spiritual body, such as that of an angel, allow them to ascend to a spiritual planet, live in eternal bliss with God, and ultimately escape the cycle of death and rebirth. This is our purpose in life: to obtain a spiritual body in the afterlife, which every living entity will eventually attain. In this sense, like Jesus, we are all resurrected from the ‘dead’ as we progress towards the spiritual sky, known in different religions as salvation, moksha, liberation, nirvana, kingdom of God, heaven or Jannah.

All three Abrahamic religions agree that God is perfect and therefore would not contradict Himself. Consequently, there should be no fundamental contradictions between the Bible and the Qur’an, particularly regarding Jesus Christ. Demonstrating through logic that there are no contradictions between the two Holy books could help unite the three Abrahamic religions and represent a positive step towards achieving greater peace in our multicultural and multifaitth societies.

6.38 Yoga for Peace

The word yoga is more than just some sort of meditative moving exercise in your local gym or ecstatic dance weekly hangout. Yoga is integrated with religion, the products we consume, our working lives, education and our way of ethics towards society. The word yoga itself means to connect or ‘to yoke’ (as described in the Bible) – the individual soul (known as the ‘soul’ in the Bible) with the Supersoul plenary expansion of God located in the heart (commonly known as the ‘Holy Spirit’ in the Bible). This connection produces spiritual consciousness through the energy emitted by the Supersoul.

Yoga can be classified into four types: Hatha, Karma, Jnana, and Bhakti or Buddhi Yoga. Hatha Yoga can be understood as meditative movement exercise, such as that practised at a local gym or an ecstatic-dance weekly gathering. Karma Yoga relates to our working lives: when practised properly,

one should not become attached to the results of their work; rather, all work is performed for and ultimately owned by the Supreme. Thus, the living entity does not experience reactions of lamentation or hankering if they were to unfairly lose their job tomorrow. Jnana Yoga relates to knowledge and education, through which one can experience inner peace by understanding religious texts or solving complex problems or puzzles, such as those encountered in mathematics. Finally, Bhakti or Buddhi Yoga incorporates the above three types of yoga, as well as various religious processes, including chanting sacred mantras through kirtan, arati, japa, and puja; practising charity; performing devotional service, such as propagating yoga philosophy through social media and book distribution; and abstaining from material sense gratification, including smoking, illicit drugs, gambling, alcohol, meat-eating, coffee, and illicit sex. Thus, the words - yoga, God, religion, work, education, soul and spiritual can be used somewhat interchangeably depending on the context.

By undertaking these yoga processes, one advances spiritually by increasing their level of spiritual consciousness through the individual soul connecting with the Supersoul. There are said to be 400,000 species of humans, defined by different levels of consciousness. We are NOT defined by whether we are Asian, Muslim, Jewish, Black, White, Aboriginal, Madagascan, or this or that, but rather by the level of our consciousness. Through reincarnation and transmigration of the soul, we may have been someone else or even another species in a previous life. We continue taking on different bodies until we reach the spiritual sky, where life is eternal and three-quarters of the universe is said to be spiritual. The soul represents life, while the material body is 'dead' matter. According to this philosophy, God sustains our life through spiritual consciousness generated by the energy emitted from the Supersoul, the plenary expansion of God located in the heart. By advancing spiritually, we can minimise suffering and ultimately reach enlightenment, understood as free of all suffering. The Buddha, for example, is traditionally understood to have attained enlightenment at the age of 35. Furthermore, spiritual advancement gives us the best chance of reaching the spiritual sky in our next life and escaping the cycle of birth and death - a goal known in different religious traditions as salvation, moksha, liberation, nirvana, the Kingdom of God, heaven, or Jannah.

It could then be argued that world peace could be achieved by teaching yoga philosophy to the general public and ultimately in schools, since by undertaking these yoga processes to reduce suffering and ultimately reach the spiritual sky in the next life, one is encouraged to cause no harm to any living being on this planet, while adopting a philanthropic approach to life and developing greater respect for the environment.

6.39 Sixteen One-Liners for the Soul

We have a piece of God inside of us as the Supersoul (also known as the Holy Spirit or just Spirit) as a plenary expansion of God located in the heart
Consciousness is energy emitted from the soul given we have two souls (individual and Supersoul) and thus God is keeping us alive through spiritual consciousness as energy emitted from the Supersoul

The soul is one tenth thousandth the size of a tip of a hair and gets inside the atom as the smallest unit of life

The word 'yoga' or 'to yoke' as in the Bible means to connect where by following yoga processes one is connecting the individual soul with Supersoul to emit spiritual consciousness as a source of energy

Look after the Supersoul and God will look after the material body where a vegetarian diet and no alcohol alone is a high form of religious or yoga process

Every living entity 8.4 million species in life has an individual soul and a Supersoul located in the heart and every living entity is connected through spiritual consciousness as the fifth fundamental force of nature

We are not these material bodies but eternal souls where life is eternal and our whole purpose in life (constitutional position) is to reach the spiritual sky in the afterlife

Bhakti or Buddhi yoga is the highest form of yoga which involves the other three forms (karma, hatha and jnana), as well as other spiritual processes such as mindfulness, kirtan, japa, arati, puja, tai chi, dharma talks, bhagavatam talks, mathematics, arts-and-crafts and poetry

There are 400,000 species of humans defined by the level of consciousness where with enough spiritual advancement one can aim towards enlightenment and thus be free of all suffering in this material world

We are NOT defined by whether we are Asian, Muslim, Jewish, Aboriginal, Black, White, Madagascan or this or that but rather by our level of spiritual consciousness and thus there would be no bigotry or racism if one views the individual by the soul which is life rather than the dead material body

Yoga is the most effective method to resolving conflicts

God owns and is the true custodian past, present and future of all land

God owns all knowledge and thus there should be no lamentation or hankering if one unfairly loses their job tomorrow

Like Jesus we are all sons of God, cannot be killed and raised from the dead since life as the soul is eternal where three-quarters of the universe is spiritual
Animal life sleep, mate, eat, defend whereas human life is about trying to understand God whilst following religious/yoga processes

Advance spiritually and sex becomes distasteful and sex with God (spiritual sex) may even be possible as the highest source of pleasure

6.40 The Anonymous Mango Tree

I am a mango and a tree
I hear a waterfall
I see a kangaroo
I wonder whether trees have feelings
I am a mango and a tree

I pretend to go on 'Home and Away'
I touch Ash Barty's tennis racket
I worry about New York City
I want a mango tree
I am a mango and a tree

I understand that life is eternal
I try to write a poem once a week
I hope my tennis book will be published
I am a mango and a tree

6.41 The Tennis Match That Inspired a Movie Sequel

At the 2025 French Open Final, Carlos Alcaraz, after losing the first two sets, saved three match points at 0–40 while serving at 3–5 in the fourth set. He then broke Jannik Sinner to 15 to level the set at 5–5, after Sinner had been serving for the match at 5–4. After winning the fifth set in a tiebreak, Alcaraz was ultimately crowned the winner in one of the most exhilarating, seat-edge, popcorn-worthy Grand Slam finals ever produced, with a record match length of 5 hours and 29 minutes.

Based on historical data and using an off-the-shelf backwards-recursion Markov chain model in an Excel spreadsheet, Carlos Alcaraz was the slight favourite, with a 56.4% chance of winning the match from the outset. This probability dropped significantly to 15.2% after he lost the first two sets and to just 1.2% when Alcaraz was defending three match points while serving at 3–5 and 0–40 in the fourth set.

Escape from Alcatraz is a 1979 American prison thriller film based on the true story of three prisoners who escaped from a high-security prison on an island in San Francisco Bay by ultimately launching a homemade raft into the water constructed from more than 50 stolen, rubberised raincoats.

The actual Alcatraz escape occurred on June 11, 1962, while the 2025 French Open Final took place on June 8, 2025. Traditionally beginning in late May,

the French Open men's final typically falls between June 8 and 14. Thus, both events occurred within the same June 8–14 date window.

Another interesting observation is that there is a missing 't' in 'Alcaraz' to form the word 'Alcatraz'. Not only does the word 'tennis' begin with a 't', but the letter 't' could also represent a 'cross'. In the film *Escape from Alcatraz*, it was the prisoners, or 'sinners', who escaped the high-security prison, whereas, in the tennis match, it was Alcaraz who staged his own prison escape from 'Sinners', through the Jannik Sinner wordplay.

Based on the coincidental parallels above between the Alcaraz escape to win the 2025 French Open and the prison escape from Alcatraz in 1962, is it possible that there is a movie twist-plot to the true fate of the three prisoners, given that their bodies were never recovered and the FBI officially presumed that the men had drowned in the cold, rough waters of San Francisco Bay?

Perhaps, then, the miraculous escape from Carlos Alcaraz is more than just a playful coincidence. Building on the references to a 'cross' and 'sinners' above, could one imagine a more extraordinary interpretation—that the escapees somehow 'walked on water', echoing the biblical account of Jesus walking on water, before being rescued by an angel-like figure?

While there is no historical evidence to support such a supernatural explanation, it provides a playful twist on the enduring mystery: perhaps the three 'sinners' did not perish in the waters of San Francisco Bay after all, but were somehow granted their own miraculous escape. This could even provide the premise for a movie sequel, *Escape from Alcatraz II*, suggesting that the story may have one more twist left to reveal.

6.42 All About Sex

Okay, let's talk about sex. Yes, sex - like the 1991 song *Let's Talk About Sex* by American hip-hop trio Salt-N-Pepa, or Barbie's rather blunt observation in the PG-rated film *Barbie*, where Barbie, played by Margot Robbie, declares: "I do not have a vagina. And he does not have a penis. We don't have genitals". This comes after Barbie and Ken are catcalled by construction workers, prompting the rather obvious realization that plastic dolls, thankfully, do not come equipped with reproductive organs. Or consider the one-liner from the 1992 drama/mystery R-rated film *Basic Instinct*: "F like minks, forget the rugrats, and live happily ever after".

But what if we looked at sex from a completely different angle? Instead of Hollywood, pop music or anatomically challenged plastic dolls, let's turn to one of the great spiritual teachers of the twentieth century: A.C. Bhaktivedanta Swami Prabhupada, whose commentary on the *Bhagavad Gita* -

one of India's most influential spiritual texts, sometimes compared with the Western Bible in terms of cultural significance - is known as Bhagavad Gita As It Is. So, forget the construction site, put Barbie and Ken aside, and let's see what ancient spiritual philosophy has to say about one of humanity's oldest and most entertainingly complicated subjects: sex.

Well firstly, sex is transitory. Men reportedly last, on average, around 5–6 minutes, while women may take considerably longer to reach sexual satisfaction. Animals typically sleep, mate, eat and defend themselves - so, from this perspective, sex belongs firmly in the animal kingdom. The provocative question, then, is: does society, in pursuing sexual pleasure, sometimes behave more like animals than enlightened beings? According to certain spiritual traditions, the answer is yes. As we advance spiritually through yoga or religious practice, sexual desire is said to become less attractive, with the ultimate goal being to transcend it altogether. From this perspective, sex should be reserved for procreation, making contraception and non-procreative sex morally problematic and, within some traditions, sinful. Illicit sex is even counted among the four major sins, alongside meat-eating, intoxication and gambling. And then there is the wonderfully inconvenient problem of time. Our bodies are constantly changing, with cells regenerating at different rates throughout our lives. So, theoretically, the person you find irresistible today may look quite different tomorrow, or in the exaggerated language of spiritual satire, your beloved could eventually resemble a 'demon'! Yet here comes the ultimate contradiction: many of us have experienced something resembling enlightenment during the fleeting 'pleasure' phase of sex, if only because, for a brief moment, ordinary suffering seems to disappear. Perhaps, then, sex offers a curious imitation of enlightenment: a few minutes of bliss, followed by the return of reality.

As above, sexual desire or ordinary sex becomes increasingly distasteful as we advance spiritually. Perhaps, then, enlightenment represents something radically different - not the abandonment of pleasure, but its ultimate transformation. Could reaching enlightenment therefore be understood, metaphorically, as having 'sex with God' - a state of supreme pleasure, without the suffering, attachment, or limitations associated with ordinary 'animal' sex?

6.43 When Tenny's Meets Shakespeare

Tenny's Sandgren is an elite tennis player.

Whereas Shakespeare is a classical sonnet writer.

Beach tennis is an official ITF sport played on sand.

Whereas royal tennis is a lawn tennis predecessor played on indoor concrete. Thus, given that the word 'sonnet' spelt backwards just happens to be the word 'tennos', should Tenny's Sandgren serve upon the sand or grass, while Shakespeare serves sonnets beneath the stars to Romeo and Juliet?

6.44 When the Algorithm Takes the Stage

From standard poetry events and open mics to poetry slams, festivals, workshops, writing competitions and even the prestigious Nimbin World Cup, every poetry performance has its own scoring system, with an associated set of rules - and no two systems are necessarily created equal.

Take poetry slams, for example. Typically, a poet gets the floor for a maximum of three minutes, as at Bankstown and, Bread & Butter Poetry Slam. At the Australian Poetry Slam, however, the poet has just two minutes to perform before the clock before time penalties start working against them for going over the allocated two minutes. In the Nimbin World Cup, the performer is allocated eight minutes and loses points for going both over and under the allotted time.

Poetry slams and other competitions may also restrict the use of AI, for the obvious reason that you could theoretically ask ChatGPT to write the entire poem, step onto the stage, read it aloud and then accept the trophy as the winning poet. At that point, is it really a poetry slam or merely a very elaborate software update?

But what about turning the whole concept on its head with an open-slayer AI poetry slam? No restrictions. Human poets, AI poets, AI holograms or perhaps even an AI-generated humanoid could take the stage and perform the piece.

And then things could get even more surreal. Imagine an AI-generated humanoid resembling Arnold Schwarzenegger taking the stage delivering a performance straight out of *Terminator 2*. Or what about an AI humanoid resembling Robin Williams, able to transform into Mrs Doubtfire throughout the performance? Perhaps an AI-generated Shakespearean android could perform a beautiful love poem, transporting us back to the time when the original pieces were written, some 400 years ago. Or perhaps Kate Winslet from *Titanic*, performing a piece with an intense Jack Dawson moment, as Leonardo DiCaprio's character sketches an adults-only portrait of her. It would be intriguing to see whether an AI-generated humanoid performer or AI hologram might take the name 'Kate Winslet' a little too literally, particularly if the performance took place at a venue such as the Glebe Hotel's 'Nude Room'.

6.45 Finding the GOAT in the Year of the Fire Goat

The next 'Year of the Fire Goat' in the Chinese Zodiac begins on February 6, 2027, and runs until January 25, 2028. In fact, there are 12 Zodiac signs

in total, repeating over a 12-year cycle, and 5 elements - Wood, Fire, Earth, Metal and Water - which rotate on a ten-year cycle including a 2 consecutive year Yin/Yang rotation. Thus, the last 'Year of the Goat' occurred in 2015, 12 years before 2027, while the last 'Year of the Fire Goat' occurred in 1967, 60 years before 2027. And note that being born in 1972 as a Water Rat doesn't necessarily guarantee you a free pass as a cast member on the Australian TV drama *Water Rats*, even if the series were to return in 2032 — the next 'Year of the Water Rat'.

But the 2027 'Year of the Fire Goat' is intriguing in itself, given that the word GOAT is typically used in elite sport to mean 'Greatest Of All Time'. And so, is 64-time tennis Grand Slam winner and record-equalling 24-time singles Grand Slam champion Margaret Court the GOAT, given that the word 'goat' can actually be obtained from within 'Margaret Court'? Or perhaps another Aussie tennis player, Ash Barty, given the parallels between the word 'ash' and the word 'fire' in 'Fire Goat'? Or Argentinean football player Lionel Messi, where combining an element of surprise 'Ah!'(Ah) with the tail of the word Messi gives the rather elegant word 'Messiah'?

But the most intriguing name in terms of similarities to the word GOAT is undoubtedly sprinting sensation Gout Gout where wordplay poetry slants Gout Gout GOAT or GOAT GOAT GOAT or let's GOAT Gouty let's GOAT or Gouty GOAT goat goat goat you are my voodoo dolls - just sounds awesome for a poetry slam or a teddy bears' picnic in the woods.

Moreover, Gout Gout was born on December 29, 2007, making his Chinese Zodiac sign the Metal or Golden Pig, and his Australian Zodiac sign Capricorn. Capricorn is represented by a sea-goat, a mythical creature that is half goat and half fish. Thus, the Australian Zodiac sign of Capricorn, being half goat and half fish, is perhaps the most representative Australian Zodiac sign for Gout Gout as the GOAT.

In order to obtain GOAT from the word Gout, we simply need to 'buy a vowel' - or more specifically, replace the 'u' in Gout with an 'a' to give us the word GOAT. Going back to Gout Gout's birth date, December 29, 2007, which coincides with the Chinese Zodiac 'Year of the Golden Pig', we find another connection: the word 'gold' epitomises someone of GOAT qualities. Further, the chemical symbol for gold is Au, and thus the 'a' in 'Au' can be replaced by the 'u' in Gout to simply form the word 'GOAT'. To strengthen the argument further, 'gold' represents first place, while the letter 'a' naturally represents the first letter of the alphabet.

And finally, the fishy tail of the Capricorn sea-goat could be combined with the pig from the 'Year of the Golden Pig' to create a living creature known as a 'pigfish' - or more bizarrely, a 'pig goldfish goat'.

6.46 8:52 Hong Kong Restaurant

The writer Tristan Barnett often attends the weekly Monday poetry event at 8:52 Hong Kong Restaurant in Newtown, from 6:30 to 8:00 pm, and has become quite intrigued by the different combinations of transportation available for getting to the event.

For example, given that the restaurant is located in Newtown, it seems reasonable to catch the train from Central to Newtown Station and then walk the remaining 600 Google metres to the venue, located at Shop 6, 503 King Street, Newtown. Now, this 600-Google-metre walk takes 8 Google minutes, perfectly coinciding with the ‘8’ in 8:52 Hong Kong Restaurant. It also happens that walking from Central Station to the restaurant takes 52 Google minutes, just to reiterate the 8:52 poetry narrative of 8:52 Hong Kong Restaurant.

On a different train line, St Peters Station is also a 600 Google metre walk from 8:52 Hong Kong Restaurant. St Peters Station is more convenient for the return journey if one is heading to the Botany View Hotel after the poetry event ends at 8:00 pm for a convenient weekly Monday Open Mic known as ‘Doggy Bag’. It takes nine Google minutes to walk from St Peters Station to 8:52 Hong Kong Restaurant. Thus, walking it in 8 minutes and 52 seconds is very plausible and nicely keeps with the 8:52 poetry narrative of 8:52 Hong Kong Restaurant.

A third transportation option, rather counterintuitively, if already on the metro heading towards Central Station, is to continue on to Sydenham Station and then somewhat backtrack to St Peters Station. And thus, although 8:52 Hong Kong Restaurant is located in Newtown, it could be quite strategic to advertise the event at St Peters Station on a Monday night, talking up the wordplay of an 8-minute-and-52-second walk to the venue.

“Hey Google, what else do you have that could conveniently fit this 8:52 time-based theme?” Well, Tristan, there just happens to be flights from Sydney to Hong Kong where, although the fastest recorded in-air flight time is 8 hours and 26 minutes and the slowest is 10 hours and 5 minutes, the average flight time, according to FlightQ.app, is, fair dinkum, bonza, cobber - 8 hours and 52 minutes.

Thus, what are the chances that Google has predicted the weather conditions well enough to produce a return 8-hour-and-52-minute flight time, while also allowing for a travel booking of 8 weeks and 5 days, still leaving 2 hours for an airport check-in?

Chapter 7

Appendices

7.1 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 two and a half 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 two and a half 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 Winderemere 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, Leicester 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 Belfast, Trafalgar Square and National Gallery. Nighttime was a sports cafe and a walk around Leis-

ter 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 Luxumburg. 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 Sebastian. 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 Sebastian to travel to Seville at 11pm. In general San Sebastian 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 priced 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 Kapellbrücke 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 Titlis 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 too 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 Patheon, 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 Baptiserium. Then went to Palazzo Vecchi which has famous statutes by Michaelangelo. 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 del Miracoli where the cathedral, babilstry 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 Michelangiolo-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 Uffizien 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 Vikyualienmarkt. 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 Olympitarium.

26/1/97 Germany Woke up early to watch the Australian Open tennis final. Pete Sampras the eventual winner. Then went to the Deutches 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 Stubaii 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 Triumphpforte. 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 Stubaii 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 medieval 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.

7.2 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.”

7.3 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.

7.4 Article from the The Great Synagogue

Fascinating Family History

By Graham Barnett

May 2009

Jack Barnett, who recently celebrated his 95th birthday, wanted to study medicine when he left Sydney Boys' high School. However, the family had not recovered from the Great Depression and Jack chose the shorter course of pharmacy where he could earn money as an apprentice during his studies.

He tells the story of walking each day from Central to Sydney University to save the penny bus fare. At that time pharmacy was a diploma course and was not made a degree course until much later; so Jack received his pharmacy degree when he was 80!

Jack Morris Barnett, was born in Auckland New Zealand on 27 March 1914, second son to Montague and Vera (nee Menser) Barnett. Jack and his family have had a long association with The Great Synagogue, reaching back to its earliest days and before.

But his roots are in England and Holland. Jack's paternal grandfather Isaac Barnett, a grocer, was born in London in 1835 to Asher and Catherine

Barnett. He migrated to Australia and married Catherine Solomon on 3 March 1869. The marriage was at Isaac's home in Elizabeth St and conducted by Rev Alexander Davis.

Jack's father Montague, born 1880 and ninth of their 14 children, served in the Boer War and WWII.

On Jack's maternal side, his great-great-grandfather Liphman Levi Menser was born 1776 in Middelburg, Holland son of Roosje Barends. His great-great-grandmother Annaatje (Annetta) Levi Trompetter was born in 1782 in Amsterdam daughter of Levi Abraham Trompetter.

They had two sons including Jack's great grandfather Louis Menser, cigar manufacturer, born in 1803. (As it so happened, Levi Abraham Trompetter, like Jack was a druggist).

Following their marriage Liphman and Artnaatje Menser with their sons traveled to London where in 1828 their son Louis and Phoebe had six children of whom Jack's grandfather Morris Menser, cap maker and tailor, was the youngest.

Morris married Rebecca Chapman in London and following their marriage, set sail for Sydney, Australia in 1864 in a tall ship. They had 11 children of whom Jack's mother Vera was the second youngest.

On arrival in Sydney they joined the York St Synagogue and later The Great when it opened in Elizabeth St.

A member of the choir in York St, Morris sang in the choral service in 1875 to mark the laying of the foundation stone of The Great Synagogue in Elizabeth St. Jack's mother Vera also sang in The Great Synagogue choir, which would not be allowed today.

Morris held several positions outside the Jewish community and within in. He was honorary secretary of the Hebrew Mutual Benefit Society and of the Sydney Hebrew Philanthropic Society. When the latter Society became incorporated in the Sir Moses Montefiore Jewish Home he continued the duties and was secretary of the Sir Moses Montefiore Jewish Home during the 1890s until his death in 1897 at the age of 55 - as a result of head injuries from falling off a tandem bike! His wife Rebecca died in 1922 aged 82. Both are buried at the Rookwood Necropolis.

Morris's mother and father Louis and Phoebe and their other five children together with Louis's mother Annaatje all came to settle in Australia in 1858.

Jack's parents Montague and Vera were married at 126 Windsor St Paddington the home of Vera's mother Rebecca Menser, by Reverend Marcus Einfield on 21 June 1911; this was the shortest day of the year but they often quipped they had the longest night.

Following their marriage they moved to Auckland, New Zealand where their three children of whom Jack was the second were born. Montague ran a hardware store in Auckland. When Jack was seven the family returned to Sydney and they lived in O'Sullivan Rd, Bellevue Hill. Montague ran a hardware store in Hall St, Bondi and joined the Central Synagogue where in 1924 he held the office of treasurer and where Jack, following family tradition,

sang in the choir. Jack celebrated his Bar Mitzvah on Shabbat Hagadol in 1927.

Montague died aged 79 Vera lived on to be 105. Jack's elder brother Keith died a soldier in a wartime accident during WWII aged 32. His name appears on the memorial board in the Elizabeth St Entrance to the Great.

When Jack married Thelma Dorothy Grace at the Great Synagogue on 15 June 1940 it was the first marriage at which Rabbi Dr Israel Porush officiated after his arrival. I am their only son and practising lawyer.

Thelma's parents John and Rebecca Grace (nee Symonds) were married at The Great in 1909. Her grandparents Reuben and Hannah Symonds had joined The Great on their arrival in Sydney and developed a close association with The Great; Reuben's brother Morris Symonds became president of The Great as did Reuben's nephew Saul.

With such a strong connection Jack and Thelma joined The Great after their marriage.

Jack's marriage endured for 64 years until his dear Thel collapsed five years ago while tending her garden and passed away at the age of 86. Jack maintains his independence at his home and retains his driver's licence.

Jack mixed up potions, dispensed medicines and counted pills in his pharmacy on Campbell Parade, Bondi Beach for 30 years assisted by Thelma who was in charge of the cosmetics counter, the perfumery and beach accessories.

I was married to Wendy Lilienthal, daughter of Maurice and Gladys, at The Great in 1971 by Rabbi Porush. Wendy's parents had also married at The Great, their marriage conducted by Rabbi Falk.

Graham and Wendy have two sons Lyndon a journalist and Tristan a mathematician. Both continued the family tradition and celebrated their Bar Mitzvahs at The Great.

7.5 Letter from Frederick K.S. Leung

Tristan presented at the 15th International Congress on Mathematical Education in 2024 (ICME-15) 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.

INTERNATIONAL COMMISSION ON MATHEMATICAL INSTRUCTION
A COMMISSION OF THE IMU

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24 July 2024

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 to 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.

Frederick Leung

On behalf of the ICMI EC (2021-2024)

7.6 Letter from Frederick K.S. Leung 2

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Further Statement on ICME-15

The ICMI Executive Committee (EC) would like to thank the International Program Committee (IPC) and Local Organising Committee (LOC) of ICME-15, under the leadership of Convenor Professor Kim Beswick and LOC Chair Mr Will Morony, for their dedicated work in organising a successful ICME. In relation to the matter affecting Prof Jayasree Subramanian, we believe that the ICME-15 Organisers were acting with the goal of maintaining a safe and respectful environment according to the Code of Conduct which had been made known to all participants. We acknowledge that an academic conference should welcome robust debate and challenging ideas, even if there is disagreement on these ideas. In this context, we respect the dignity and high academic standing of Prof Subramanian and express our gratitude for her contribution to ICME-15, especially in the plenary panel of which she was a member. We are saddened by her removal from the Congress and the distress and insult that she has experienced, and since ICMEs are organised under the auspices of ICMI, the ICMI EC would like to offer our apology to Prof Subramanian. The EC admits that we were not sufficiently alert to the ICME-15 Code of Conduct and the lack of clarity on the process of implementing the Code. We apologize to all in our community who have been adversely impacted by this unfortunate incident and by our collective failure to avert it. In future ICMEs, we commit ourselves to working towards ensuring both robust engagement and mutual respect and wellbeing of all participants. We acknowledge that, in hindsight, many people could have done many things differently to avoid or prevent these difficult experiences. We cannot change the past, but we can think more carefully in future about ways of promoting – at ICMEs and other ICMI events - an academic environment that is open to challenging ideas and respectful of people who bring forward and discuss these ideas. Such values have always been the spirit of ICMI. ICME-15 has achieved a lot in furthering mathematics education worldwide, and we urge all of us not to let the achievement of ICME-15 be marred by this unfortunate incident.

Frederick Leung

On behalf of the ICMI EC (2021-2024)

7.7 PhD Thesis

Background

Having an interest in the mathematics of tennis, I began research for a PhD in January 2002, at Swinburne University. In January 2003, the Defence Science and Technology Organization (DSTO) proposed a problem at the Mathematics in Industry Study Group held at the University of South Australia, titled “Analysis of Hierarchical Games”. The DSTO recognized that warfare can be modelled as a hierarchical structure where many sub-tasks must be achieved to win a greater task. For example, to win the overall war, a team needs to win so many battles. The problem faced with analyzing warfare directly, is always the possibility of developing a theory that cannot be tested, as a result of the complexities involved in warfare. For this reason the DSTO chose to analyze tennis as an analog to warfare, with the aim of using results obtained within tennis, to gain insights that could be used to solve problems related to warfare. Tennis was chosen as an analog to warfare for some obvious reasons. It has a well-defined scoring structure that most people are familiar with, and most importantly this scoring structure is hierarchical (points, games, sets, match). With this understanding of the research problem, the following problems were proposed for analysis:

1. The non-equivalence of value of the points depending on the current score in the game, set and match.
2. The definition of a model of match outcome into which the effect of morale or other psychological effects can be incorporated.
3. The effect on the probability of winning the match arising from depleting available capability through the effort to win the point.
4. The ability to generalize from tennis to a more complex game structure (i.e. where there is not the convenience of discrete play events between just the two equivalent players or teams that are present in tennis.)

7.8 Immunisation History Statement

Below is a history statement of Tristan’s immunisations from the 27th July 1998. To summarise, Tristan travelled to Africa at the end of 1998 and required seven vaccines and specifically a Yellow Fever vaccine is mandatory for East Africa. Tristan obtained the Influenza vaccine from 07 May 2008 and then every year until 21 April 2002 (the last vaccine). Tristan obtained three COVID-19 vaccines in 2021 (two initial and the booster), and this was a requirement for Tristan’s travels to the US in 2023.

27 Jul 1998 Hepatitis (A&B)
26 Aug 1998 Hepatitis (A&B)
26 Aug 1998 Polio
02 Sep 1998 Tetanus
02 Sep 1998 Typhoid
14 Sep 1998 Yellow Fever
20 Oct 1998 Meningococcal

25 Jan 1999 Hepatitis (A&B)
 29 May 2002 Measles Mumps Rubella
 07 May 2008 Diphtheria Tetanus Pertussis
 07 May 2008 Influenza
 04 May 2009 Influenza
 24 Oct 2009 Swine Flu
 14 May 2010 Influenza
 18 May 2011 Influenza
 05 Jun 2012 Influenza
 29 Apr 2013 Influenza
 16 Apr 2014 Influenza
 04 May 2015 Influenza
 29 Apr 2016 Influenza
 05 May 2017 Influenza
 20 Apr 2018 Influenza
 16 Apr 2019 Influenza
 12 Aug 2019 Diphtheria Tetanus Pertussis
 (date not specified) Typhoid
 03 Apr 2020 Influenza
 14 Apr 2021 Influenza
 13 May 2021 COVID-19
 04 Jun 2021 COVID-19
 08 Dec 2021 COVID-19
 21 Apr 2022 Influenza

7.9 Parc Des Topiaires Durbuy

No 8: The triptych “Faith, Hope and Love” is represented by a cross, an anchor and a heart. The triptych was specially designed and offered to the Pope to decorate his personal garden at the Vatican. Here you can see a replica of this triptych.

No 13: The tiara is worn by the Pope, the head of the Catholic Church. We know this is recognized by the cross on the top. It was also designed to adorn the Pope’s garden (just like the triptych in parterre number 8). Here, it is also a replica.

7.10 Tristan Barnett CV

Job Experience

2002-2005 Swinburne University: Tutor/Lecturer for ‘Chance and Gaming’ statistics subject.

2003-2007 Ladbrokes: Predicting live outcomes in tennis using analytic methods in Excel.

2008 Centrebet: Predicting live outcomes in tennis, AFL, NBA, ice hockey, soccer, NFL using analytic methods in Excel.

2009-2010 Western Bulldogs Football Club (AFL): Decision support software in player drafting.

2009-2012 Infoplum: Live predictive modelling in tennis, football codes, basketball, netball using analytic methods in Excel. Live predictive modelling in T20, One-Day and Test cricket using simulation. Project management skills. 2012 Tennis Australia: Analyzing match statistics data as a decision support tool to increase performance.

Qualifications

1999 Bachelor of Science: Information and Communication Sciences Macquarie University, Sydney

2002 Graduate Diploma in Operations Research: Mathematical Sciences University of Technology, Sydney

2006 Doctor of Philosophy: Faculty of Life and Social Sciences Swinburne University of Technology, Melbourne

Appointments

2007-2008 Adjunct Research Fellow: Faculty of Life and Social Sciences Swinburne University of Technology, Melbourne

2009-2010 Adjunct Lecturer: Faculty of Business and Law Victoria University of Technology, Melbourne

2011-2012 Adjunct Research Fellow: School of Mathematics and Statistics University of South Australia, Adelaide

2020-2023 Adjunct Senior Lecturer: College of Science and Engineering Flinders University, Adelaide

Courses

2003 Media training course Swinburne University of Technology, Melbourne

2004 The Leadership and Entrepreneurship Attributes Development program Swinburne University of Technology, Melbourne

Thesis

Barnett T (2006). Mathematical modelling in hierarchical games with specific reference to tennis, PhD thesis, Swinburne University of Technology, Melbourne

Books

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Forecasting a tennis match at the 2003 Australian Open. The 24th International Symposium of Forecasting, 2004

Optimal use of tennis resources. The 7th Australian Conference on Mathematics and Computers in Sport, 2004

Reducing injuries by substantially decreasing the likelihood of long tennis matches. The 8th International Congress of the Society for Tennis Medicine and Science, 2006

Reducing the likelihood of long tennis matches. The 8th Australian Conference on Mathematics and Computers in Sport, 2006

Applying the cumulant generating function to tennis. 50th Annual Meeting of the Australian Mathematical Society, 2006

Some alternative men's doubles scoring systems. Tennis Science and Technology 3, 2007

Modelling outcomes in volleyball. The 19th National Conference of the Australian Society for Operations Research, 2007

Modelling outcomes in volleyball. The 9th Australian Conference on Mathematics and Computers in Sport, 2008

Applying match statistics to increase serving performance during a match in progress. The 10th International Congress of the Society for Tennis Medicine and Science, 2008

Generalizing the 'Kelly' betting strategy to allow for multiple payouts. The 14th International Conference on Gambling & Risk Taking, 2009

Using game theory to optimize performance in a best-of-N set match. The 7th International Symposium on Computer Science in Sport, 2009

Applying mathematics to poker machine regulations to increase consumer protection. The 19th Annual Conference for the National Association for Gambling Studies, 2009

Risk taking in badminton to optimize in-the-run performance. The 10th Australian Conference on Mathematics & Computers in Sport, 2010

Applying risk theory to game theory. Second Brazilian Workshop of the Game Theory Society, in honor of John Nash, on the occasion of the 60th anniversary of Nash equilibrium, 2010

Obtaining a fair arbitration outcome. The Australian and New Zealand Industrial and Applied Mathematics conference, 2011

Analyzing tennis scoring systems: from the origins to today. Conference for the International Federation of Operational Research Societies, 2011

Developing a tennis calculator to teach probability and statistics. The 11th Australian Conference on Mathematics & Computers in Sport, 2012

The mathematics of tennis. The 13th Australian Conference on Mathematics & Computers in Sport, 2016

An improvement to the tennis challenge system. The 16th Australian Conference on Mathematics & Computers in Sport, 2022

Applying the Kelly criterion to lawsuits and game theory. The 18th International Conference on Gambling & Risk Taking, 2023

Could Roger Federer have won more grand slams by following a yoga process? The 23rd ITF World Coaches Conference, 2023

Methods to encourage elite male singles players to compete in doubles and/or mixed doubles in grand slam tournaments. The 17th Australian Conference on Mathematics & Computers in Sport, 2024

An analysis of a test cricket series. The 17th Australian Conference on Mathematics & Computers in Sport, 2024

Teaching differential calculus to high school students using a game of tennis. The 15th International Congress on Mathematics Education, 2024

Teaching probability theory through tennis. The 11th MathSport International Conference, 2025

Could Roger Federer have won more grand slams by following a yoga process? World Congress in Tennis Medicine & Science, 2025

Could Roger Federer have won more grand slams by following a yoga process? The 18th Australian Conference on Mathematics and Computers in Sport, 2026

Invited Talks

Some alternative men's doubles scoring systems. Australian Society for Operations Research: Melbourne Chapter, 2007

Applying mathematics to poker machine regulations to increase consumer protection. Centre for Gambling Education & Research: Southern Cross University, 2009

Generalizing the 'Kelly' betting strategy to allow for multiple payouts. Applied Mathematics Seminars: Swinburne University, 2009

Applying the Kelly criterion to lawsuits. Operations Research Seminars: University of Melbourne, 2010

Obtaining a fair arbitration outcome. Centre for Industrial and Applied Mathematics: University of South Australia, 2011

Mathematics in sport. Careers Evening: Australian Mathematical Sciences Institute, 2011

Mathematics for life. Festival of Innovation: University of South Australia, 2011

Workshops

Analysis of Hierarchical Games: Defence Science and Technology Organization. Mathematics in Industry Study Group. University of South Australia, 2003

Influence Diagrams to Support Decision Making: Defence Science and Technology Organization. Mathematics in Industry Study Group. RMIT, 2010

Executive Committees

2005-2006 Statistical Society of Australia – Victoria Branch

2008-2010 Australian Society for Operations Research – Melbourne Chapter

Program Committees

2006-2012 The Australian Conferences on Mathematics & Computers in Sport

2011 Conference for the International Federation of Operational Research Societies

2012-2013 International Conferences on Operations Research and Enterprise Systems

2012 The 7th International Multi-Conference on Computing in the Global Information Technology

Review Panel

2010-2012 Journal of the Operational Research Society

2010-2012 Journal of Quantitative Analysis in Sports

2010-2012 International Gambling Studies

Awards

2005 The Denise Lievesley award to attend the 55th session of the International Statistics Institute

7.11 References

7.11.1 Killara High School

To Whom It May Concern

Tristan Barnett enrolled at Killara High School in 1989. He was awarded his School Certificate in 1992. He has presented himself as a candidate for the NSW Higher School Certificate in November, 1994. Tristan is a capable young man. He is polite, well mannered and has a pleasant personality. Academically Tristan has enjoyed the sciences and has on two occasions received Certificates of Distinction for the Australian Mathematics competition. Tristan has contributed to the school through his athletics and sporting prowess. He has represented both the school and the zone in cross country and athletics and been part of the school's ski team and the successful grade tennis team. He volunteered to be part of the Peer Counselling program undergoing training before being successfully selected. We wish Tristan all the best in the future and can recommend him highly to any employer seeking a person of his abilities.

M.R. Gold
Principal

November, 1994

7.11.2 Promaths

Dear Tristan, thank you for your contribution to Promaths over the years worked here. I wish you every success in your studies and work. Please find enclosed final cheque for work completed.

With thanks,
Irene

September, 1997

7.11.3 Infoplum

Dear Tristan

We wish to confirm that as per your notification, your casual employment with infoplum ended on 30th January, 2012. Your outstanding wages and superannuation up to and including your last day of employment will be paid on 6th February, 2012. Please let us know if you require a Certificate of Service and we will be happy to provide this. We wish you the best in your future endeavours. We appreciated your contribution to infoplum.

Yours sincerely

Arun Khanna
Managing Director
February, 2012

7.11.4 Flinders University

Dear Tristan

Further to your emails below. Neither Clare Lenehan nor myself have seen or hear from Vladimir Ejov in some time. Last I knew he was going to spend time in Russia. As far as we can see Vladimir has no accounts with funds in them. And even if there were he would need to seek approval from Clare and myself regarding any expenditure and that is unlikely to be granted for what you propose below. Regarding your adjunct appointment. As indicated to you in previous correspondence any adjunct appointment normally requires support from an existing employed academic staff member. As Vladimir is no longer an employed staff member, and especially as we have not seen or heard from him in a while, I am unable to support renewal of your adjunct status. Sorry. My understand is that your current adjunct status will expire end on Friday, at which point access to your Flinders account will end. Please be sure to remove any files you require before then. While this may not be the outcome you were hoping for, I would like to thank you for your contributions to Flinders and wish you all the best for your travels.

Regards, Alistair Rendell
Vice President and Executive Dean for the College of Science and Engineering
Flinders University

June, 2023

7.12 Sportsbet21

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

7.13 Byron Writers Festival

Byron Writers Festival 2025 – Weekend Events Cancelled Due to Weather

Due to the condition of the festival site, as well as ongoing rain predicted, organisers of the 2025 Byron Writers Festival regret to inform all ticket holders that the festival will not proceed on Saturday 9 August and Sunday 10 August at Bangalow Showground as planned. This difficult decision has been made in close consultation with all Byron Writers Festival stakeholders and is based on the safety and wellbeing of our patrons, authors, partners, suppliers and volunteers. Festival Artistic Director Jessica Alice said: “This is a deeply regrettable but necessary decision. Though we had a wonderful but wet first day, now the safety of our community is our highest priority. The forecast conditions make it impossible to continue the event safely. We encourage patrons to come to the Book Room in Byron this weekend and collect the books of our fabulous authors.” If you have purchased tickets to our Feature Events (Guardian Australia’s Are You Game Show, Beyond the Lines), Meet the Agent session or Satellite Events, these events will be going ahead as planned. We ask all ticket holders to please bear with us as we manage the situation. We will be in touch as soon as possible with updates and outcomes. We are devastated and we’re sure everyone associated with the festival will also feel the disappointment and loss that comes with a festival cancellation. Thank you to our audience, writers, staff, and volunteers for your incredible patience on our opening day.

Byron Writers Festival

7.14 Two Strong Hearts - recorded by John Farnham

Well there's no need to analyse this kind of emotion
'Cause it comes naturally
A simple case of feeling love and devotion
So tell me tenderly

I wanna give my life to you
I wanna to feel my blood run through you
And oh I want to touch you
Over and over and over again

We've got two strong hearts
We stick together like the honey and the bee
You and me
We've got two strong hearts
Reaching out forever like a river to the sea
Running free
Running free

I feel there's no need for compromising my reputation
When you lead me astray
I'm proud to be apart of this fascination
When I hear you say

I wanna be there to guide you
I'm gonna feel my love inside you
And oh I want to touch you
Over and over and over again

We've got two strong hearts
We stick together like the honey and the bee
You and me
We've got two strong hearts
Reaching out forever like a river to the sea
Running free

We've got two strong hearts
We stick together like the honey and the bee
You and me
We've got two strong hearts
Reaching out forever like a river to the sea

We've got two strong hearts

We stick together like the honey and the bee
 You and me
 We've got two strong hearts
 Reaching out forever like a river to the sea

Running free
 running free
 You and me, we've got
 Two strong hearts
 Reaching out forever like a river to the sea
 You and me, we've got

Two strong hearts
 We stick together like the honey and the bee
 You and me, we've got
 Two strong hearts
 Reaching out forever like a river to the sea
 We've got two strong hearts

7.15 Two Brave Hearts

Well there's no need to analyze hierarchical scoring structures in tennis to
 solve defence strategy problems
 'Cause natural law supersedes international law
 A simple case of feeling love and devotion for God - all three Abrahamic
 religions
 So love me tender - Elvis

I wanna submit my life to you
 I wanna raise my staff in the presence of Pharaoh turning all water into blood
 And oh I want to touch you/myself - Divinyls
 Over and over and over again - heaven

We've got two brave hearts
 We stick Israel/Palestine together from serenities to pleasantries
 William Wallace and me
 We've got two brave hearts
 Reaching out forever like the liberation of the Israelites from Egyptian slavery
 Palestine free
 Palestine free

I feel the clay uncompromising Patrick Swayze's hands on Demi Moore –
 ghost
 When you lead me to the promised land

I'm proud to be fantasizing sex with a ghost – LOL
 When I hear you say – more Demi

I wanna be there after we leave this immortal material world
 I'm gonna feel the love of God inside you - Holy Spirit
 And oh I want to touch you/myself – Divinyls
 Over and over and over again - heaven

We've got two brave hearts
 We stick Israel/Palestine together from serenities to pleasantries
 William Wallace and me
 We've got two brave hearts
 Reaching out forever like the liberation of the Israelites from Egyptian slavery
 Palestine free
 Palestine free

7.16 Could Roger Federer have won more grand slams by following a yoga process?

Presentations

Could Roger Federer have won more grand slams by following a yoga process?
 The 23rd ITF World Coaches Conference, 2023
 Could Roger Federer have won more grand slams by following a yoga process?
 World Congress in Tennis Medicine & Science, 2025
 Could Roger Federer have won more grand slams by following a yoga process?
 The 18th Australian Conference on Mathematics and Computers in Sport, 2026

Publications

Barnett T (2026). Could Roger Federer have won more grand slams by following a yoga process. Proceedings of the 18th Australian Conference on Mathematics and Computers in Sport

Abstract

Roger Federer was winning a higher percentage of points on serve than his opponent but still losing Grand Slam matches due to not winning the important/pressure points and hence some degree of 'choking'. By following yoga processes Federer would have most likely won at least 4 more slams and potentially up to 10 more slams; and taken Federer to a total of at least

24 slams to put him somewhat ‘on par’ in total Grand Slams with Djokovic and Nadal (24 and 22 slams respectively). Given that every player has a certain level of anxiety, every tennis coach could adopt these yoga strategies amongst their coaching regimes (where players could be ‘close’ to being free of all anxieties known as Samadhi or Enlightenment and hence ‘very little’ choking on critical stages of the matches). These yoga processes are outlined in the paper and to achieve results it has been identified that at least 7 years and possibly up to 11 years of yoga processes are required by an individual athlete. Hence, talent identification is required at a young age.

Results

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. These processes with justification obtained from the Gita are documented below in bullet form, where a tennis player could potentially ‘minimize’ anxiety levels and hence no or very ‘little’ choking in critical stages of tennis matches.

- Avoid meat, egg, mushroom, onion, garlic, chives, shallots, leek, alcohol, smoking, vaping, cannabis, caffeine, gambling, illicit drugs and illicit sex. However, milk products are necessary as you need your animal fats
- Weekly gardening, wrestling and swimming (preferably at the beach)
- Weekly hatha yoga, mindfulness, kirtan, japa, arati, puja, tai chi, dharma talks, bhagavatam talks, mathematics, arts-and-crafts and poetry
- Listen to music frequently
- Don’t accumulate wealth (e.g. build or donate to a foundation)
- Six hours of sleep maximum per night
- Eat prasadam (spiritualized vegetarian food) and karma free milk products
- Read Krishna Consciousness books including the Bhagavad Gita As It Is (at least 3 times)

7.17 Year 12 yearbook class of 1994

BARNETT, TRISTAN

Nickname: Barny

Major likes: Maths, sport

Hero: Mr Murphy

7.18 Famous 1962 Alcatraz escape

In 2013, more than 50 years after the famous 1962 Alcatraz escape, a handwritten letter was sent to a San Francisco police station by someone claiming to be John Anglin, one of the three men who escaped the prison. The writer said all three men had survived the escape and offered to reveal his location in exchange for a limited prison sentence and medical treatment. The letter created renewed interest in one of America's most famous prison mysteries, but its authenticity was never confirmed. The FBI examined the letter, and handwriting analysis was inconclusive. The U.S. Marshals Service later said the claim was without merit, while the FBI's official history continues to list the three escapees as missing. Their ultimate fate remains unresolved.

References

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Srimad-Bhagavatam (vedabase.io/en/library/sb)

Krishna.com (krishna.com)

Raga Bhajans (dwaipayana.bandcamp.com)

The Happy Jiva (thehappyjiva.com)

Prabhupada Books (prabhupadabooks.com)

Krishna.org (krishna.org)

Yoga for Peace (yoga-for-peace.com)