

WCDA 2019: How spiritual advancement can prevent and resolve Mentalhealth disorders - Tristan Barnett - Strategic Games

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If someone is bullied to the state that they are suicidal then this is very serious. The victim should be compensated about 10 million dollars and the injurer should be jailed for about 40 years. Essentially workplace bullying could be considered equivalent to murder. The author has experienced psychosis, panic attacks, generalized anxiety disorder, depression as well as being suicidal in the years 2010-2019 as a result of workplace bullying.

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 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 Arjuna about 5000 years ago and through disciplic succession the Bhagavad Gita as it is gives commentary on the verses by Lord Krishna by His Divine Grace A.C. Bhaktivedanta Swami Pradhupada. Essentially the Bhagavad Gita as it is the highest authoritative text to explain the universe and the commentary is “almost” 100% accurate.

The first real sign of the author’s improvement in health occurred on the 11th Feb 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 the author was also undertaking regular Hatha yoga sessions at Macquarie Gym. The author’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 and reading books of spiritual knowledge available at the Hare Krishna Temple. Throughout 2013 the author also had regular chiropractic and remedial massage treatments. However, the most effective method for resolving mental health came from regular visits to the Hare Krishna temple and daily chanting of the Hare Krsna Mantra: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare / Hare Rama, Hare Rama, Rama Rama, Hare Hare. The author would continue the chanting of mantras by weekly visits to Govindas,

Sydney in 2014. The author’s health significantly improved after reading the Bhagavad Gita as It Is for the 3rd time in May 2019, where the depression disappeared completely, the anxiety

significantly eased off; and thus the author successfully came off anti-depressant drugs. From the 26th May 2019, the author became strictly vegetarian and no consumption of alcohol but still enjoys one cappuccino a day. Further on the 26th June 2019 which coincided with the author’s birthday, the generalized anxiety disorder disappeared completely and the anti-anxiety medication was reduced to very low doses.

From the Bhagavad Gita as it is our bodies are composed of both material and spiritual. The material body contains the gross body (earth, water, fire, air and space) and the subtle body (mind, intelligence and false ego). But above all these elements there is the spiritual soul. There’s no life in the material elements, life is the spiritual soul which is eternal, full of knowledge and bliss. The soul contains two parts the individual soul and the Super soul (a plenary expansion of God). The soul is one ten thousandth the size of the tip of a hair and is located in the heart, and cannot be measured under laboratory conditions. The material body is currently dead. The thing primarily keeping it alive is the Super soul or consciousness (energy emitted by the Super soul). The amount of kilojoules obtained from energy is disproportionately low compared to the amount of work we do in a day. At the end of this life we reincarnate into another body depending on our karma. Ideally you want to achieve a spiritual body and escape the re-birth and death process and hence travel the entire universe with Krishna in total bliss – that is our purpose in life. Three quarters of the universe is spiritual. There are 8.4 million species of life including 400,000 species of humans (based on our level of consciousness). Every form of life contains an individual soul and a Super soul. The soul gets inside the atom and is the smallest unit of life.

Note that the mental health disorders for the author were caused by workplace bullying, and hence this issue should be taken more seriously, in particular regarded as a serious criminal offence (possibly even murder) as it can cause one to suicide.