

# How spiritual advancement can prevent and resolve Mentalhealth disorders

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## Abstract:

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 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.

## Biography:

The Baron" is Tristan Barnett, a mathematician with a PhD in tennis statistics who has made a career out of predicting sporting outcomes. This includes setting prices prior and during a match in progress for international bookmakers Ladbrokes and Centrebet, and sports IT company Infoplum. He is most recognized for his tennis predictions with appearances on SEN

sports radio, 3RRR 'Run Like You Stole Something' sports segment and several articles in the Australian Financial Review. He is also a consultant for Tennis Australia in performance analysis, undertaken performance modelling for the AFL Western Bulldogs and Badminton Australia, ongoing collaborations with the International Tennis Federation about improvements to tennis scoring systems and the challenge system, and has been a tutor/lecturer for a 'Chance and Gaming' subject at Swinburne University. "The Baron" is the founder for Strategic Games and invites you to read his articles and interact with the various calculators that this site has to offer.