

How Bipolar Led to Obtaining a Solution to World Peace

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Abstract

By identifying the current model that is “best” for establishing world peace, this article extends on this model by addressing issues that are also necessary for establishing world peace. In particular, the truth about Jesus is established to show that there are no contradictions between the Bible and the Qur’an; which is important for uniting the three Abrahamic religions. An ideology is given based on yogic philosophy and seven key policies are identified which could be implemented globally to assist in establishing world peace - based on the premise that our purpose in life is to obtain a spiritual body in the afterlife. The article concludes with a method that aims to establish world peace.

Keywords: *World Peace; Krishna Consciousness; Abrahamic Religions; Yoga; Conflict Resolution; Ideology; Purpose in Life; Truth about Jesus*

Introduction

As documented in the mission for the International Society for Krishna Consciousness (ISKCON) <http://www.iskcon.org/mission/>.

Srila Prabhupada founded ISKCON in July of 1966. The incorporation document states Seven Purposes of ISKCON:

- (1) To systematically propagate spiritual knowledge to society at large and to educate all peoples in the techniques of spiritual life in order to check the imbalance of values in life and to achieve real unity and peace in the world.
- (2) To propagate a consciousness of Krishna as it is revealed in the Bhagavad Gita and Srimad Bhagavatam.
- (3) To bring the members of the Society together with each other and nearer to Krishna, the prime entity, and thus to develop the idea, within the members, and humanity, at large, that each soul is part and parcel of the quality of Godhead (Krishna).
- (4) To teach and encourage the Sankirtan movement of congregational chanting of the holy name of God as revealed in the teachings of Lord Sri Chaitanya Mahaprabhu.
- (5) To erect for the members, and for society at large, a holy place of transcendental pastimes, dedicated to the personality of Krishna.
- (6) To bring the members closer together for the purpose of teaching a simpler and more natural way of life.
- (7) With a view towards achieving the aforementioned purposes, to publish and distribute periodicals, magazines, books and other writings.

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In particular (1) is referring to establishing peace in the world through propagation of spiritual knowledge to society at large and to educate all peoples in the techniques of spiritual life. The Bhagavad Gita As It Is in disciplic succession from Lord Krishna - the Supreme Personality of Godhead, who descended about 5000 years ago and spoke the words on the Bhagavad Gita to his first disciple Arjuna. The Bhagavad Gita As It Is provides a commentary by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada who is in disciplic succession from Lord Krishna. Essentially the Bhagavad Gita As It Is is the highest authoritative text to explain the universe and the commentary is "almost" 100% accurate. As quoted on p32 in the Bhagavad Gita As It Is "In this present day, people are very much eager to have one scripture, one God, one religion, and one occupation. Therefore, let there be one scripture only, one common scripture for the whole world - Bhagavad Gita. Let there be one God for the whole world - Lord Krishna. And one hymn, one mantra, one prayer - the chanting of His name: Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare/ Hare Rama, Hare Rama, Rama Rama, Hare Hare; and let there be one work only - the service of the Supreme Personality of Godhead [1].

However, there is a disunity amongst the three Abrahamic Religions in relation to Jesus. Further, Jews will continue to follow the Old Testament, Christians will continue to mainly follow the New Testament and Muslims will continue to follow the Qur'an. Therefore, it is critically important to prove that there are no contradictions between the Bible and the Qur'an in relation to Jesus in order to assist in obtaining world peace, and hence unite the three Abrahamic religions. After all God is perfect and would not have contradictions. Also, the Bhagavad Gita As It Is does not directly establish an ideology and a set of policies that could assist in obtaining world peace. Also, the Bhagavad Gita As It Is does not directly provide a lifestyle to obtain constant 'happiness'. Further, the author experienced spiritual encounters after making the connection that "Yoga is the most effective method to resolving conflicts". This provides validity for information on the truth about Jesus, the proposed ideology and associated policies and a solution to assist in obtaining world peace. These issues are addressed throughout this article. Most importantly it should be noted that the author has bipolar and wrote this article whilst experiencing mania [2].

What defines a human

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 Supersoul (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 only thing keeping it alive is the soul or consciousness (energy emitted by the soul). 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 Supersoul.

Types of yoga

Yoga can be classified into four types: Hatha Yoga, Karma Yoga, Jnana Yoga and Bhakti Yoga. 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. 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. Jnana Yoga is about knowledge of the absolute and typically applies to knowledge that we obtain throughout our educational experiences. The problem with Western society is the knowledge taught at secondary and tertiary level is focused on 'material' knowledge rather than spiritual or true knowledge. The highest form of yoga is Bhakti Yoga (which also integrates elements of Hatha, Karma and Jnana Yoga); and this is a complete devotion to the Supreme. Religion could also be considered a form of Bhakti Yoga since religion generally involves

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worshipping a Supreme. However, the highest form of Bhakti Yoga is Krishna Consciousness (also known as the Hare Krishna movement). This involves regular chanting of the Hare Krishna mantra and abstaining from sense gratification of smoking, gambling, intoxication, meat-eating and illicit sex. From the Bhagavad Gita As It Is there are three of modes of material nature that we are all subject to causing miseries in this material world. From lowest to highest these modes are ignorance, passion and goodness. The majority of society is currently in the mode of passion by always looking at ways to increase one's wealth and is characterized by the attraction between man and woman. In order to obtain a transcendental state of consciousness and be free of miseries that exist within this material world, one must firstly transcend to the mode of goodness; where in this mode the accumulation of wealth is not the main priority but rather sharing the accumulation of wealth towards helping others. In the mode of ignorance (such as smoking, illicit drugs and intoxication), you run the risk of being reincarnated into animal life in the afterlife. In the mode of passion, you generally get reincarnated into another human in the afterlife. In the mode of goodness and progressing to a transcendental state of consciousness you then have the best chance of obtaining a spiritual body in the afterlife. By following a yoga process one can progress in spiritual life and increase their level of consciousness and also have the best chance of obtaining a spiritual body in the afterlife.

Spiritual encounters

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

The author contacted the Australian Institute of Parapsychological Research about the spiritual encounters. The response was that the out-of-body experiences (which occur in about 20% of the population) was not a typical out-of-body experience which is regarded as a veridical out-of-body experience. One of the reviewers regarded it as something more of a mystical experience and therefore can be regarded as something very unique. More information about typical out-of-body experiences can be found <http://www.ai princ.org/Out-of-body-experiences/>.

The book of Tristan

Based on these spiritual encounters 'The Book of Tristan' is the next chapter in God's story which summarizes the author's life story, the spiritual events that took place at Macquarie University, an ideology with associated policies and the truth about Jesus. Churches will eventually adopt 'The Book of Tristan', which will be supported by Muslims and ultimately supported by the Jews. This unity amongst the three Abrahamic religions will help to establish world peace and from God's covenant with Abraham 'The Jews will obtain their promised land and be a blessing to all people and nations' [3].

Truth about Jesus

The following verses are outlined in the Qur'an:

- 4:159 That they said (in boast), «We killed Christ Jesus the son of Mary, the Messenger of Allah»; -but they killed him not, nor crucified him, but so it was made to appear to them, and those who differ therein are full of doubts, with no (certain) knowledge, but only conjecture to follow, for of a surety they killed him not.
- 9:30 And the Jews say, Ezra is the son of Allah, and the Christians say, the Messiah is the son of Allah; that is what they say with their mouths. They imitate the saying of those who disbelieved before them. Allah's curse be on them! How are they turned away!

It is also implied in The Qur'an that 'Jesus is not God and is not the Son of God'.

The Bhagavad Gita As It Is refers to Lord Krishna as the Supreme Soul, fully spiritual, omnipotent and omniscient and cannot suffer the miseries that we do in this material world. Jesus had a material body. The Holy Spirit is a plenary expansion of God and is located in the heart. This is more commonly known as the Supersoul which is present in every living entity. There are 8.4 million species of life. Any human can potentially pass through a barrier, known as quantum tunnelling. Therefore, Jesus walking out of the enclosed tomb is somewhat trivial. But why did Jesus walk out of the tomb with a material body (rather than a higher spiritual body)? This is because Jesus thought he was God (when in fact he was a demigod). That is why Jesus thought he could forgive sin. So, Jesus was reincarnated at death into another demigod body. Demigods are capable of ascending to heavenly material planets but have to return to earth at some point in time to take on another body. That explains the Second Coming of Jesus. God gave Jesus healing powers, to walk on water, walk through walls and foresee the future (typical of demigods). Jesus claims that he and the Father are one. As explained previously the Holy Spirit (a plenary expansion of God is present in the heart of Jesus). The Holy Spirit (or more generally the Supersoul) is present in all living entities along with the individual soul. The soul is one ten thousandth the size of a tip of hair and is eternal and cannot be destroyed, but merely transmigrates into another body at the end of each life based on our karma. The Father is mentioned several times in the Bhagavad Gita As It Is as being God, and the Father is purely spiritual. The Father, Yahweh and Allah and incarnations of Lord Krishna - the Supreme Personality of Godhead. Jesus was not the Son of God but rather a son of God. In fact, all humans are sons of God because we are part-and-parcel with God. The Qur'an states that Jesus was not killed but was made to believe so. From the Bhagavad Gita As It Is we are not these material bodies but eternal souls and therefore cannot be killed. Our bodies are changed from one form to the next at the end of each life according to our karma. If we have bad karma then we can descend to being reincarnated as an animal in the afterlife. Good karma has the potential to obtain a spiritual body in the afterlife and ascend to a spiritual planet and 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. There are 400,000 species of humans based on our level of consciousness (energy emitted from the soul). The material body is dead. The only thing keeping it alive is the soul (or consciousness - energy emitted by the soul). The highest level of consciousness is walking through a wall - which is typical of demigods. There is an even higher form of life than demigods that is still not God (most likely an angel). Jesus was the Son of Man, Messiah (meaning anointed King)

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and savior for the world at the point in time in history. However, Jesus was insulting God by claiming to be God (forgiving sin for example) and the Jews were correct in crucifying him. Therefore, Jesus failed to save the world. Hence there are no contradictions between the Bible and the Qur'an in relation to Jesus.

Ideology

The author had a mystical experience as an out-of-body experience by visualizing a bird in the spiritual world after making the connection and posting on facebook "Yoga is the most effective method to resolving conflicts". Therefore, an ideology and associated policies need to reflect this quote as it has directly come from God.

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

To assist in obtaining world peace seven key policies have been identified based on yogic philosophy with the aim of obtaining a spiritual body in the afterlife. In order for society to understand yogic philosophy this information needs to emanate from high school. Further, this would significantly reduce smoking, alcohol, illicit drugs and school yard bullying, which is currently prominent in all high schools globally:

- (1) Tobacco and other smoking drugs to be illegalized
- (2) Workplace bullying to be equivalent to murder
- (3) Stop the killing and abuse of animals for food or other forms of human satisfaction
- (4) Ban prostitution and the sex industry in general
- (5) Compulsory high school education on yogic philosophy
- (6) Abortion regarded as being illegal
- (7) Euthanasia regarded as being illegal.

More information on the ideology and policies can be obtained from the following reference [4].

Lifestyle

Based on the ideology and yogic philosophy the following are recommendations for a lifestyle to obtain constant 'happiness' by being elevated to a transcendental state of consciousness, and subsequently achieve a spiritual body in the afterlife:

- Follow the ten commandments
- Read the Bhagavad Gita As It Is and other Krsna consciousness books
- Chanting at least 4 rounds daily of the Hare Krishna mantra
- Weekly visits to a Hare Krishna temple during Arati/Kirtan or its equivalence

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- Adopt a vegetarian diet
- Avoid intoxication and reduce alcohol consumption
- Avoid smoking
- Reduce caffeine consumption
- Avoid gambling
- Participation in a physical or mind sport
- Participate in recreational activities (swimming and gardening are recommended)
- Follow a religion or its equivalence
- Restrict sex life to marriage only
- Not to become attached to the results in working life and we work only for Lord Krishna and everything is owned by Lord Krishna
- Walk for at least 1 hour each day.

World peace

The truth about Jesus will unite the three Abrahamic religions and hence the 'church' will consist of Christians, Muslims and Jews all worshipping Lord Krishna (or incarnations of Krishna as the Father or Allah or Yahwah). 'The Book of Tristan' will firstly be introduced into churches globally as the next chapter in God's story. This will be supported by Muslims and ultimately the Jews and hence the establishment of the 'church'. Also 'The Book of Tristan' will be taught at secondary level high school globally. Information on mainstream religions, indigenous cultures and yogic philosophy will also be taught at secondary level high school globally. The Bhagavad Gita As It Is and 'The Book of Tristan' will be distributed globally. This will enable the general public to understand our purpose in life by obtaining a spiritual body in the afterlife, the truth about Jesus, influence policy making and provide a lifestyle to obtain constant happiness.

Conclusion

The current model identifies that by having the one religion, the one scripture, the one God, the one occupation, the one hymn, the one mantra and the one prayer will establish peace in this world. This article has extended this model by addressing areas that are also necessary for establishing world peace. Information on what defines a human, types of yoga and karma are explained. The author's spiritual encounters are given after making the quote "Yoga is the most effective method to resolving conflicts". These spiritual encounters led to 'The Book of Tristan' as the next chapter in God's story. The truth about Jesus was established to show that there are no contradictions between the Bible and the Qur'an; which is important for uniting the three Abrahamic religions. An ideology and a set of policies are given based on preventing/resolving conflicts through yogic philosophy that could be implemented within global politics. In particular seven key policies are given to best obtain a spiritual body in the afterlife - which is our purpose in life. A lifestyle is given to obtain constant happiness and also to best obtain a spiritual body in the afterlife. Finally, based on all the above a solution is given that aims to establish world peace.

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