

# Scientific Evidence that God Exists

By  
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## Abstract

This article provides scientific evidence to suggest that God exists based on the author's experiences in resolving mental health disorders of depression and generalized anxiety. The author also believes that generalized anxiety cannot be cured by medication, but only through spiritual advancement. Also, the author had a mystical experience involving a bird in the spiritual world which gives further evidence to suggest that God exists.

## 1. Introduction

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. 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 ultimately bring about world peace. This ideology is documented in 'The Book of Tristan'. 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.aiprinc.org/Out-of-body-experiences/>

Despite these rather unusual spiritual encounters this still doesn't provide scientific evidence that God exists, for the obvious reason that mainstream society have to actually believe that such incidences occurred i.e. the incidences did not occur with eyewitness accounts. This article will detail the author's recovery from depression and generalized anxiety that the author believes is scientific evidence to suggest that God exists based on evidence that science cannot explain.

## **2. Author's mental health**

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.

### **3. Bhagavad Gita**

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 is the highest authoritative text to explain the universe and the commentary is “almost” 100% accurate.

### **4. 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.

### **5. 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 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.

By following a yoga process one can progress in spiritual life and increase their level of consciousness.

## **6. Types of life**

Typically, there is plant, animal and human forms of life. But there is a higher form of human life known as demigods but still have a material body (they are not God, which is purely spiritual). Demigods can typically walk through walls, walk on water and have healing powers. Jesus for example was a demigod. Through quantum tunneling it is proven scientifically that a human can walk through a wall with a very low probability. The highest level of consciousness for a human is walking through a wall. Therefore, it could be argued that a demigod is in fact the highest form of a human. This also shows the transition from material to spiritual knowledge. It is well established in the Bible that Jesus as a demigod had healing powers (Jesus even brought someone back to life). This somewhat proves scientifically that any disease can be cured by spiritual advancement, and hence the author's yoga process (mainly through Jnana yoga by reading the Bhagavad Gita As It Is 3 times) eliminated the depression and the generalized anxiety disorder completely. The author does not believe that someone can be cured of a generalized anxiety disorder without spiritual advancement (and in particular not just reading but actually understand the commentary of the Bhagavad Gita As It Is). This somewhat proves scientifically that God exists.

## **7. Conclusions**

Based on the author's recovery from depression and generalized anxiety through spiritual advancement, there is scientific evidence to suggest that God exists. Further, the author also believes that generalized anxiety cannot be cured through medication, but rather only through spiritual advancement. The author also had a mystical experience whilst visualizing a bird in the spiritual world after making the connection that "Yoga is the most effective method to resolving conflicts". This also provides further evidence that God exists.

## **References**

The Book of Tristan

<http://strategicgames.com.au/thebookoftristan.pdf>