

A Scientific Approach to Obtaining World Peace

By
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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 five 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, Karma, Reincarnation, Purpose in Life, Truth about Jesus

1. 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.

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 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.*

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 the ultimate solution to assist in obtaining world peace. These issues are addressed throughout this article.

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.

3. 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. 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.

4. Karma

According to Vedic literature, karma is the law of cause and effect. For every action there is a cause as well as a reaction. Karma is produced by performing fruitive activities for bodily or mental development. One may perform pious activities that will produce good reactions or good karma for future enjoyment. Or one may perform selfish or what some call sinful

activities that produce bad karma and future suffering. This follows a person wherever he or she goes in this life or future lives. Such karma, as well as the type of consciousness a person develops, establishes reactions that one must experience. So, when the living beings take birth again, they get a certain kind of body that is most suitable for the type of consciousness they have developed. There are 8.4 million species of life, each offering a particular class of body for whatever kind of desires and consciousness the living being may have in this world. In this way, the living entity is the son of his past and the father of his future. Thus, he is presently affected by his previous life's activities and creates his future existence by the actions he performs in this life. A person will reincarnate into various forms of bodies that are most suitable for the living entity's consciousness, desires, and for what he deserves. So, the living being inevitably continues in this cycle of birth and death and the consequences for his various good or bad activities as long as he is materially motivated. For example, if one chooses to eat meat, then they run the risk of being reincarnated into a tiger since tigers are used to eating meat. If a young girl walks around half naked attracting attention of the opposite sex, then they run the risk of being reincarnated into a tree since trees stand their naked all day. 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. Based on the law of karma the injurer will be reincarnated into a very low form of life such as an insect for millions of years and the victim will obtain a higher form of life, most likely a spiritual body.

5. 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 Tristan 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.aiprinc.org/Out-of-body-experiences/>

6. 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'.

7. 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. Therefore, the highest form of human is in fact a demigod. There is an even higher form of life than demigods that is still not God. Jesus was the Son of Man, Messiah (meaning anointed King) 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.

8. 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.

One of the main problems with political ideologies (liberal, conservative, social democracy, greens, communist, etc.) is the very material nature they operate. The material environment does not reflect on the spiritual environment which is precisely the world/universe that we live in, as typically present in religious ideologies. Political ideologies view 'happiness' through material sense gratification (such as the accumulation of wealth and consumption of alcohol). In comparison religious ideologies view 'happiness' as spiritual, where by controlling the senses from such material elements one can obtain spiritual realization through the soul which is beyond the miseries that exist within this material world. There is evidence to support the assertion that our current capitalist society is getting worse in terms of the individual's well-being and happiness. This is evident through the increasing levels of mental health. The Mental Health Foundation of Australia says: "One in five of us will experience depression at some time in our life. The World Health Organisation has concluded that by 2020, depression will be the world's major health problem." Hence, true happiness and assisting to achieve world peace abroad can only be obtained once mental health problems are resolved and this requires an ideology with foundations in religious practices such as worshipping a Supreme/God and abstaining from material sense gratification. In effect, this process of engaging in the spiritual world will eventually clear any mental disturbances in the mind. However, in our multicultural and market driven capitalist societies, implementing a particular religious doctrine as an ideology for running the economy is likely to fail (since there are many different religions). This is where yoga becomes an important part of an ideology, since yoga itself is defined as 'connecting with the soul' and embraces all religions by worshipping to a Supreme Being (whether a Christian, Hindu, Muslim, Jew etc).

Through yoga processes of meditation, chanting and an understanding of yogic philosophy; the individual/s will be in a more relaxed mental state to make better informed decisions. It is precisely the mental state and overall well-being of the individual which are critical to resolving conflicts during consensual type processes; and the practice of yoga in particular can be used to coordinate this goal. This model demonstrates that health and conflict resolution processes become directly connected. Therefore, it could be argued that public funding should prioritize facilities for yoga and other health related areas including sporting facilities, and regular dentist, chiropractic and remedial massage check-ups.

The economic model is based on resolving class conflict in the workplace as this represents the most important conflict based on our everyday lives; and would therefore reflect on the

economy as a whole including welfare. This also reflects on Marxist theory on class conflict in the workplace which has been a major factor in the formulation of left/right political ideologies. As stated above, from yogic philosophy 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. However, one's happiness in the mode of goodness may not necessarily be greater than one's happiness in the mode of passion. For example, in a working environment, employers are generally in the mode of passion (at least within Australian business) as their level of happiness tends to be greater in this mode regardless of the mode of nature that is present from the employees. This is reflected by the Australian unemployment system since under the current unemployment system there are many restrictions for obtaining unemployment benefits (testing of assets for example) and the unemployment benefits being significantly less (about 40%) of the minimum wage. Therefore, there is no threat to the employer to cooperate since it is highly unlikely that the employee will leave the job and the level of happiness for the employer is higher by not cooperating (and in a more serious case workplace bullying). The modes of passion and goodness could be equated to uncooperative and cooperative strategies respectively as given in Game 1. From this game, the employer will always choose the uncooperative strategies by being in the mode of passion and receive a positive level of happiness. And consequently, the employee will receive a negative level of happiness. In order for both the employer and employee to cooperative (and be in the mode of goodness) and receive a positive level of happiness requires changing the unemployment system to force cooperation.

		Employer	
		Cooperative	Uncooperative
Employee	Cooperative	(1,1)	(-2,2)
	Uncooperative	(2,-2)	(-2,1)

Game 1: Levels of happiness under the Australian unemployment system

The economic model involves introducing an unemployment system such that an allowance for unemployment is provided regardless of financial status and the allowance is comparable to the minimum wage. The unemployment system could be funded by an increase in the progressive taxation system and it is necessary for unemployment benefits to be paid back through taxation when work is established in the future. By introducing this employment system both the employer and employee obtain a negative level of happiness by not cooperating (mode of passion). If the employee does not cooperative, then the employer will always end up with a negative payout regardless of the strategy the employer adopts. If the employer does not cooperative, then the employee will always end up with a negative payout

regardless of the strategy the employee adopts. Therefore, cooperation is forced for both parties to obtain a positive level of happiness and be in the mode of goodness. This is represented in Game 2.

		Employer	
		Cooperative	Uncooperative
Employee	Cooperative	(1,1)	(-2,2)
	Uncooperative	(2,-2)	(-1,-1)

Game 2: Levels of happiness under the revised unemployment system

This revised unemployment system would improve working conditions, ‘fairer’ pay for workers, increase cooperative ownership of productive property and consequently assist trade unions in these negotiation processes. Increasing cooperative ownership in particular has the effect of weakening private to common productive property which is in agreement with Marx’s theory of resolving class conflict through common ownership. Work in general should be positive and a great lifestyle, and arguably the employee’s level of happiness is greater when working with both parties cooperating, rather than receiving unemployment benefits. However, when workers become alienated through class conflict (employer not cooperating and in a more serious case workplace bullying) then this positive lifestyle can have various health related effects. This unemployment system is likely to improve the welfare of the population through financial security. The economic model on resolving class conflict in the workplace is another example on the connectedness between health and conflict resolution processes.

The following policies reflect many values and morals as documented in religious scriptures and well as preventing/resolving conflicts based on yogic philosophy. For example, to reflect on the Sixth Commandment “Thou shall not kill”, a policy has been implemented to stop the killing and abuse of animals for food or other forms of human satisfaction.

Health

- Yoga meditation and related activities fully subsidized by the government
- Allow the community free access to all council sporting facilities
- Make accessible relevant statistical information on all games at the particular gambling venue
- Mandatory dispute resolution processes in the workplace with the option of third-party government facilitators that do not have an invested interest in either side of the disputants
- Six-monthly regular dentist check-ups (including cleaning) fully subsidized by the government
- Six-monthly regular chiropractic check-ups fully subsidized by the government
- Six-monthly regular remedial massage check-ups fully subsidized by the government
- Real-time prescription medication monitoring
- Tobacco and other smoking drugs to be illegalized

- Legal age for gambling activities and consumption of alcohol to be 21
- Workplace bullying to be equivalent to murder

Social Justice

- Allow major sporting events to be televised on free-to-air
- Allow all types of gamblers (including professional and card-counters) to participate under the rules of the particular game without any interrogation and heat from the gambling establishment.
- Adjudicative processes are not allowed in civil law disputes; but rather mandatory third-party facilitation processes are utilized if required
- Bag checking not allowed in retail stores
- Fines and penalties to be abolished on public transport for not travelling with a valid ticket
- Sentencing to be abolished for crimes contributed by mental disorders where there are no signs of physical harm to an individual
- The tenant has the option to not allow inspections during the term of the lease for the residential property
- Objective based formula that determines rental increase that is standardized across the rental property market.
- Implement a system that provides an allowance for unemployment regardless of financial status such that the allowance is comparable to the minimum wage. The allowance is also given to tertiary students.
- Governments cannot seize property for failure to pay fines/infringements.
- Implement a system where all monetary transactions are centralized through a taxation office and taxes debited accordingly.
- Credit card or other monetary deposits are not allowed for short-term accommodation (less than 1 month) during the accommodation period.
- The ownership of residential property is both private and government; where private ownership cannot be used in rental and government ownership is only used in rental.
- Stop the killing and abuse of animals for food or other forms of human satisfaction
- Prohibit any form of reality gambling (sports, racing, elections, reality TV etc)
- Prohibit online gambling
- Ban prostitution and the sex industry in general
- Legal age for sexual activity to be 18
- Cheating on a partner once married to be recognized as an illegal activity

Education

- Sport and gambling examples to be integrated in the mathematics high school curriculum
- Compulsory high school education on mainstream religions and indigenous cultures
- Compulsory high school education on yogic philosophy
- Compulsory high school education on work agreements and taxation
- Compulsory high school education on political systems and forms of government

- Compulsory yoga meditation and related activities to be a daily practice within schools
- Student information including exam results and progress to remain strictly confidential throughout high school education and not to be circulated by the school to parents/guardians

Peace

- Minimize security in religious institutions and allow different cultures and religions to enter the premises as welcomed guests without any form of interrogation including personal questions
- Disallow any form of warfare and weaponry for conflict resolution
- Include annual public holidays to represent the three major Abrahamic religions of Judaism, Christianity and Islam
- Allow genuine asylum seekers into a country without mandatory detention

To assist in obtaining world peace five key policies have been identified from the above 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, school yard bullying and intercourse sex, 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

9. 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
- 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

10. 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.

11. Conclusions

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 five 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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