



## [Create an International Military Yogic-Flying Zone in Kashmir](#)

- August 23, 2011 11:47 pm
- [11 comments](#)

**By Dr. Hussain Khan, Dr. David Orme-Johnson, Maj. Gen. (Ret.), Kulwant Singh, and Dr. David Leffler**

*“The purpose of the military is to keep war from happening — or to end it quickly if it does happen.”*

—Maharishi Mahesh Yogi

Over the years “no-fly zones” have gained worldwide attention. Their goal is often to set up a “demilitarized zone in the sky” where military aircraft of a bellicose country are hampered from conducting military operations.

Zones have also been established in various countries to protect important government buildings. Both India and Pakistan have created zones for this purpose. While no-fly zones might potentially save lives and prevent property damage, the authors propose that militaries use a scientifically-validated defense strategy that prevents hostility and conflict before it arises.

How does this preventative defense approach work? Social problems like war, terrorism and crime are human problems that require a human solution. The accumulation of collective social stress is a source of conflict and upheaval. If the stress driving these social problems could be toned down, then problems may be diminished or even ceased. No collective stress means no war, terrorism or crime. This represents the ideal of preventive defense.

This paper urges the militaries of India and Pakistan (as well as other countries) to jointly establish what might be coined as a military “yogic-flying zone” in the disputed border region of Kashmir. Once fully operational this ideal preventive defense system would create a ground of coherence in collective consciousness that would resolve deeply held differences, and create a lasting peace not only in Kashmir, but potentially worldwide as well.



These Ecuadorian warriors meditate in groups to protect their nation. Center: Two TM Teachers

Transcendental Meditation (TM) is a simple, easily learned meditation technique revived from the ancient Vedic tradition by the late Maharishi Mahesh Yogi. Over six million people of all faiths worldwide have learned this non-religious practice. According to Dr. Frederick Travis, Director, [Center for Brain, Consciousness, and Cognition](#) at Maharishi University of Management, [research shows](#) that all meditation practices are not the same. Travis reports that “recent studies show meditation practices have been classified into three categories: Focused Attention, Open Monitoring, and Automatic Self-Transcending. Techniques in the Automatic Self-Transcending category transcend their own procedure – take the attention out of thinking, analyzing, controlling, or watching to a state of pure consciousness. The [Transcendental Meditation](#) technique is in this category. During TM synchronous alpha1 (8-10 Hz) activation is seen primarily in frontal executive areas as well as over the whole brain, indicating integrated functioning of the brain.”

Military units in Latin America, such as in Ecuador, have already implemented the TM technique and their military personnel are now also learning the more advanced and powerful TM-Sidhi program, which includes Yogic Flying. When used in a military context this preventative human resource-based defense technology is known as Invincible Defense Technology (IDT). Military units specifically setup to practice this technology of consciousness in large groups twice a day are known as “Prevention Wings of the Military.” Their goal is to create coherence in collective consciousness, which prevents enemies from arising. If a military has no enemies to fight, then, it becomes invincible. (For more information see: <http://www.davidleffler.com/worldwide.html#Ecuador>.)

Due to a successful Latin American military field test of IDT, one country is already planning to deploy a Prevention Wing of the Military comprised of 11,000 military personnel. The goal of this special unit will be to produce what scientists call the Maharishi Effect, not only in their home country, but also on a global scale. The Maharishi Effect is a phase transition to a more

orderly and harmonious state of life, as measured by decreased crime, violence, accidents, and illness, and improvements in economic conditions and other social indicators.

In the tradition of naming scientific discoveries after their founder (e.g., the Doppler Effect, the Meissner Effect), the scientists who discovered this effect named it the Maharishi Effect (Borland & Landrith, *Scientific Research on the Transcendental Meditation Program: Collected Papers*, Vol. 1, pp. 639-648, 1976) in honor of Maharishi Mahesh Yogi, founder of the Transcendental Meditation program and the TM-Sidhi program. He predicted over 50 years ago that only a small fraction of the population participating in the Transcendental Meditation program would be sufficient to improve the quality of life in the whole society. Since then, this transformation of society has been documented scientifically, first at the city level, then at state and national levels, and then on a worldwide level – the Global Maharishi Effect.

It has been found that only a small segment of a society is needed to create the Maharishi Effect – 1% practicing the Transcendental Meditation program; or an even smaller proportion, the square root of 1% practicing the TM-Sidhi program, which includes Yogic Flying. This number is so small that the beneficial influence of the Maharishi Effect cannot be explained by the behavioral interactions of meditators within the social system. Instead, the results indicate a field effect – an influence of coherence radiating throughout society.

There have been over 50 studies showing that the TM and TM-Sidhi program improves the quality of life in the larger society. (See: Leffler, Kleinschnitz & Walton, *Security and Political Risk Analysis*, 1999, for a paper with a table that summarizes most of these studies, available online at: <http://www.davidleffler.com/sapraalternative.html>) The findings have been published in leading peer-reviewed scientific journals including *The Journal of Conflict Resolution*, *Social Indicators Research*, *Journal of Crime and Justice*, and *Journal of Mind and Behavior* as well as presented and published in the proceedings of professional conferences. Variables assessed in these studies include armed conflict, crime rate, violent fatalities (homicides, suicides, and motor vehicle fatalities), economic indicators, and broad quality of life indices which incorporate the above variables as well as rates of notifiable diseases, hospital admissions, infant mortality, divorce, cigarette and alcohol consumption, and GNP. Effects for each variable or for overall indices are in the direction of improved quality of life. This research has:

1. statistically controlled for a wide range of demographic variables;
2. used causal cross-lagged analysis methods, which have indicated that increasing numbers practicing the TM program are followed by improvements in society;
3. employed time series analyses to control for seasonality, trends, drifts, and rival hypotheses, and to demonstrate temporal relationships among variables that support a causal model; and
4. experimentally created large groups of TM and TM-Sidhi program participants in various populations to demonstrate positive changes on specific social indicators predicted in advance.

In addition, over 600 studies on the TM program support the Maharishi Effect, because they demonstrate improvements in individual life, which are at the basis of the improvements

observed in society. The following sections of this paper summarize selected studies conducted on the Maharishi Effect:

### **Studies on Crime**

• **Decreased Crime Rate in 24 U.S. Cities:** Crime trend was established by linear regression from 1967-72 for 24 cities that reached 1% of their population participating in the TM program in 1972 and for 24 control cities matched for total population, college population, and geographic region. The 1% cities were found to have a significant reduction in crime trend during the six-year experimental period from 1972-1977 compared to controls. The two groups of cities did not differ on a large number of variables known to affect crime: per capita income, percentage of persons aged 15 to 29, percent unemployed, and percent of families below the poverty level. Statistical control through analysis of covariance for three variables on which the two groups of cities did differ (median years education, stability of residence, and pre-intervention crime rate) showed reduced crime trends in the 1% cities when these variables were taken into account (Dillbeck, Landrith and Orme-Johnson, *Crime and Justice, IV*, 26-45, 1981).

• **Crime Rate in 160 U.S. Cities:** A study of a random sample of 160 U.S. cities found that increasing numbers of TM program participants in the cities over a seven-year period (1972-1978) was followed by reductions in crime rate (FBI Uniform Crime Index total), controlling through partial correlation for other variables known to affect crime, such as median years education, percent unemployment, per capita income, percent of families in poverty, stability of residence, percent over age 65, population size, population density, and ratio of police per population. Cross-lagged panel analysis supported a causal interpretation (Dillbeck, Banus, Polanzi, & Landrith, *Journal of Mind and Behavior, 9*, 457-486, 1989).

• **Decreased Crime Rate in Washington, D.C.** Another approach to assessing the causal structure of the relationship between variables is through the use of time series analysis. This approach allows inference to be made about immediate changes in crime on the basis of increases in the size of the group of meditators. Time series analysis controls for the possibility that increasing numbers of meditators is correlated with decreasing crime owing to common cycles and trends in both factors that are causally unrelated. A time series transfer function study of weekly data from October 1981 through October 1983 found that increases in the group participation in the TM and TM-Sidhi program at the College of Natural Law located in the District of Columbia was followed by reductions in violent crime. It was found that 76.6% of the decrease in violent crimes in the District over the two years can be attributed to the TM and TM-Sidhi program group. Changes in the percentage of young male adults in the population could not account for the results, nor could neighborhood watch programs or changes in police coverage (Dillbeck, Banus, Polanzi, & Landrith, *Journal of Mind and Behavior, 9*, 457-486, 1989).

• **Decreased Crime in New Delhi, India:** Another time series study found that a group of TM and TM-Sidhi program participants located in New Delhi from November 1980 to March 1981 produced an 11% decrease in total crime (136.34 fewer reported crimes per day) in the Union Territory of Delhi. (Dillbeck, Cavanaugh, Glenn, Orme-Johnson, & Mittlefehldt, *Journal of Mind and Behavior, 8*, 67-104, 1988).

• **Decreased Crime in Puerto Rico:** A time series study of monthly data in 1984 found 543 fewer crimes per month in Puerto Rico during months when a group of long-term TM and TM-Sidhi program participants exceeded the square root of 1% of the 3.4 million population of the island for two weeks or more during the month. In addition, the study found an increase in crime rate associated with the departure of the group. The result could not be attributed to a police vigilance program or to other causes. This study also observed an apparent attenuation of crime in Puerto Rico associated with a large assembly of 4000 TM-Sidhi program participants located at Maharishi International University in Fairfield, Iowa in July, 1984 (Dillbeck, Cavanaugh, Glenn, Orme-Johnson, & Mittlefehldt, *Journal of Mind and Behavior*, 8, 67-104, 1988).

• **Decreased Crime in Washington, D.C. and Increased Support for the President:** A critical demonstration on the effectiveness of this technology was experimentally tested on its ability to reduce crime and increase governmental effectiveness in Washington, D.C. in June and July of 1993. Washington has one of the highest levels of violent crime of any city in the world, providing a highly stressed collective consciousness for government to work in. In advance of the project, a research protocol was developed by an independent Project Review Board working with scientists at Maharishi International University. The protocol predicted decreased crime and specified time series methods, control variables, and specific statistical criteria of success for evaluating the project. In addition, the Protocol predicted improved public confidence in government. A group of 4,000 TM and TM-Sidhi program participants assembled in Washington from 82 countries. The dependent variables were daily violent crime in Washington, D.C. and weekly public opinion poll data on President Clinton. The experimental design employed Box-Jenkins time series transfer function analysis. The results showed that as the group size increased, there was a highly significant decrease in violent crime from predicted levels, reaching a 24% reduction when the group was largest; ( $p < 2 \times 10^{-9}$  for weekly data). Temperature, weekend effects, or previous trends in the data failed to account for changes. In addition, as predicted there was a highly significant improvement in President Clinton's ratings in the public opinion polls;  $p < .00002$  (Hagelin, Orme-Johnson, Rainforth, Cavanaugh, and Alexander, *Social Indicators Research*, 47, 153-201, 1999).

### **Studies on War and International Conflicts**

• **Reduced Armed Conflict and Improved Quality of Life in the Middle East:** Using Box-Jenkins impact assessment, cross-correlation, and transfer function analyses, this study found that increases in a group of individuals in Jerusalem practicing Maharishi's TM and TM-Sidhi program had a statistically significant effect on improving the quality of life in Jerusalem (reduced automobile accidents, fires, and crime), improving the quality of life in Israel (reduced crime, and increased stock market and national mood, measured by news content analysis), and reducing the war in Lebanon (fewer war deaths of all factions and decrease war intensity measured by news content analysis). The effects of high religious holidays, temperature, weekends, and other forms of seasonality were explicitly controlled for and could not account for these results. Cross-correlations and transfer functions supported a causal interpretation. This was a prospective experiment, in which the outcomes were predicted in advance. All the variables were publicly available data, and a list of the variables used in the study was posited prior to the experiment with an outside Project Review Board. (Orme-Johnson, Alexander, *et al.*, *Journal of Conflict Resolution*, 32(4), 776-812, 1988; Orme-Johnson, Alexander, & Davies,

*Journal of Conflict Resolution*, 34(4), 756-768, 1990). Hagelin, Achieving National Invincibility: A Scientific Approach. International Center for Invincible Defense website, (2007). Video link: [http://www.invincibledefense.org/videos/2007\\_04\\_11\\_hagelin.html](http://www.invincibledefense.org/videos/2007_04_11_hagelin.html)

• **Decreased International Terrorism and Conflict:** Three large assemblies of the Transcendental Meditation and Transcendental Meditation-Sidhi program participants were held from 1981-1985, ranging in length from 8-21 days, in which the group approached or exceeded the size predicted to create a global influence (approximately 7000). International conflict was measured daily for a period of time before, during, and after each of the three assemblies; the three time series analyses were generated from blind rating of news events in major international newspapers (*New York Times* for two assemblies, *London Times* for one) using a standard methodology for scoring international conflict events. A second variable studied was casualties and injuries due to international terrorism, which was received from the Rand Corporation data bank for 1983 to 1985 (aggregated in five-day periods). Capital International's world index of stock prices was also obtained daily from mid-1983 to mid-1985 as a measure of global short-term economic confidence. Time series intervention analyses using the Akaike information criterion to objectively define optimal noise models indicated a significant decrease of 32% in international conflict during the three assemblies, a significant drop in international terrorism of 72% at five days (one observation) after the beginning of the three assemblies taken together. Control analyses conducted for previous years indicated that these results could not reasonably be attributed to year-end effects, the time of two of the assemblies. (Orme-Johnson, Dillbeck, and Alexander, *Journal of Offender Rehabilitation*, 36, pp. 283-302, 1989).

• **Alleviation of Political Violence in the Lebanon War:** Seven assemblies of the TM and TM-Sidhi program participants held within a two and a quarter year period in Lebanon, Israel, Yugoslavia, The Netherlands, and the U.S. were each found to have a highly significant impact on the Lebanon war, as indicated by a 66% increase in the level of cooperation among antagonists, a 48% reduction in the level of conflict, and a 68% reduction in war injuries. (Davies and Alexander, *Journal of Social Behavior and Personality*, 17: 285-338, 2005).

### **Conclusion:**

The military's role is to protect its country. Wise military leaders desire the most effective technology to gain a competitive edge. What other technology actually prevents an enemy from arising? This is why the authors request that the governments of India and Pakistan implement IDT in the Kashmir region and declare it a permanent International Military "Yogic-Flying Zone." Such a zone could also be a memorial to all the brave warriors of all countries who fought and died there. Perhaps the United Nations could designate the Kashmir region as an "international territory" in which no one country would claim ownership.

Also, both governments would be responsible for creating and maintaining Prevention Wings of the Military practicing the Transcendental Meditation and TM-Sidhi program (including Yogic Flying) in the Kashmir region. By practicing IDT together in a large group twice a day they would immediately create societal coherence and improve relations between their countries. Other militaries of the world could be invited to send their "Yogic Flying Defense Attachés" to also participate. Ideally, all countries would provide a combined total number of at least 15,000

IDT experts. This number is well over the square root of 1% of the world's population. (For the current figure see the "Square Root of One Percent of the Population Calculator" available at: <http://www.SquareRootOfOnePercent.org> to check this figure as well as those for all countries). Such a large group would not only bring peace to this troubled region, but since it is well over the number of IDT experts needed to produce the Global Maharishi Effect – it lead to a phase transition to create lasting world peace.

What other solution holds such promise? IDT is a scientifically-verified and military field-tested strategy to prevent war, terrorism and crime. Decades of fighting over the Kashmir region show that a lasting peace cannot be created by standard military means alone. IDT has been proven to effortlessly and automatically settle differences in hot spots globally. Due to the danger of availability of weapons of mass destruction, India and Pakistan should immediately establish Prevention Wings of the Military to counter such threats by preventing the birth of enemies. Ultimately, all armed forces should deploy IDT in their home countries to eradicate the common enemy of collective social stress, the source of war, terrorism and crime. By these means, all countries can achieve true invincibility and create permanent world peace.

#### **About the Authors:**

**Dr. Hussain Khan** is a practicing advocate of the Supreme Court of Pakistan. He holds a Master's degree in Philosophy and was conferred the Degree of Doctor of Laws by Maharishi European Research University, Switzerland. He completed a six-month Teacher's training course in Switzerland and is since then a teacher of Transcendental Meditation. He is National Leader for Pakistan of Maharishi Mahesh Yogi's worldwide Movement for Global Peace.

**David Orme-Johnson, Ph.D.** is one of the principal researchers in the world on meditation and its effects, having over 100 publications, mostly in peer-reviewed journals. He was asked to review the meditation research on chronic pain and insomnia by a National Institutes of Health Technology Assessment conference. For example, he has traveled to nearly 60 countries to speak about the research on meditation to scientific conferences, the public, the press, program directors, government officials, members of Congress, parliaments, heads of state, and the United Nations.

**Maj. Gen. (Dr.) Kulwant Singh**, U.Y.S.M., (Ret.) received his Ph.D. and M.Sc. in Defence Studies from Chennai University. He also has a postgraduate diploma in Human Resource Development from Indira Gandhi National Open University (IGNOU) in New Delhi. Dr. Singh has a postgraduate diploma in Management from the Regional College of Management and Technology (RCMT). He qualified for the prestigious Higher Command Course at College of Combat and is a graduate of the Defence Service Staff College. He fought in combat and led India's fight against its intransigent terrorism problem for nearly 30 years. Maj. Gen. Singh was awarded the *Uttam Yudh Sewa Medal*, the second highest decoration for senior officers during operations in Sri Lanka as part of IPKF (Indian Peace Keeping Force). Today he is leading an international group of generals and defense experts that advocates Invincible Defense Technology.

**David Leffler, Ph.D.** a United States Air Force veteran, is the Executive Director of the Center for Advanced Military Science (CAMS) <http://www.StrongMilitary.org>. Dr. Leffler later served as an Associate of the Proteus Management Group at the Center for Strategic Leadership, US Army War College. *The Journal of Management & Social Science*, a peer-reviewed journal published by the Institute of Business & Technology BIZTEK in Pakistan, recently published his paper: "[A New Role for the Military: Preventing Enemies from Arising – Reviving an Ancient Approach to Peace](#)," about the strategic advantages of applying the Invincible Defense Technology. Dr. Leffler is a certified teacher of the Transcendental Meditation technique.



1. *Goldfinger* says:

[August 29, 2011 at 5:53 am](#)

I'm always surprised when the TM movement gets its press releases published, they must look promising with all those charts and graphs to admire and all that talk of statistical cross-lagged analysis to impress the unwary. Meditation is a pleasant pastime and clearly has some benefits but creating world peace via this idea of collective consciousness is patent nonsense.

The studies mentioned here are highly dubious. In Washington the murder rate went up during the yogic flying demonstration and the whole 20% figure was only arrived at after much statistical manipulation. The Lebanon study is even more fatally flawed, apart from war deaths being highly variable anyway the main problem is the alleged field effect. The courses were held mostly in Jerusalem, over 100 miles from the conflict, if the alleged peace was radiating via a field effect it would have been much stronger there than in Lebanon. In fact one of the courses was held in Holland! No explanation is given as to how the effect was increased to reach Lebanon without having a mind blowing effect on Europe. The TM org has an explanation though, apparently the "attention" of the course participants was on Lebanon so the effect was somehow beamed there, thus disproving the stated explanation in the paper!

The easiest way to disprove the theory is by taking a look at the Invincible America course which has been running with thousands of participants in Iowa for 5 years. Observers will note that the last 5 years of American history haven't been the smoothest to say the least. Financial disasters, wars, record breaking natural calamity etc. So if, as the TM org claims, having a large group of yogic flyers automatically creates spontaneous goodwill and harmony and good weather etc hasn't it worked here. And in the very town this research is compiled?

The answer is what the TM org calls "unstressing". The excuse is that when a group of flyers is assembled the claimed field effect releases stress from the collective consciousness which manifests as all these disasters both man made and natural. This could be seen as a convenient get out clause if the experiment doesn't produce the predicted results and great news for the TM org as they can claim to have succeeded



whatever happens. Be assured that if the Invincible America course had coincided with a new era of success from America they would be shouting it from the rooftops. As it is it doesn't even make it into the footnotes of studies like the ones you publish here. And why didn't the Washington/Lebanon studies have immediate bad effects? All that war stress must be a potent source of more violence.

And there have also been a great many TM courses that trumpeted that they were being monitored for social effects and the research demonstrating it never appeared. This is bad science as you can only see what actual effect you have if all the data is published.

It doesn't stop there. The TM org claims to be able to predict and prevent earthquakes. Why they choose not to is anyone's guess but the recent disaster in Japan resulted in John Hagelin sending out pleas for \$100,000 to predict and prevent the next one. The predictions are made using Indian astrology and the prevention is done with a "yagya" which is a prayer to the relevant Hindu gods. You may have realised that this strays somewhat from good science into superstitious wishful thinking but it's all part of the TM belief system that Dr Orme Johnson etc subscribes to, strange that he hasn't tried to publish any papers on earthquake prediction using astrology but he probably thinks it would be a step too far away from scientific respectability. I think the whole concept of the maharishi effect says the same thing to the rest of us. Incoherent, unpredictable, untestable and with no possible known physical system to explain it. Not to mention the fact that everything else we think we know about nature would have to be chucked in the bin to accommodate it.

Finally if the TM org is right these effects should be being felt all over the middle east as there are large groups of yogic flyers and yagya experts operating in India right now and have been for years. Makes you wonder why they don't mention them here or why they need more of your tax money so set up even more groups of "flyers." It's being tried and it clearly doesn't work. QED.



2. *Davidoj* says:

[August 29, 2011 at 2:32 pm](#)

Replies to the issues raised by the critic can be found on my website  
<http://www.truthabouttm.org/truth/SocietalEffects/Critics-Rebuttals/index.cfm>.

For a history of the rationale for field effect of consciousness in philosophy, the social sciences, and modern physics, please see  
<http://www.truthabouttm.org/truth/SocietalEffects/Rationale-Research/index.cfm#rationale>.

The big question he raises is why the world isn't getting better, when there are already large groups of Yogic Fliers in India, Latin American and the USA. The fact is, that it is

getting better. Sure, were in a phase transition, but what is emerging is more freedom in the world, more education, less poverty, and a higher quality of life. Armed conflict has decreased in recent years and it is predicted to decrease more in the future. To the surprise of many, global surveys have shown that happiness has been increasing in the world. This is due to a complex of changing demographic factors, but then, that is what the Maharishi Effect has been shown to do, change the entire pattern of social life in the direction of increased peace and harmony.

There are 51 controlled studies showing that this technology does work and it is being felt all over the world. But obviously, we need to turn up the volume on coherence in collective consciousness.

Hegre, H., Karlsen, J., Nygard, H. M., Urdal, H., & Strand, H. (2011). Predicting armed conflict, 2011-2050. 1-38. Retrieved from <http://privatewww.essex.ac.uk/~ksg/tm2011/hegreetal.pdf>

<http://www.highexistence.com/global-happiness-through-space-and-time/>



3. *Davidoj* says:

[August 29, 2011 at 9:12 pm](#)

[Dear editors, I decided to write a more detailed reply to the critic of our paper on a Yogic Flier Group for Kashmir. Please post this one rather than the previous one. Thank you.]

I have taken the time to write a point by point reply to “Goldfinger”, because critics allow us to go more deeply into the issues. But I would request that he or she be kind enough to identify himself, which is only courteous and customary in serious academic and scientific exchanges. Otherwise I don’t feel to waste any more time on anonymous naysayers. I am David Orme-Johnson, co-author of the article.

- The concept that we are connected through an underlying field of consciousness has a long history in philosophy, the social sciences, and quantum physics. It is not “patent nonsense” to many great scholars and scientists. For detailed discussion, see <http://www.truthabouttm.org/truth/SocietalEffects/Rationale-Research/index.cfm#rationale>.

- Not all scholars who have reviewed the research on the Maharishi Effect have been critical of it. Here are some positive reviews.  
“The research has survived a broader array of statistical tests than most research in the field of conflict resolution. I think this work, and the theory that informs it, deserves the most serious consideration by academics and policy makers alike.”  
David Edwards, PhD, Professor of Government, University of Texas (Austin)

“This research is exciting. It is a non-traditional conception, but the straightforward evidence gives the theory credence in my eyes.”

Ved Nanda, PhD, director of the International Legal Studies Program, University of Denver

“The hypothesis definitely raised some eyebrows among our reviewers. But the statistical work is sound. The numbers are there.”

Raymond Russ, PhD, Professor of Psychology U. of Maine, Editor of the Journal of Mind and Behavior

“As unlikely as the premise may sound, I think we have to take these studies seriously.”

Ted Robert Gurr, PhD, Emeritus Professor of Government, University of Maryland

“... the hypothesis seems logically derived from the initial premises, and its empirical testing seems competently executed. These are the standards to which manuscripts submitted for publication in this journal are normally subjected. The manuscript, either in its initial version or as revised was read by four referees (two more than is typical with this journal): three psychologists and a political scientist.”

Bruce Russett, editor, *Journal of Conflict Resolution*, 32 (4), p. 773, 1988.

- The murder rate in Washington did not change significantly and the 20% reduction in violent crime was a solid finding based on standard statistical analysis, which was peer reviewed by experts on the field and published in a leading journal. Hagelin JS, Rainforth MV, Orme-Johnson DW, Cavanaugh KL, Alexander CN, Shatkin SF, Davies JL, Hughes AO, Ross E. Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, DC: results of the National Demonstration Project, June-July 1993. *Social Indicators Research* 1999 47(2):153-201

- It was predicted that a group of Yogic Flyers in Jerusalem would affect the war in Lebanon because Israel and Lebanon were at war, making them a single highly interacting system.

- The course in Holland did have a worldwide effect on reducing international conflicts, terrorism, and increasing financial confidence. Orme-Johnson DW, Dillbeck MC, Alexander CN. Preventing terrorism and international conflict: effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi programs. *Journal of Offender Rehabilitation* 2003 36(1-4):283-302

- The condition of the US does not disprove that the Invincible America Assembly in Iowa is not working. The macro economics of the US are terrible, and the US (and world) economy would have completely crashed by now it weren't for the coherence creating group in Iowa holding the country on an even keel. For example, the crime rate is going down at a time of bad economy, which would predict an increase in crime. In recent years, war has been decreasing and happiness increasing worldwide. The US and world are going to come out much stronger and better than ever before. But the mechanics of all their past actions have to play out. The coherence creating group is providing a basis for

creative, peaceful solutions and a soft landing.

We have not studied all the TM meditator groups, but there are 51 studies. How much evidence do you need? Social behavior is very complex, and the studies that have been done have each controlled for the relevant alternative explanations in that situation, and outside peer reviewers have agree with that.

As for Yagyas and other technologies of consciousness, it remains to be demonstrated scientifically that they work, but practical experience is that they do work, and we will continue to apply anything that we feel that might help current situations in the world. As for spending taxpayers' money, not a penny of it has ever been spent on the Maharishi Effect, although the research indicates that it would be the best investment a nation could make. But what we are proposing here is simply that a group of soldiers, who are already being paid for, learn and practice this technology in the Kashmir, and ease the tension there, at only a minimal cost for training.



4. *barbara* says:

[August 30, 2011 at 4:45 pm](#)

It doesn't seem all that long since these two major powers were discussing their nuclear capabilities? – or at least that is what our newspapers and TV were reporting in the UK.

An international Yogic Flying Zone sounds much better!

And what's the worst that could happen when this project is implemented? Well according to one comment below, a locally large group of people could directly or indirectly enjoy the side-effect of a 'pleasant pastime [that] clearly has some benefits'



5. *problemfreeleader* says:

[August 30, 2011 at 6:55 pm](#)

LONG LIVE AND GOD BLESS YOU PAKISTAN, Till Pakistani nation does not get rid of zardari ppp, iltaf hussain mqm, chaudries of pml q, asfandiar wali anp, molana fazluraman mma, sharif brothers, and their followers with stopping love for dollars\$ and take strict action against fake degree holders, nro cases, corruption in politicians, generals, civil and military bureaucracy and finish NAB department which itself the most corrupt department its officers themselves get riches in days with UN declared assets this department always used against enemies and rivals putting hands on small toads rather than big fishes courts are not only responsible to provide justices or angel will come to settle down all problems like electricity, wheat, gas, water, common day needs, sugar prices, smuggling of meat, poultry, and meat to Afghanistan, insecurity bomb blasts, drone attacks, target killings, etc etc joblessness, while letting Americans black

water, xee, bones and skull, under cover secret CIA USA agents to freely go any where specially KPK and Baluchistan province with no check no N.O.C with no shoot on the sight and no strict actions beyond they did many worst things in past like Raymond Davis who killed innocent Pakistanis but with Pakistani leaders support he fled away peacefully and many others these under cover male female agents dodge with Pakistani security forces and torturing Pakistani nationals with supporting local criminals for terrorist activities and sending through Afghanistan borders never any Taliban or any other harmed these under cover Americans inside Pakistan except the one in Afghanistan who are fighting for their sovereignty all time their favorite mission is to destabilize Pakistan internally with Jewish khaad moss-ad raw support as Pakistan only Muslim country with nuclear assets biggest headache jealousy all time for them with lame propaganda's excuses like bush who started fake war of bloody war on terror to kill innocent babies and invade free states capture there resources OILS and deploy army in Afghanistan Iraq and now on-wards same thing moving towards jordan LIBYA Syria yemen SHAM etc who else will be don't know Germany made world war to invade world but Americans invading free states like parasites with plannings and strategies with full boost of rich Jews present in their congress pentagon and policy makers who already hold world 95% media use for dramas and propaganda first to make internal instability and then attack them when any other super power will break this supremacy to neutralize this blood shed monopoly of war mongers once Americans get their own pain like they traumatized the whole world every thing will be solved forever 100% Guaranteed according to famous scholars once Americans stop interfering in other matters and let the other lives free like they living themselves and enjoying once they leave Iraq Afghanistan stop supporting Israel for bombing on Lebanon Palestine for sure there will be no need of fake war of terror and wasting american citizen precious tax paid money on killing their own army and other people there will be no threat to others and Americans too live peacefully and leave others to live peacefully every one have right to live and no hate for any country else destruction of every thing is the end result of these whole hidden secret dirty Games if all allegations that were made against Iraq Iran Afghanistan same were made against super powers like Russia France UK Germany what would america do ?war no never not but through peace-full talks to solve the issues as they did on many occasions with Russia but as these states which are under attack got weak economy no technology so they are made for hunt and to check all latest weapons they made for world destruction Al Qaeda leader Asama who was previous CIA trained agent provided Americans mujaheddin to cut Russia into pieces in Russian war now same mujaheddin called Talibans terrorists - Love Germany Australia Pakistan America India Israel whole world else everY one will burn in hell on the day of judgement and answerable for all they did in this short life on this earth GOD BLESS THIS UNIVERSE keep it safe from all Evils.



6. *Goldfinger* says:

[August 31, 2011 at 1:37 am](#)

Barbara says – “And what’s the worst that could happen when this project is implemented? Well according to one comment below, a locally large group of people

could directly or indirectly enjoy the side-effect of a ‘pleasant pastime [that] clearly has some benefits’”

I would say the worst that could happen is the cost of having these people on your doorstep in the first place, maintaining a group of people meditating is going to cost you. Remember the TM org charges \$100,000 for a prayer! Maharishi once asked for a billion dollars to save the world with a big yogic flying group. Only 1% of the square root of the population (7000) are allegedly needed for this grand scheme so why they want the big bucks is anyones guess, a way of fleecing the True Beleivers to support the group as a whole perhaps?

One of the TM orgs biggest donors, Earl Kaplan, asked Maharishi why they didn’t just go ahead and set up the world saving group as they already had the money, Maharishi because he had no idea if it would work!

The cost in terms of not spending on proper defence might be crucial too not to mention the social cost to a country like Pakistan if it becomes a major donor of the TM movement as it wont stop with yogic flying, once you have the men in white coats waving statistics about you’ll be hit for consciousness based education, gem therapy, science of creative intelligence lessons, yagyas, astrology. They have a highly expensive sham for all applications.

Luckily no-one really takes them seriously so the hard earned taxes of the Pakstani workers will be saved for something useful.

Actually, i think the purpose of this paper is so they can add it to their list of studies in peer reviewd journals, all of which get ignored as everyone knows this is nonsense.



7. *tlccabin* says:

[August 31, 2011 at 11:53 am](#)

Out of the box and impressive. Whatever it takes to shift the paradigm of war.



8. *Terry82* says:

[August 31, 2011 at 9:44 pm](#)

The soldiers deserve the rest and relaxation of TM practice. I use TM meditation and it is a very effective stress reducer. The peace studies show strong results as well. It’s time to focus on peace. Any cost would be far less than the ongoing cost of war.



9. *Davidoj* says:

[September 5, 2011 at 2:13 pm](#)

The concept that we are connected through an underlying field of consciousness has a long history in philosophy, the social sciences, and quantum physics. It is not “patent nonsense” to many great scholars and scientists. For detailed discussion, see <http://www.truthabouttm.org/truth/SocietalEffects/Rationale-Research/index.cfm#rationale>.

Not all scholars who have reviewed the research on the Maharishi Effect have been critical of it. Here are some positive reviews.

[http://www.truthabouttm.org/truth/SocietalEffects/Critics-Rebuttals/index.cfm#positive\\_views](http://www.truthabouttm.org/truth/SocietalEffects/Critics-Rebuttals/index.cfm#positive_views)

The murder rate in Washington did not change significantly and the 20% reduction in violent crime was a solid finding based on standard statistical analysis, which was peer reviewed by experts on the field and published in a leading journal. Hagelin JS, Rainforth MV, Orme-Johnson DW, Cavanaugh KL, Alexander CN, Shatkin SF, Davies JL, Hughes AO, Ross E. Effects of group practice of the Transcendental Meditation program on preventing violent crime in Washington, DC: results of the National Demonstration Project, June-July 1993. *Social Indicators Research* 1999 47(2):153-201

It was predicted that a group of Yogic Flyers in Jerusalem would affect the war in Lebanon because Israel and Lebanon were at war, making them a single highly interacting system.

The course in Holland did have a worldwide effect on reducing international conflicts, terrorism, and increasing financial confidence. Orme-Johnson DW, Dillbeck MC, Alexander CN. Preventing terrorism and international conflict: effects of large assemblies of participants in the Transcendental Meditation and TM-Sidhi programs. *Journal of Offender Rehabilitation* 2003 36(1-4):283-302

The condition of the US does not disprove that the Invincible America Assembly in Iowa is not working. The macro economics of the US are terrible, and the US (and world) economy would have completely crashed by now it weren't for the coherence creating group in Iowa holding the country on an even keel. For example, the crime rate is going down at a time of bad economy, which would predict an increase in crime. In recent years, war has been decreasing and happiness increasing worldwide. The US and world are going to come out much stronger and better than ever before. But the mechanics of all their past actions have to play out. The coherence creating group is providing a basis for creative, peaceful solutions and a soft landing.

We have not studied all the TM meditator groups, but there are 51 studies. How much evidence do you need? Social behavior is very complex, and the studies that have been

done have each controlled for the relevant alternative explanations in that situation, and outside peer reviewers have agree with that.

As for Yagyas and other technologies of consciousness, it remains to be demonstrated scientifically that they work, but practical experience is that they do work, and we will continue to apply anything that we feel that might help current situations in the world. As for spending taxpayers' money, not a penny of it has ever been spent on the Maharishi Effect, although the research indicates that it would be the best investment a nation could make. But what we are proposing here is simply that a group of soldiers, who are already being paid for, learn and practice this technology in the Kashmir, and ease the tension there, at only a minimal cost for training.



10. *Goldfinger* says:

[September 8, 2011 at 1:51 pm](#)

Thank you for introducing yourself David, allow me to do the same. I am Goldfinger, a student of claims of paranormal ability of which I have seen none in a lifetime of searching, like all others before me. I am also fascinated by strange belief systems and the TM world view is amongst the strangest I have come across.

The idea you can create peace, or any sort of action at a distance, is really sweet and I do so wish it was true but I don't think it is, the evidence in the state of the world speaks for itself despite of all your current efforts.

I'm not going to completely re-write my world view on the strength of your beliefs about consciousness being some sort of mystical field that underpins the universe, I know a bit more about physics than that. I admire the way you guys keep at it though, what would it take to convince you that you are barking up the wrong tree? How many yogic flyers are you going to train before it finally sinks in that claiming the country would be even worse off if you weren't there makes no sense because you can't possibly know how it would be! You are going to have to do better than that I'm afraid. Let's see some invincibility.

(Everything else I said stands up so I won't go over it again)



11. *Goldfinger* says:

[September 9, 2011 at 2:41 am](#)

But so anyone else reading this who isn't au fait with modern physics let me explain. The unified field referred to by Einstein is the original state of the universe before the big bang. Then the universe was in a perfectly symmetrical state and the four fundamental forces, gravity, electromagnetism and the strong and weak nuclear forces, hadn't



separated from their original state. As the universe rapidly cooled these forces and the accompanying elements that make up the universe were formed. The search for the unified field being undertaken by physicists is an attempt to reconstruct this original state.

Compare that with the TM view of the universe where consciousness is claimed to be the unified field, note the problem that consciousness is still here and thus cannot be the original state because that created the material universe by ceasing to exist! This is the current view of cosmologists as revealed by tested theories and experiments with particle accelerators and studies of the cosmic microwave background etc. How are you going to convince them that the unified field is both here and not here?

So where does the TM movement get its idea from that consciousness is a field? It's a mystical Hindu belief that comes from ancient poems from India. The idea probably came from the expanded states of mind that come from meditating where you can feel totally detached or part of an infinite space, the mythology that arose from there finds a curious parallel in early interpretations of the mysterious behaviour of subatomic particles in quantum physics. It's much debated whether or not the scientists who formulated the Copenhagen interpretation actually thought consciousness was actually pivotal to a fundamental understanding of reality or if it was analogy, anthropomorphism or just indicative of a deeper layer of the world waiting to be understood. Whatever they actually thought these days there are many more ways of explaining subatomic behaviour that don't get all mystical; multiverses, supersymmetry etc. The less complexity you have to invent to explain things the better.

So how would this claimed Maharishi effect work anyway? Why would a group of people in a particular state of consciousness be able to have a positive effect on people far away (in the case of the Lebanon experiment without affecting people close by which is in clear breach of the laws of physics that supposedly underpin it!) Seems to me that we would have to chuck out everything we think we know about sociology, physics, evolution, cosmology and psychology and all on the evidence of a few unrepeated and dubious statistical papers. Come on guys, someone in a transcendental state beams a way of stopping someone a hundred miles away of firing a gun at someone else but only 20% of the time? Everyone else in the vicinity feels more positive and crashes their car less often, or at least 20% of them do. And you want to pass this off as a revolutionary understanding of reality? You are going to have to do better I'm afraid, you must know that. There is no mechanism, no explanation of what 'positive' might mean to a subatomic field and why said field would propagate that rather than something negative, except when it does something negative and you have to fall back on even more dubious concepts like 'unstressing in the collective unconscious' to explain why the experiment didn't work this time when it always seems to in the studies you manage to get published.

Face it guys, it's nonsense. You can't know how the war would have gone or how high the dollar would be if you weren't meditating somewhere, you've made a claim and set up the groups to demonstrate and 5 years later there is no discernable signal to be heard above the noise.

I'm also impressed that you admit to believing in Yagyas David, as it gives me an insight into the strength of your beliefs. Prayers to the gods have got to be testable, especially when you claim to be able to predict earthquakes. I note you chose not to predict the one in Japan recently but that didn't stop the TM movement sending out a plea for \$100,000 to prevent the next one. How did you as a scientist feel about that? I was disgusted that you would manipulate peoples sincerely held beliefs to fund this utter nonsense, and why would a prayer to vishnu cost \$100,000 anyway? But this is the behaviour I expect from cults, you teach people they can affect the world and then sting them to stop bad things happening. No one seems to question that bad things continue to happen.

Why not prove me wrong by predicting the next devastating earthquake, according to TM astrologers you can do this. I'm sure the world's seismologists will be thrilled to be given knowledge on how to save lives, especially when all they will need is an out-of-date horoscope that doesn't even include planets beyond the orbit of Saturn-the ancients didn't know they were there due to them not being visible with the naked eye, so much for supreme knowldge David!

I mention all this about astrology because it's part of the TM teaching and fundraising and came from the same place as ideas about the maharishi effect, and is about as convincing.

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