

ALDI/2/6/12/2/88

STATEMENT

Natural Law Party is that we must deconstruct
the present cause of conflict in society - the built
up system of laws, rules, regulations, etc.

...in Northern Ireland, and in other similar
situations where mass, collective, political
violence has been used to build up a system
of laws, resulting in tension, fear, intimidation and

CONFLICT RESOLUTION

Resolving Terrorism and Creating Peace

Natural Law Party Of Northern Ireland

October 1988

STATEMENT

The fundamental proposal of the Natural Law Party is that we must decommission the potential for conflict by handling the root cause of conflict in society - the build-up of stress in collective consciousness.

The source of conflict and problems in Northern Ireland, and in other similar trouble spots around the world, lies deeper than race, religion, politics or paramilitary groups. It is violation of Natural Law which creates a build-up of stress in individual and collective consciousness, resulting in tension, fear, intolerance and violence.

The most compelling reason for a thorough investigation of technologies of consciousness by all those interested in permanent peace and progress in Northern Ireland is the scientific evidence that they can enrich the life of the individual and at the same time bring about reductions in crime, violence, and even terrorism.

Research studies around the world have demonstrated that a group of people skilled in technologies of consciousness can neutralise stress and disharmony in the collective consciousness of society. These studies show that this effect is multi-dimensional, simultaneously improving many different elements of the quality of life. Significant reductions in political violence, crime and hospital admissions and the strengthening of positive social and economic trends have been recorded.

"I think the claim can be plausibly made that the potential impact of this research exceeds that of any other on-going social or psychological research programme. 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 deserve the most serious consideration by academics and policy makers alike."

David Edwards, Ph.D., Professor of Government,
University of Texas, Austin, U.S.A.

The scientific research indicates that a profound effect could be achieved in Northern Ireland by establishing a permanent Coherence-Creating Group of 125 experts practising technologies of consciousness together. The effect was powerfully demonstrated during the recent election period in June, when a group of such people came to Belfast for 8 days from 14 countries around the world. As predicted they successfully created a coherent, peaceful, positive and quiet environment for the election and to quote a media editorial on the eve of the election "Historians may well decide that the quietness was itself significant.." Exit polls also confirmed a remarkable decline in negativity in the period between Referendum Day and Election Day.

At this historic time therefore, we call on the new Assembly, the Business Community and all well-wishers of our country, to help establish such a permanent group and thereby secure a dynamic, peaceful and prosperous future for all the people of Northern Ireland.

Belfast, 1st October 1998

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THE PROBLEM

Violation of Natural Law Leads to Stress

When men and women are not using their full range of mental, physical, and emotional potential – when consciousness is not fully developed – then perception of reality is incomplete, action is ill-judged and mistakes are made. Natural Law is violated, and suffering results. Individuals perform actions that injure themselves, their neighbours, and their environment.

Most of us repeatedly commit minor offences as we live our lives; not offences against official statutes, but offences against what may be called natural statutes or natural laws. There are, for example, countless laws of nature that govern the functioning of our bodies. If we align ourselves with these – eat the right food, exercise and get enough rest – our bodies remain healthy. If we violate them, even unknowingly, we fall sick and suffer and as a consequence stress builds up in the individual and society.

If individuals are thought of as smokestacks, with each one puffing out a certain amount of stress and anxiety into the atmosphere, an 'emotional smog' is the result. Collective consciousness becomes unstable and is filled with excessive stress and negativity. People become incoherent - they make mistakes, some become ill, while still others commit crimes or become violent.

The frustrations, pressure, or incitement that tempts an individual to act unwisely come just as much from his society as from within himself. Wrong action is as much a reflection of the repeated violation of Natural Law of an individual's whole community as it is of any innate badness in himself.

Problems Emerge from Stress – not Religion or Politics

Just as in the individual there is often a point at which the person under stress becomes ill, similarly in a society, when violation of Natural Law becomes intense, the society undergoes upheaval. **Just as any spark can kindle a conflagration in dry grass, any unfortunate event can have serious results when there is great stress in collective consciousness.** The collective frustration and negativity become focused on a particular individual or group either within or outside the society and a disaster results; a minority is victimised, a head of state is blamed, or an international conflict develops.

Time and time again throughout history we have seen this phenomenon of collective paranoid projection of negativity onto individuals, groups, or whole nations in an attempt to relieve the chaos in collective consciousness caused by people's repeated violation of Natural Law. This is crime on a collective level; yet it is inevitable if stress in the collective consciousness of society exceeds a certain threshold.

In this context the problems in Northern Ireland are not special to it. Problems emerge not from religion or politics, but from individual and collective stress. This stress obstructs the natural connection between individual behaviour and the deepest level of Natural Law that resides within everyone. It is incorrect, therefore, to think in terms of 'Catholics fighting Protestants', or 'Unionists fighting Nationalists' in Northern Ireland. **It is stress that is fighting stress.**

If stress predominates in collective consciousness, then society will be very difficult to govern.

Governments are Governed by Collective Consciousness

A Government is itself silently governed by the collective consciousness of the people. Edmund Burke, writing in 1777, recognised this when he wrote *"If it be true in any degree, that the governors form the people, it is as true that the people impart their character to their rulers. Such as you are, sooner or later parliament must be."*

Politicians are themselves governed by collective consciousness. If there is turbulence in the collective consciousness, then the mood and actions of politicians are affected, and politics is rife with party rivalry and political in-fighting. In such an atmosphere politicians will find it difficult to design and gain support for progressive, innovative policies. This is why all politicians, despite good intentions, have found it very difficult to implement successful change in relation to Northern Ireland.

The Peace Agreement is an attempt to design and implement new policies to address the problems that confront Northern Ireland. However, the stress, frustration, anger, suspicion and fear which has built up over many generations must be reduced if lasting progress is to be made. Only then will the new Northern Ireland Assembly govern successfully and fulfil the honourable aspirations of the Peace Agreement.

The effectiveness of all processes of conflict resolution – including political negotiations, co-operative economic development, and educational and cultural programmes – are constrained by the general quality of collective consciousness. **If stress predominates in collective consciousness, all attempts at conflict resolution will be shadowed by fear, narrow-mindedness, lack of cooperation, and inefficiency.**

From this perspective we are in a position to understand why the methods that are being used to solve the problems in Northern Ireland may not succeed in creating long term peace - where peace does not just mean the absence of violence, **but a lively, creative and dynamic interaction among the different elements and groups of the social system in which all behaviours are mutually supportive and harmonious.**

Negotiations, for example, have been a common method used to establish a more positive relationship between conflicting groups. Successful negotiations generally

result in a treaty or agreement expressing the intention of the various parties to pursue a peaceful relationship and outlining the plan of action of the parties to maintain peace.

However, historically, negotiated treaties have always been short lived. In fact since 1000BC there have been over 8000 Peace Treaties world-wide each one lasting on average no more than a decade. Why? They only serve the immediate interests of the various parties in a situation which then changes. If a treaty or agreement is signed, but stress continues to accumulate in individual and collective consciousness, the result will be the growth of unhappiness and turbulence, eventually leading to renewed violence.

One approach to solving the problems in Northern Ireland has been through the accumulation of arms by different groups. This approach is based on the perception that the weakness of any section within a society is an invitation to other groups to attack it. **Arms cannot ensure peace because the accumulation of weapons causes fear in the community. Fear, in turn, creates stress; and with an increase of stress in collective consciousness, the possibility of violence increases.** If other groups also respond by accumulating weapons, then an increase of mutual fear occurs and an increase of stress among a larger number of people is created. This situation could never by itself lead to a natural state of peace.

Another approach has been to ask different groups to lay down their arms. The weakness of this approach is that **it is unrealistic to expect groups to disarm completely in an atmosphere of fear.** They will naturally hesitate to disarm when armaments are viewed as a source of strength.

Societies in the past have had to rely on various historically unsuccessful approaches to creating peace because they have not had the knowledge of how to neutralise stress and the resulting atmosphere of fear and tension in collective consciousness.

THE SOLUTION

Reduce Stress and Create Coherence

To create lasting peace and progress in Northern Ireland, the new Assembly needs the knowledge of how to neutralise stress and turbulence, and create a positive, harmonious and coherent collective consciousness.

Extensive scientific research – over 500 studies conducted at 210 universities and research institutes in 22 countries – has demonstrated that technologies of consciousness exist which are capable of transforming both individual and collective consciousness.

The complete understanding and procedures for development of consciousness come from a very ancient tradition in India called the Vedic tradition. They have been revived in their completeness in recent years by Maharishi Mahesh Yogi in order to restore the ability for both individuals and society to live in accord with Natural Law.

These technologies of consciousness - Natural Law Technologies - are the Transcendental Meditation technique (TM) together with the more advanced TM-Sidhi programme.

THE FORMULA

Technologies of Consciousness

Transcendental Meditation is a simple, natural mental procedure practised for about twenty minutes morning and evening while sitting comfortably with the eyes closed.

During Transcendental Meditation, one's awareness settles down and experiences a unique state of restful alertness. As mental activity is reducing, the body also begins to relax very deeply, releasing accumulated stress and revitalising the entire nervous system.

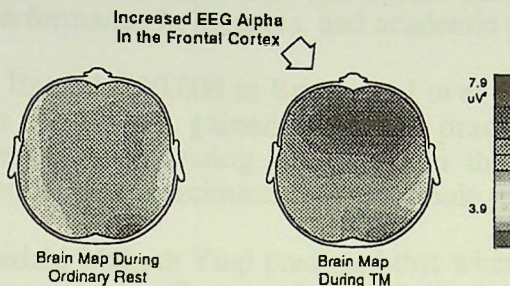
Research has demonstrated that individuals show greater coherence or integration of brain functioning during the practice of Transcendental Meditation, particularly in frontal brain areas which has been significantly correlated with more creative, intelligent thinking.

The regular practice of Transcendental Meditation results in a dynamic state of health and well-being and the systematic unfoldment of full mental potential for the individual.

Transcendental Meditation is easy to learn and effortless to practice. Unlike other forms of meditation, it requires no effort or concentration. It does not

require specific beliefs, behaviour, or lifestyle. People of all ages, cultures, religions, and educational backgrounds practice TM.

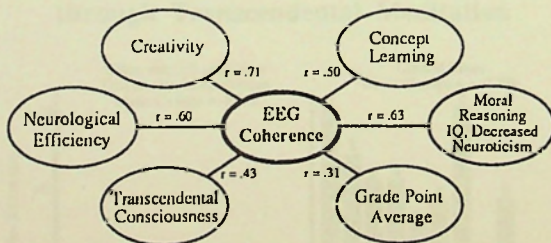
INCREASED RESTFUL ALERTNESS through Transcendental Meditation



The electroencephalograph brain maps above, from a single subject, illustrate the findings of several studies showing that Maharishi's Transcendental Meditation technique increases the EEG index of restful alertness - increased slow alpha frequency power in the frontal cortex. This change in the EEG indicates a relaxed state of wakefulness during Transcendental Meditation, an ordered state of brain functioning that is an ideal preparation for dynamic activity.

- References: 1. *Science* 167 (1970): 1751-1754
 2. *Scientific American* 226 (1972): 84-90
 3. *American Journal of Physiology* 221 (1971): 795-799
 4. *Electroencephalography and Clinical Neurophysiology* 35 (1973):143-151

OPTIMISATION OF BRAIN FUNCTIONING through Transcendental Meditation



Higher levels of EEG coherence measured during the practice of Maharishi's Transcendental Meditation technique are significantly correlated with increased fluency of verbal creativity, increased efficiency in learning new concepts, more principled moral reasoning, higher verbal IQ, decreased neuroticism, clearer experiences of transcendental consciousness, and increased neurological efficiency, as measured by faster recovery of the H-reflex.

- References: The chart above was constructed with data from the following four studies:
 1. *International Journal of Neuroscience* 13 (1981): 211-217
 2. *International Journal of Neuroscience* 15 (1981): 151-157
 3. *Scientific research on the Transcendental Meditation Programme: Collected Papers, Volume 1* (Livingston Manor, NY: MERU Press, 1977), paper 21, 208-212
 4. *Scientific Research on Maharishi's Transcendental Meditation and TM-Sidhi Programme: Collected Papers, Volume 4* (The Netherlands: MVU Press, 1989), paper 294, 2245-2266.

Overall the research on Natural Law Technologies (161 references to published studies are given in the Reference Appendix) represent the most concerted, well-designed research programme on a potential means to benefit mankind ever conceived. Its present standing is that, taken

together as a body of research, it is one of the most impressive confirmations of a theory of human potential ever executed.

The scientific research on Transcendental Meditation includes studies of physiological changes (both during and after the practice); cognitive, psychological and behavioural changes; benefits to health and social behaviour; and benefits to athletic performance, performance in business, and academic performance.

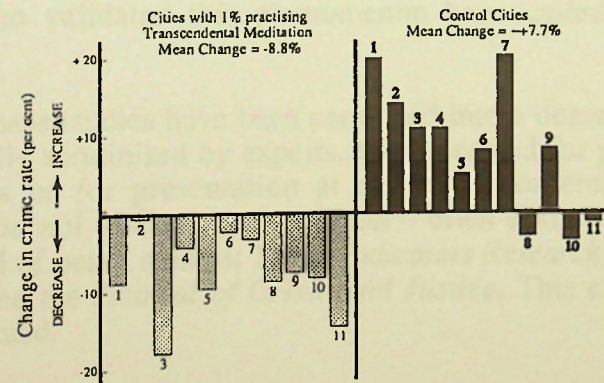
Over 30,000 people in Ireland, 200,000 in Britain and over 4 million worldwide can testify to the benefits they have gained from the practice of Transcendental Meditation. These people are creating peace within themselves and having a profound effect on the collective consciousness of the whole population.

As early as 1960, Maharishi Mahesh Yogi predicted that when only one per cent of a city's population were instructed in Transcendental Meditation, then there would be a measurable improvement in the quality of life of the whole city.

The first scientific research on this effect was begun in 1974. This study found that **crime rate reduced in cities in which one per cent of the population had begun the Transcendental Meditation programme.**

Subsequent research studies replicated this effect in numerous locations and extended it to other indicators of improved quality of life, while accounting for demographic variables and other possible alternative hypotheses.

IMPROVED QUALITY OF LIFE - DECREASED CRIME through Transcendental Meditation



Change in crime rate in 1972-1973 for 11 cities with 1% of the population practising Transcendental Meditation compared to control cities

Advanced Technology of Consciousness

In 1976 the technology of the TM-Sidhi programme was introduced to accelerate the development of consciousness occurring through Transcendental Meditation.

During the Transcendental Meditation and the TM-Sidhi programme, the mind settles down deep within itself and is completely absorbed in its own nature, in touch with the most basic levels of its own intelligence. This innocent, inward experience generates a high level of inner peace and harmony as indicated by more coherent and orderly brain functioning and the practice of the TM-Sidhi programme, especially the "Yogic Flying" technique, produces even higher brain wave coherence than the Transcendental Meditation technique alone. Research published in the *International Journal of Neuroscience* shows that during the "Yogic Flying" technique the brain becomes maximally coherent just before the body begins to lift up and hop briefly into the air.

Maharishi Mahesh Yogi anticipated that the technology of the TM-Sidhi programme would have an even more powerful influence of coherence on society. Based on discussions with physicists he felt that the effect of people practising these technologies in a group would increase in proportion to the square of their number which is parallel to phenomena of coherent field effects found in biology and physics - for example laser light. As a result he predicted that only the square root of one per cent of a society's population participating together in the twice-daily group practice of the TM-Sidhi programme would be sufficient to create a measurable effect of coherence in society.

In the following years forty-four studies have researched this effect on collective consciousness, and recorded highly significant reductions in violence, crime, sickness and accidents, and the **strengthening of positive social and economic trends**. The scientists who validated this phenomenon have called it the "Maharishi Effect".

The majority of these studies have been combined into a dozen research papers that have been carefully scrutinised by experts, then accepted for publication in leading academic journals or for presentation at academic conferences. Research has appeared in the *Journal of Conflict Resolution* - often acknowledged as the leading journal in the field of peace studies; *Social Indicators Research*, the *Journal of Mind and Behaviour*, and the *Journal of Crime and Justice*. This extraordinary effect is very well documented.

"The hypothesis definitely raised some eyebrows among our reviewers, but the statistical work was sound. The numbers were there.....When you can statistically control for as many variables as these studies do, it makes the results much more convincing."

- Raymond Russ, Professor of Psychology, University of Maine, U.S.A.;
Editor of *Journal of Mind and Behaviour*.

Positive trends in social coherence have been operationally defined in these studies by such changes as decreases in armed conflicts, crimes, traffic fatalities, suicides, hospital admissions, infant mortality, unemployment and pollution; and increases in stock market indices, leading economic indicators and GNP.

The research on the effects of temporary or permanent coherence-creating groups use rigorous methods of time series analysis, a technique of statistical evaluation, which accurately identify the effects of the groups while controlling for long-term trends, cycles, and seasonal influences in the social indicators being studied.

“My first reaction to work in this tradition was total disbelief. However, its proponents have shown themselves prepared to subject programmes to empirical test, and the technique already has a sounder basis than many less exotic approaches. At the minimum, courtesy and humility demand interest and attention to its progress and testing. If favourable results keep coming, we should not shrink from using them, or from seeking to understand them.”

– Ken Pease, Ph.D., Professor of Criminology,
University of Manchester School of Social Policy;
Board Member, Home Office Board for Crime Prevention

TECHNOLOGIES OF CONSCIOUSNESS

GROUNDED IN SCIENCE

The Unified Field of Natural Law

For centuries science has been exploring the orderly principles that govern behaviour throughout the physical universe. These universal principles are the Laws of Nature – the laws of physics, biology, chemistry; the laws governing the behaviour of atoms and galaxies, our heartbeat and our breath.

Knowledge of Natural Law holds the promise of greater fulfilment and progress. With the discoveries of modern science, a deeper understanding of Natural Law has added unprecedented comfort to life, and has enriched every avenue of human activity.

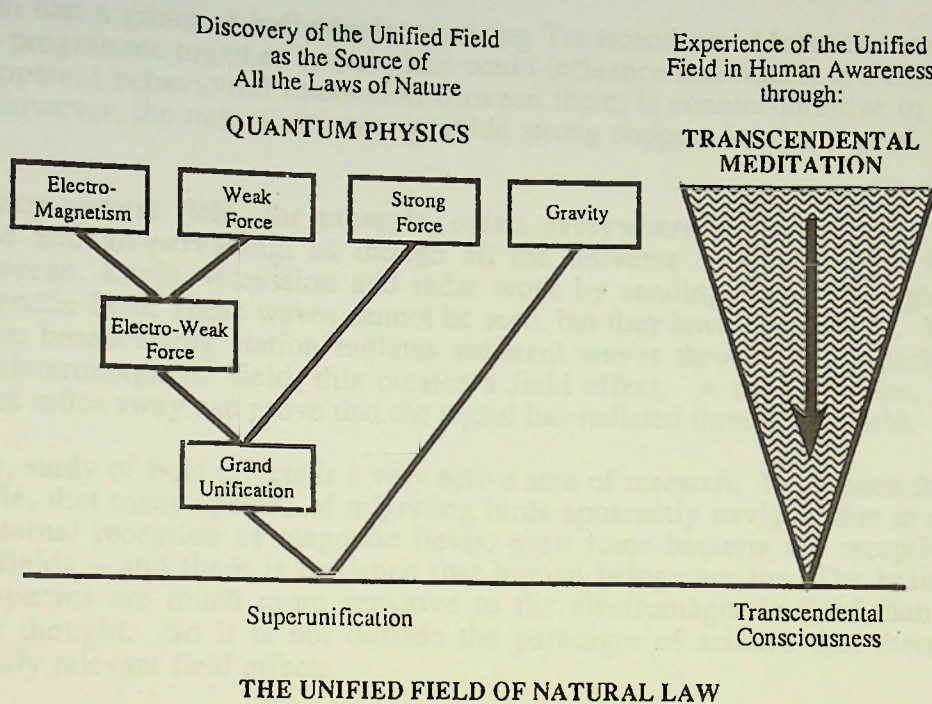
We have already seen how violation of Natural Law has repercussions throughout every sphere of life, to the detriment of our health, creativity, and quality of life.

Because the laws of nature are innumerable, it is not possible to act in tune with Natural Law solely on the basis of intellectual discrimination. Even if a complete understanding of all the laws of nature had been gained by modern science, it would be beyond the comprehension of any single person to have an encyclopaedic access to such a vast body of information. Furthermore, there is no way this knowledge could be practically useful, since no person could compute the way in which all these innumerable laws of nature influence any particular action.

Modern theoretical physics tells us that at the deepest levels of nature's dynamics, surface complexity gives way to an underlying unity known as the Unified Field. Natural law at its source is this Unified Field, unseen but omnipresent. It is a unified holistic field from where the entire range of all the laws of nature are generated and sustained.

Just as the sap permeates the entire plant, manifesting itself as flower, leaf and stem, every possible law of nature, every possible combination of particles and forces – all the possibilities of creation – are continually emerging from the creative dynamism of this Unified Field. It is the source of everything in nature, including man; and it is that one element that can be utilised to influence all individuals and societies simultaneously.

Contacting the Basis of Natural Law



For knowledge of Natural Law to be of full advantage, and to ensure that every action is completely in accordance with the laws of nature, Natural Law must be comprehended and owned at its unified basis, the seed form of all the laws of nature.

The human mind can easily and directly experience the Unified Field of all the Laws of Nature, not on the basis of surface-level thinking and logical analysis, but on the basis of direct identification with this field. As a farmer can drop a well to an underground reservoir, so the mind can settle down deep within, transcend the finest aspect of thinking, and directly experience this universal value as its own nature.

This experience of pure awareness - transcendental consciousness - has been described in almost every tradition of knowledge and in every historical epoch. What is new is that the technologies of Transcendental Meditation and the TM-Sidhi programme provide a systematic and reliable method by which anyone can gain access to this level of experience. The former allows the effortless experience of transcendental consciousness. The latter trains the mind to engage in thought and activity from the level of contact with transcendental consciousness.

Through the process of transcending an influence of coherence is created on the level of the Unified Field - the most settled, expanded state of the individual's consciousness. Since this field is non-localised, the coherence spreads simultaneously throughout the environment.

How Coherence is Created - The Quantum Field Effect

The notion that a group of individuals practising Transcendental Meditation and the TM-Sidhi programme together in one place could influence individuals at a distance, with no apparent behavioural interaction between them, is counter-intuitive to most people. However, the natural sciences provide strong support for this sort of 'field effect'.

The electromagnetic field, for example, exists everywhere in the universe; it is unbounded and all-pervading, as though all the universe was submerged in an invisible ocean. Radio, television and radar work by sending waves through this electromagnetic field. These waves cannot be seen, but they have their effects. When a television broadcasting station radiates coherent waves through the underlying, invisible electromagnetic field, this creates a field effect. A television set, even hundreds of miles away can prove that the signal has radiated through the field.

In biology, study of field effects is a very active area of research. It has been found, for example, that many species of migrating birds apparently navigate due to some type of internal reception of magnetic fields; even some bacteria are receptive to magnetic fields – and there is evidence that human beings are too. The brains of different species are much more sensitive to the electromagnetic field than was previously thought. So it is not outside the paradigm of science that there are behaviourally relevant field effects.

Social science theory is based on the world view of classical Newtonian physics in the nineteenth century, when social science was born, and sees society only in terms of direct behavioural interaction. Sir James Jeans commented that whereas physicists originally thought they were going to discover some kind of mechanical universe into which life had accidentally stumbled, as physics has progressed they have found that the universe is actually much more like a great mind than a great machine.

"I regard consciousness as fundamental.

I regard matter as derivative from consciousness".

Max Planck, Nobel Prize winning physicist

The basic understanding we now have from quantum field theory is that even we are local fluctuations of unbounded quantum fields. Even though we exist to the greatest extent right here, where we seem to be, to some extent we exist everywhere else in the universe. This modern perspective of the nature of reality, the field effect of consciousness, is quite possible.

However, since the extended field effects of consciousness cannot be explained either electromagnetically or gravitationally, or on the basis of the other two fundamental forces, the strong and the weak nuclear forces, an explanation, based on the Unified Field of all the Laws of Nature, has been posited. John Hagelin, a Harvard Ph.D and, one of the world's leading pioneers of theoretical physics has said in his paper entitled "Is Consciousness the Unified Field?" *"It's absolutely natural to assume the Unified Field is a field of consciousness because it's intelligent, dynamic, self-interacting, it's aware of itself, and it responds dynamically to its own presence."*

As with the quantum field environment, so with the political, social, economic, and all other environments. The laws of nature apply also to the way we behave in society.

Solutions for All Areas of Society

The two charts that follow illustrate how, when the Unified Field of Natural Law is enlivened in society, the elimination of stress in collective consciousness results in ideal social behaviour in which the individual and society are always fully mutually supportive.

Figure 1

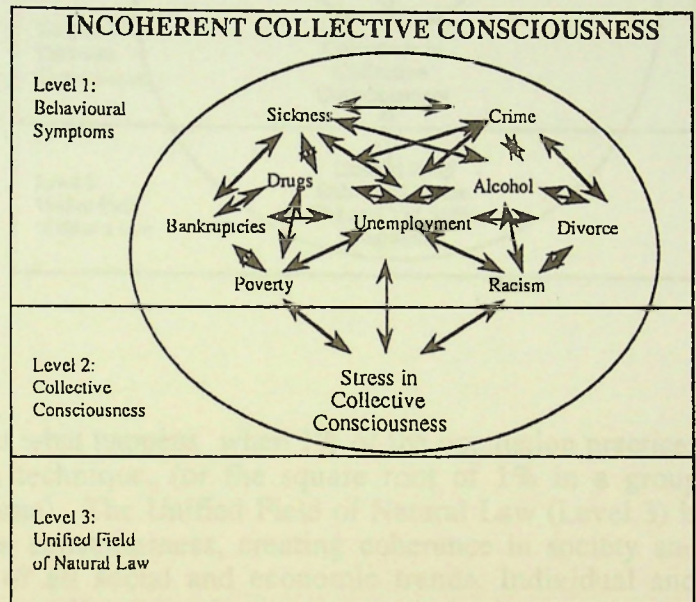


Figure 1. When the Unified Field of Natural Law is outside the circle of the collective consciousness of society, incoherence and conflict predominate. This figure shows the various sorts of behaviour (Level 1) that arise from the resulting high level of stress in the collective consciousness (Level 2).

Figure 2

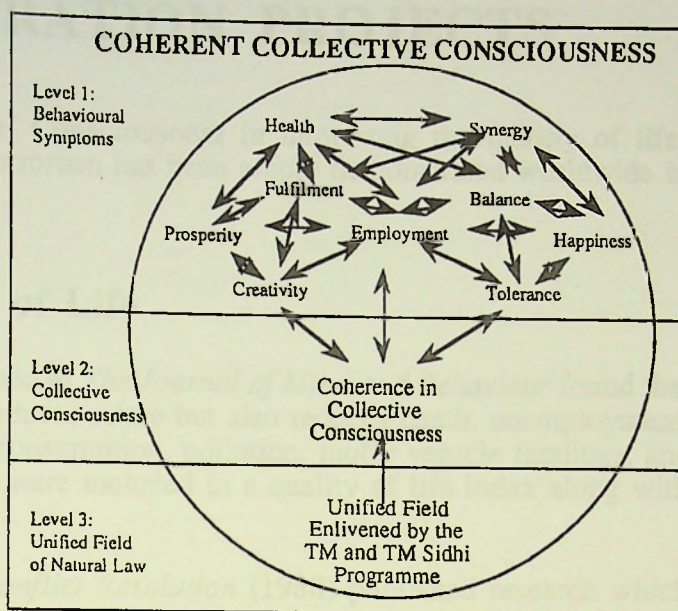


Figure 2. This figure illustrates what happens when 1% of the population practices the Transcendental Meditation technique, (or the square root of 1% in a group practices the TM-Sidhi programme). The Unified Field of Natural Law (Level 3) is now enlivened in the collective consciousness, creating coherence in society and resulting in the strengthening of all social and economic trends. Individual and society become integrated and mutually supportive.

The square root of one per cent is a very small proportion of society. For a population of one million it is a group of 100; for the population of Northern Ireland, a group of about 125 would be necessary; and for the whole world's population of five billion individuals, it represents a group of about 7000 people. The phenomenon of such small numbers of people in society influencing the whole of society in a positive way as opposed to the common experience of the opposite effect has been amply verified in many demonstration projects worldwide over the last few years most recently in Belfast in June 1998.

WORLD-WIDE DEMONSTRATION PROJECTS

The success of Technologies of Consciousness in improving the quality of life, reducing crime and resolving terrorism has been amply demonstrated worldwide in 44 specific studies.

Improving the Quality of Life

A study on quality of life published in *The Journal of Mind and Behaviour* found that the Maharishi Effect not only reduces crime but also reduces death, unemployment, alcohol consumption, cigarette consumption, pollution, motor vehicle fatalities, and accidents, when these variables were included in a quality of life index along with crime.

Yale University's *Journal of Conflict Resolution* (1988) published research which reported that a two month gathering of experts in the Transcendental Meditation and TM-Sidhi programme in Israel correlated strongly with reduced fighting in neighbouring Lebanon, as well as the quality of life in Israel, as indicated by changes in the official government statistics, including decreases in crime rate, traffic accidents, and fires, and an increase in the national stock market. On days of high attendance at the group practice of the Transcendental Meditation and TM-Sidhi programme in Jerusalem, war deaths in Lebanon dropped by an average of 76 per cent.

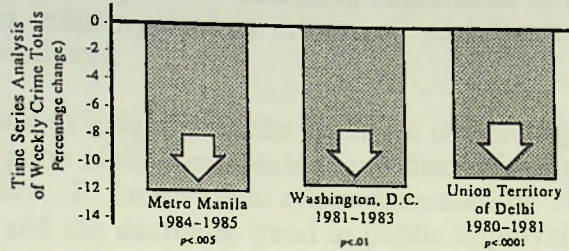
A number of time series analysis studies published in the *Proceedings of the Business and Economic Statistics section, American Statistical Association*, has found that, during the period from 1979 to 1989 monthly inflation and unemployment decreased in both USA and Canada, proportionate to the size of a coherence creating group in Fairfield, Iowa, USA.

Reducing Crime

Washington, Manila and Delhi

The ability of the Maharishi Effect to reduce crime rate has now been replicated in about twenty studies on the city, national and international levels. Research published in *The Journal of Mind and Behaviour* for example, includes studies showing reduced crime rates in such diverse cultures as the USA, the Philippines and India.

INCREASED ORDERLINESS, DECREASED URBAN CRIME through group practice of the Transcendental Meditation and TM-Sidhi programme



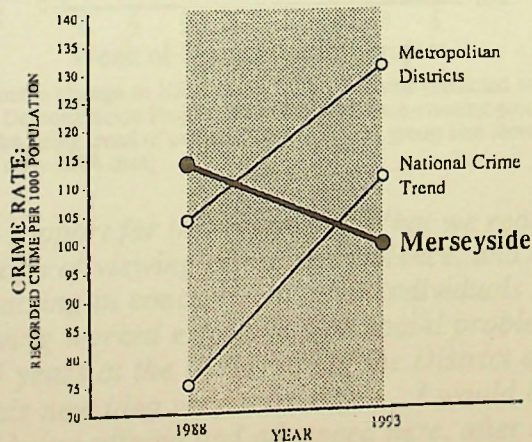
During periods when groups practising Maharishi's Transcendental Meditation and TM-Sidhi programme exceeded the square root of one per cent of the population, crime decreased in Metro Manila, Philippines (mid-August 1984 to late January 1985); Washington DC (October 1981 to October 1983); and the Union Territory of Delhi, India (November 1980 to March 1981). Analysis verified that these decreases in crime could not have been due to trends or cycles in the data, or to changes in police policies and procedures.

- References: 1. *The Journal of Mind and Behaviour* 8 (1987); 67-104
 2. *The Journal of Mind and Behaviour* 9 (1988); 457-486

Merseyside

One of the most powerful studies has been on the metropolitan district of Merseyside, in the North West of England. From 1988 to 1993 the crime rate fell by 60% relative to national trends. The research shows that this reduction resulted from the continued presence of a group of 200 people practising the technologies nearby.

REDUCED CRIME IN MERSEYSIDE through group practice of the Transcendental Meditation and TM-Sidhi programme



Reference: *Psychology, Crime and Law*, 1996,2:165-174

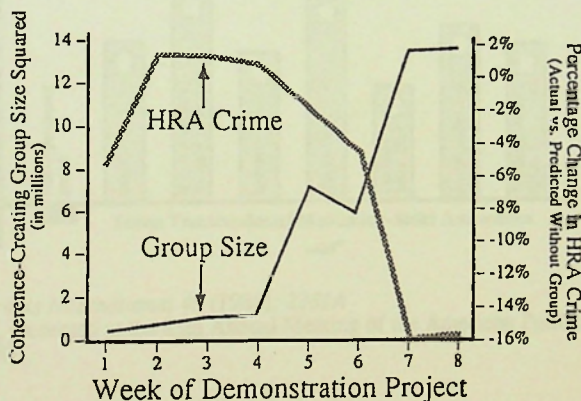
Washington

In the Summer of 1993, in Washington DC, a group of 4,000 from 82 countries gathered for a "National Demonstration Project". The demonstration was the world's largest – and most public – scientific experiment to test the efficacy of the Maharishi Effect in reducing violent crime and social stress, and improving the effectiveness of government.

An advance forecast was lodged with the scientific community that crime rate would drop by 20% during the eight-week period, and that attitudes to government would become more positive. In fact, violent crime decreased by 18% in Washington DC during the project, and the declining trend in public approval and confidence in the Clinton administration was reversed.

Ten control variables were taken into account including seasonal and weekly crime cycles, weather situations, crime trends locally and nationally, anti-crime activity. The highly statistically-significant findings were approved by an independent Project Review Board of scientists from leading American institutions.

DECREASED CRIME IN WASHINGTON DC, SUMMER 1993 through group practice of the Transcendental Meditation and TM-Sidhi programme



The solid line shows the percentage change in HRA crime from the levels predicted without the coherence-creating group. In the first weeks of the Demonstration Project, when the coherence-creating group (broken line) was relatively small, HRA crimes continued the rising trend of earlier months. As the group size increased, however, violent crime decreased significantly ($p=.003$, daily HRA data)

"I want to express my support for this research. What we really are looking at here I think is a new paradigm of viewing crime and violence, and the new paradigm says, look to the individual acting in concert with other individuals to reduce crime constructively . . . Having worked extensively on social problems in the District of Columbia for some 24 years at the University of the District of Columbia . . . I'd like to encourage taking this new idea very seriously . . . I would like to recommend that this new model that is being offered and advanced here, after a number of exhaustive and very carefully controlled studies, be considered, and that we think about ways that it might be implemented in the inner city with youth and community people who live here."

Anne Hughes, PhD, Professor of Sociology & Government,
University of the District of Columbia
Member of the Independent Project Review Board

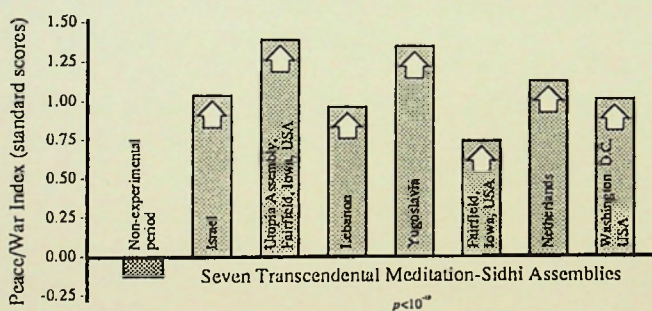
Resolving Terrorism and Creating Peace

Lebanon

The dramatic results on the Lebanon war referred to above (Improved Quality of Life section) were replicated seven times in a study presented at the 85th Annual Conference of the *American Political Science Association* in 1989. The study reported reductions in the war in Lebanon on seven different occasions during which there was an Assembly of Transcendental Meditation and TM-Sidhi programme participants somewhere in the world that was large enough to have a predicted impact on the war.

The study found that during the seven assemblies, war fatalities decreased by an average of 71%, war injuries decreased by 68%, and cooperation among antagonists increased by 66%. The probability of these results being due to chance was less than 10⁻¹⁹, or one in ten million trillion.

INCREASED PROGRESS TOWARDS PEACE IN LEBANON through group practice of the Transcendental Meditation and TM-Sidhi programme



- References: 1. *Dissertation Abstracts International* 49 (1988); 2381A
2. J L Davies and C N Alexander, presented at the 85th Annual Meeting of the American Political Science Association (Atlanta, Ga), Aug 1989

Mozambique

In the early 1990's, following sixteen years of civil war in his country, President Chissano of Mozambique felt impelled to investigate the potential of implementing coherence-creating strategies. According to Lt. Gen. Tobias Dai, Commander of the Armed Forces;

"After having completed a thorough evaluation of the proposal, the Joint Chiefs of Staff decided to implement the Transcendental Meditation and TM-Sidhi Programme in the Armed Forces of Mozambique with the aim to create the Maharishi Effect in the country. It was a matter of decision. Either to try it or leave it aside. Our decision was to try. This occurred before the arrival of the UNO forces in Mozambique."

Thousands of people were taught Transcendental Meditation and the TM-Sidhi

Programme throughout the armed forces, where they continue to practice in large groups.

According to the size of groups maintained, remarkable reductions in crime and car accidents were noted, as well as an economic growth of 19% compared to an expected 6% during 1993. At an international conference on defence, Lt. Gen. Dai noted that the maintenance of peace has been possible, and that free and just elections have been carried out.

In the first Africa Competiveness Report, released at a World Economic Forum in May 1998, Mozambique topped the optimism index and was fourth in overall improvement between 1992 and 1997.

The Economy grew by almost 15% in 1997 and inflation dropped to 6% from 70% in 1994.

NORTHERN IRELAND DEMONSTRATION PROJECT

**Natural Law Technologies produce a settled, positive atmosphere
in Northern Ireland and reduce negativity during the
Assembly Election Campaign**

In June 1998 the Natural Law Party of Northern Ireland sponsored a Project to demonstrate the effectiveness of Technologies of Consciousness . Participants from Britain and Ireland, France, Germany, Norway, Denmark, Holland, Belgium, USA, Canada, Japan and New Zealand took part in this historic Project. The goal was to reduce negativity during the Assembly Election campaign by producing a settled, positive atmosphere in the collective consciousness of Northern Ireland.

The Party's Pre-Election press conference held in Belfast on Friday the 12th June to announce the Project and predict its effect was widely covered. For example the morning newspaper, The Irish News reported:-

"Transcendental Meditation and so-called 'yogic flying' will be used by the Natural Law Party during a special election convention in Belfast. Plans for the eight-day convention are being drawn up by Natural Law which has candidates in all 18 constituencies in the Assembly Election. At a press conference yesterday Natural Law said that it is only in a calm and settled atmosphere that people can best decide on their future government and this should include meditation."

The Irish News, June 13th, 1998

The day before the election an editorial in 'The Newsletter', the other morning paper in Northern Ireland titled "Quiet Vote for Northern Ireland" began:-

"Northern Ireland's voters go to the polls tomorrow after an election campaign that has been astonishingly quiet, given the history shaping significance of the event. Historians may well decide that the quietness itself was significant."

The Newsletter, June 24th, 1998

The day after the results were announced the prestigious 'Sunday Times' Newspaper devoted half a page to analysing the reason why what they termed 'the vitriol of previous campaigns' had evaporated. The article concluded:

"While political commentators and the main political parties struggle to explain why one of the most important elections in Northern Ireland's history produced the most low-key campaign in living memory, one of the participants insists he has the answer. It was not election fatigue or World Cup mania - it was all down to more than 100 men and women meditating and flying through the air to improve the atmosphere and promote harmony."

"That's the argument of James Anderson, leader of the Natural Law Party. He believes his yogic flyers created a calm and settled atmosphere to help voters make the best decision about their future. Anderson would also like to see more members of the public, and politicians, taking part in similar activity to create the conditions in which the Assembly can succeed."

Sunday Times, June 28th, 1998

An Exit Poll was taken on May the 22nd, the day of the Referendum on the Peace Agreement (The RTE/Prime Time Exit Poll) and a similar Exit Poll was taken on June the 25th, the day of the Assembly Election (RTE/Irish Times Exit Poll). The latter Poll showed a remarkable decline in negativity in the period between Referendum Day and Election Day. Many political commentators have been unable to explain the basis or reasons for such a dramatic change in the public opinion (collective consciousness) of the Electorate.

Voting in the Referendum (a few weeks before the Project) a clear majority (58%) of those opposed to the Peace Agreement (the No Voters) expressed the view that political violence would resume, as before, irrespective of the outcome of the Referendum.

However, just one month later on Election Day (half way through the Coherence Creating Project) the proportion of those opposed to the Peace Agreement (the above mentioned No Voters) who believed that political violence would resume as before, had declined in just a month by an astonishing 34 percentage points to just 24% (a drop in real terms of almost 60%) illustrating beyond any reasonable doubt the success of the Project.

In reviewing the Exit Poll statistics in the Irish Times on the day of the results, Saturday the 27th June, Prof. Richard Sinnott, Director of the Centre for European Economic and Public Affairs of University College Dublin and author of 'Irish Voters Decide: Voting Behaviour in Elections and Referendums since 1918' referred to the swing as quite dramatic and concluded:

"In a situation where perceptions and expectations, hopes and fears can have decisive effects on behaviour and on whether people move towards the centre or retreat into extremism, this striking shift in the expectations of those who opposed the agreement is quite an encouraging sign."

The Irish Times, June 27th, 1998

We respectfully submit that the basis or reasons for such a striking shift should be just as much examined and analysed as the shift itself.

We predicted the shift, it took place, and can be replicated and scientifically validated anywhere else in the world.

Conclusion

The technologies of consciousness discussed above and powerfully demonstrated in Belfast in June 1998 are capable of neutralising stress for both individuals and society, stabilising the new climate of peace, and strengthening positive social and economic trends.

These technologies of consciousness also offer a solution to the two main problems facing Northern Ireland over the next 12 months.

Decommissioning

' Since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed.'

Constitution of UNESCO

We can decommission arms but if we don't decommission mind-sets we are wasting our time. A stressed mind set will resort to violence. A stress-free mind set will move naturally towards peace and harmony. We say 'decommission mind sets before arms' - technologies of consciousness can achieve this.

Marches

Problems over marches will not be resolved by talks alone. Again the fundamental problem is narrow mind-sets. The solution is also the same - transformation of that mind-set. Technologies of consciousness can diffuse the potential for unrest and violence now associated with marches and allow the development of more relaxed and conciliatory attitudes.

We propose immediately incorporating these technologies of consciousness into the routine of any large group of employees or else creating an entirely new profession from the unemployed. **The cost of establishing and maintaining a group of 125 trained experts is almost negligible compared to the savings for society.** Northern Ireland would then become a lighthouse for peace and progress worldwide.

This knowledge has been available for years; it has been theoretically analysed and matched with the most advanced knowledge in all scientific fields; and it has been applied and validated many times in practice, most recently in Belfast in June 1998 as detailed above.

With all discoveries – medical, technological, and social – there comes a time when it becomes irresponsible to delay application. This point has been passed in the case of these technologies of consciousness.

In our opinion they are the most powerful means ever discovered to create peace. They have been successfully applied to resolve conflict and reduce crime worldwide as validated in over 40 scientific studies.

As we predicted on June 12th in our message to the electorate, the harmonising and unifying influence of the Belfast Demonstration Project would be both tangible and measurable.

It is vital that we maintain this coherent and unifying influence. Otherwise it does not really matter which politicians are elected to the Assembly. In a turbulent, stressed collective consciousness, problems will continue. In a calm, coherent collective consciousness politicians will be able to work together to create a proper government for Northern Ireland. If there is one policy that deserves all-party support, it is this one.

However this crucial responsibility should not be left to our politicians alone. If society wants a peaceful future it needs to establish a permanent group of people in Northern Ireland practising these Technologies of Consciousness.

At this historic time therefore, we call on the new Assembly, the Business Community and all well-wishers of our country around the world, to help establish such a permanent group and thereby secure a dynamic, peaceful and prosperous future for all the people of Northern Ireland.

Natural Law Party of Northern Ireland
Belfast, 1st October 1998

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