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Unmitigated Sufferings of War Victims: What Should End

In the words of New Zealand’s Prime Minister Jacinda Ardern, today is “one of New Zealand’s darkest days.” In the aftermath of today’s terrorist attacks, 49 are dead and an additional 20 seriously injured by a calculated attack against two mosques in Christchurch, New Zealand. This page maintained and online by one of the perpetrators espouses white supremacist visions and inspiration. As past leaders, citing the names of other individuals who have taken part in shootings through the years to promote an image of civilizational war. Prime Minister Jacinda Ardern states, “These people that I would describe as having extremist views, that have absolutely no place in New Zealand and in fact have no place in the world.” As a civilization, how have we come to this?

So, our way of addressing terrorism has been to capture the perpetrators and administer justice, which unfortunately does nothing to prevent the victims whose rights have been taken. We have grown so accustomed to terrorist attacks that we have assigned ourselves to a feeling of invincibility and believe they will occur. Over time, we have created a culture which in many ways endorses and promotes terrorism; a culture that is xenophobic, glorifies violence, and instills fear of those who are different. Critical juncture of our history, it is not only enough to end terrorism, but also to confront terrorism.

Breaking the Chains of Violence

By: Arlene J. Schar and Dr. David Leffler

A Non-Religious, Humane and Beneficial Approach

The practical components of IDT are the non-religious Transcendental Meditation (TM) and the more advanced TM-Sidhi program. When large numbers of people practice these techniques together, a powerful field effect of coherence and peace is generated that spills outward to others. This peer-reviewed scientific research has repeatedly confirmed measurable decreases in crime and terrorism, and crime when IDT is utilized. Consequently, this is a cost-effective, non-military approach that can be used in conjunction with other methods to help bring about global peace and prosperity.

Involving Defense in IDT is Cost-Effective

For the cost of a few military jets, any military can afford to train its soldiers in the Transcendental Meditation approach. This Prevention Wing of the Military would practice IDT programs twice a day in large groups, detaining societal tension otherwise released in violence. The consciousness of all populations will rise through the influence of greater harmony and peace. Those who have engaged in violence will never do so. Studies have shown repeatedly that this method works and will continue to work as long as the peace-creating group is maintained.

Implementation

IDT is not restricted to military; large groups of experts trained in the advanced IDT technique can accomplish the same purpose. Using the training and volunteer resources existing in any city, this tool can be applied consistently in groups twice a day. These groups could be comprised of community police, public servants, priests who are elderly in nursing homes, even schoolchildren. The important theme is for the technique to be performed by trained experts consistently in groups twice a day. In this way the chains of violence will finally be broken.

Nothing Else Has Worked

At this critical juncture of our history, it is not only enough to create a political solution to our problems, but it is up to each of us to examine our own values and honestly assess whether we are promoting peace and tolerance or incitement to violence. As individuals, we can each confront the tenets of Transcendental Meditation and set aside twenty minutes twice a day to practice the techniques that will ultimately shift our culture from hate to love.

It is up to each of us to now take responsibility for the world we want to create by working consciously to create a world without terrorism.

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Science for Peace (GASP) advocates this simple and cost-effective approach for resolving social stress (www.gasp.org/global-peace-summit/).