

ACHIEVING
WORLD PEACE
AND NATIONAL
INVINCIBILITY



*A Scientifically
Proven Approach*



OFFERING INVINCIBILITY TO EVERY NATION

Maharishi Mahesh Yogi introduced the Transcendental Meditation® program to the world nearly 50 years ago to bring enlightenment—the development of full human potential—to millions of people throughout the world. Maharishi is now offering his scientifically proven *Invincible Defense Technology* —a Unified Field-based approach to defense—to bring invincibility to every nation and perpetual peace to the world.



“Now every government can achieve national invincibility and secure the safety and well-being of its citizens. Such a government will naturally gain the permanent support of its people—and thereby secure its own longevity and dignity as a stable, sovereign government.”—Maharishi

AN INVITATION TO GOVERNMENTS

Today, every nation is vulnerable. Even the mightiest nations are held hostage by small terrorist groups. Conventional military approaches are increasingly powerless to protect a nation against terrorist attack, against new destructive technologies, or against missiles with pinpoint accuracy.

Diplomatic efforts seem equally powerless. In a world divided by deep-seated hostilities and regional tensions, negotiated settlements and ceasefires have brought temporary relief, at best. Paper treaties and discussions among representatives of warring nations are too fragile a basis for lasting peace.

How, then, can we achieve lasting peace and protect the security, stability, and well-being of every nation?



According to recent research, traditional approaches to defense fail because they do not address the underlying cause of violence and conflict: they do not relieve the acute political, ethnic, and religious tensions that fuel terrorism and conflict. We need an effective means to eliminate these deep-seated tensions—a proven approach that can safeguard a nation against violence and promote peace and prosperity in the world.

During the last 25 years, a powerful, innovative approach to peace has been extensively field tested—in the Middle East and throughout the world. The consistent result has been dramatic reductions in terrorism, war, and other social violence. These findings have been replicated, published in leading academic journals, and endorsed by hundreds of independent scientists and scholars. The efficacy of this approach is now beyond question.

These studies verify that the scientific knowledge and technologies are now available to end terrorism and conflict, to achieve indomitable national strength and security, and to create permanent world peace. By implementing these technologies, every government can rise to invincibility and secure the peace and safety of its citizens. But the time to act is now.

—John Hagelin, Ph.D.
 Executive Director, International Center for Invincible Defense
 Renowned quantum physicist and public policy expert



THE INVINCIBLE DEFENSE TECHNOLOGY

The *Invincible Defense Technology* is a proven, practical approach to world peace and national invincibility—an approach validated by more than 50 replications and 23 studies published in leading peer-reviewed scientific journals. It is a direct technological application of the most advanced discoveries in the fields of quantum mechanics, neuroscience, and human consciousness.

The approach calls for the immediate establishment of large national groups of peace-creating experts practicing specific “technologies of consciousness” that have been scientifically shown to neutralize acute ethnic, political, and religious tensions that fuel violence, terrorism, and social conflict. By defusing tensions and neutralizing animosity, this field-tested approach will immediately:

- **Defuse enmity in a potential adversary**, thus preventing the birth of an enemy and the onset of war
- **Create coherent and harmonious national consciousness**, strengthening the nation against any potentially disruptive influences from outside or within
- **Create a peaceful and cooperative global environment**, conducive to the formation of stable governments and the cessation of hostilities in regional hot spots
- **Ensure lasting peace, security, and economic stability at home**, relieving tremendous pressure on governmental departments and institutions charged with public safety and homeland security

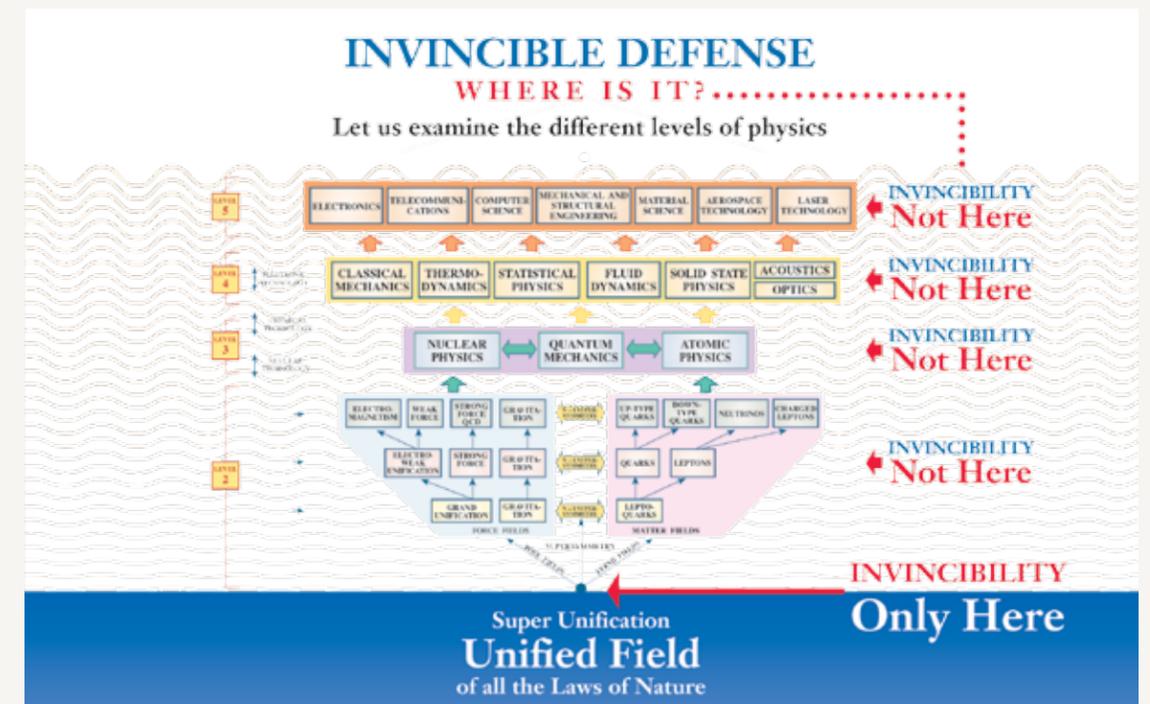
The Invincible Defense Technology is the only approach that effectively targets the root cause of national, regional, and global conflict. It is the only approach to national security and world peace that is extensively field tested and backed by rigorous scientific research.

This Unified Field-based approach to defense generates a palpable, measurable effect of peace that creates a fertile environment in which diplomatic and other conventional approaches can actually succeed. It should be the central component of any comprehensive approach to peace and national security.

SCIENTIFIC FOUNDATION

The Unified Field

Progress in theoretical physics during the past quarter century has led to a progressively more unified understanding of the laws of nature, culminating in the recent discovery of completely unified field theories based on the superstring. These theories locate a single, universal, Unified Field of intelligence at the basis of all forms and phenomena in the universe. Millions of times more fundamental and more powerful than the nuclear force, the Unified Field is the ultimate source of the order displayed throughout the vast universe.



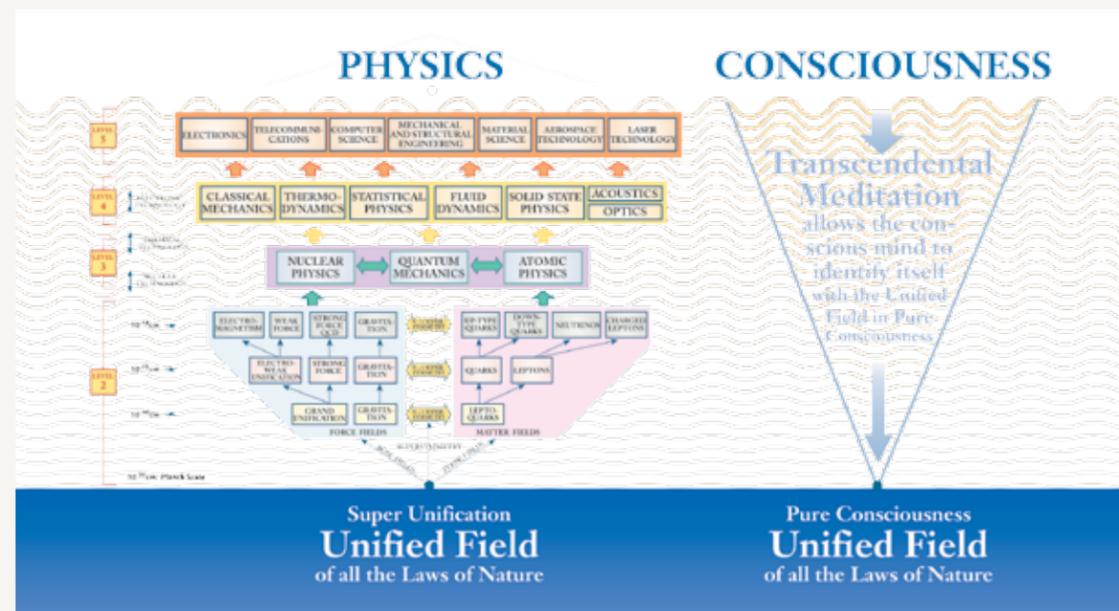
The Invincible Defense Technology constitutes a direct technological application of the Unified Field. Because it works at the deepest, most powerful and holistic level of Natural Law, its effects are pervasive and inescapable. It can easily overpower—and effectively disarm—conventional technologies of offense based on the electronic, chemical, biological, or nuclear levels. Yet it is inherently safe, despite its power, because it is based on the application of a completely holistic level of Natural Law.



The Unified Field of Consciousness

Theoretical and empirical investigation reveals that the Unified Field is fundamentally a field of consciousness. The fundamental qualities of the Unified Field—intelligence, dynamism, and self-awareness (i.e., “self-referral,” the non-Abelian property of self-interaction)—are the defining characteristics of consciousness.

Extensive published research further demonstrates that human consciousness can directly access and experience the Unified Field in the most expanded state of human awareness, known as “pure consciousness.” (See chart below.) This experience of the Unified Field—pure consciousness—constitutes a fourth major state of human consciousness, physiologically and subjectively distinct from waking, dreaming, and deep sleep. This experience is marked by the onset of global EEG coherence and increased alpha power, indicating maximum orderliness of brain functioning and utilization of the total brain.



This fourth state of consciousness is universally accessible through specific, highly developed technologies of consciousness from the Vedic tradition of India. These technologies—the Transcendental Meditation program and advanced TM-Sidhi® program of Maharishi Mahesh Yogi—are the most widely practiced and extensively researched technologies in the world for the full development of human potential.

Creating Coherent National Consciousness: The “Maharishi Effect”

Regular experience of the Unified Field through the Transcendental Meditation program has been shown to dissolve deep-seated stress in the individual, bringing marked reductions in hypertension, stroke, heart disease, and other stress-related illness. When practiced collectively in groups, this same program has been shown to effectively reduce societal stress and tensions, causing associated reductions in crime and social violence, and an upsurge of peace and positivity throughout the population.

Specifically, published research confirms that collective practice of the Transcendental Meditation and TM-Sidhi programs by groups of several hundred to several thousand trained experts quickly neutralizes acute societal stress—including the ethnic, religious, and political tensions that fuel violence and conflict. *Violence and conflict are thereby averted as tensions are calmed and as the enmity in an adversary is naturally defused.*

From the perspective of physics, such groups of trained, peace-creating experts collectively accessing and stimulating the Unified Field generate powerful waves of unity and coherence that permeate the collective consciousness of the whole population. The immediate, practical result is markedly reduced crime and social violence, and improved positive trends throughout society. (See research on pages 9–10.)

This phenomenon of increased coherence and peace throughout society was first reported in research published in 1976, which found that when 1% of a community practiced the Transcendental Meditation program, the crime rate dropped by an average of 16%. This phenomenon was named the “Maharishi Effect” in honor of Maharishi Mahesh Yogi, who first predicted it in 1960. This term now includes the influence generated by group practice of the advanced TM-Sidhi program, through which even the square root of 1% of a community is sufficient to create measurable changes in social trends.

The reduction of social violence, terrorism, and war through group practice of Maharishi’s Transcendental Meditation and TM-Sidhi programs is the most extensively researched and thoroughly established phenomenon in the history of the social sciences. (See references, back cover.) Such group practice is the cornerstone of the *Invincible Defense Technology*.



ENDORSEMENTS FROM INDEPENDENT SCHOLARS

“This work . . . deserves the most serious consideration.”

“The claim can be plausibly made that the potential impact of this research exceeds that of any other ongoing social or psychological research program. 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 at the University of Texas at Austin

“We have to take these studies seriously.”

“In the studies that I have examined on the impact of the Maharishi Effect [the Invincible Defense Technology] on conflict, I can find no methodological flaws, and the findings have been consistent across a large number of replications in many different geographical and conflictual situations. As unlikely as the premise may sound, I think we have to take these studies seriously.”

— TED ROBERT GURR, PH.D., Emeritus Professor of Government and Politics at the University of Maryland

“The work is sound.”

“The hypothesis definitely raised some eyebrows among our reviewers. But the statistical work is sound. The numbers are there. When you can statistically control for as many variables as these studies do, it makes the results much more convincing. This evidence indicates that we now have a new technology to generate peace in the world.”

— RAYMOND RUSS, PH.D., Professor of Psychology at the University of Maine; editor, *Journal of Mind and Behavior*

“This research . . . demands action.”

“I have been following the research on the Maharishi Effect [the Invincible Defense Technology] as it has developed over the last twenty years. There is now a strong and coherent body of evidence showing that [this approach] provides a simple and cost-effective solution to many of the social problems we face today. This research and its conclusions are so strong, that it demands action from those responsible for government policy.”

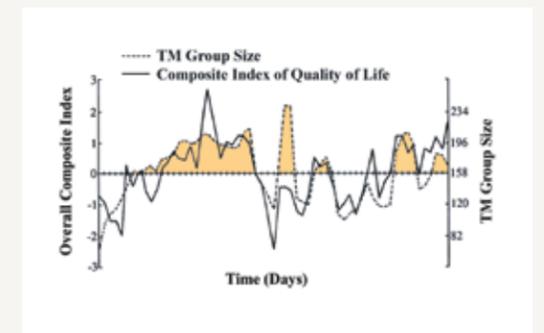
— HUW DIXON, PH.D., Professor of Economics at York University, England

SCIENTIFIC RESEARCH

The unique effectiveness of the Invincible Defense Technology in preventing social violence, terrorism, and war has been confirmed by more than 50 demonstrations and 23 scientific studies. This research has been carefully scrutinized by independent scholars and accepted for publication in top academic journals (see references, back cover). In every case, this approach produced marked reductions of crime, social violence, terrorism, and war, and increased peace and positivity in society.

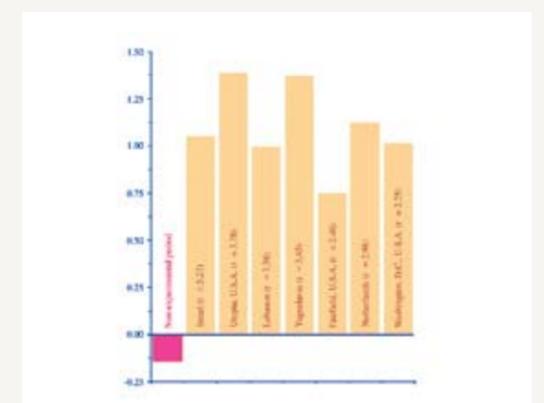
Decreased War and Terrorism

A critical experimental test of the Invincible Defense Technology was conducted during the peak of the Lebanon war. A day-by-day study of a two-month assembly in Israel in 1983 showed that, on days when the number of participants in this Unified Field-based approach to defense (“TM” Group Size, right) was high, war deaths in neighboring Lebanon dropped by 76% ($p < 10^{-7}$). In addition, crime, traffic accidents, fires, and other indicators of social stress in Israel (combined into a Composite Index) all correlated strongly with changes in TM group size. Other possible causes (weekends, holidays, weather, etc.) were statistically controlled for (*Journal of Conflict Resolution* 32: 776-812, 1988).



These results were subsequently replicated in seven consecutive experiments over a two-year period during the peak of the Lebanon war. The results of these interventions included:

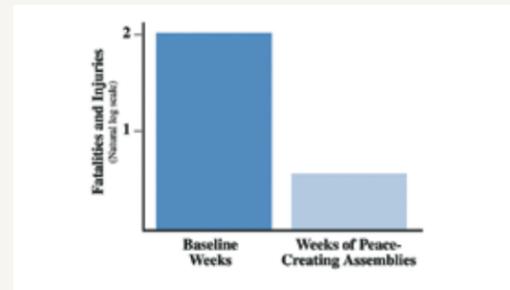
- war-related fatalities decreased by 71% ($p < 10^{-10}$)
- war-related injuries fell by 68% ($p < 10^{-6}$)
- the level of conflict dropped by 48% ($p < 10^{-8}$)
- cooperation among antagonists increased by 66% ($p < 10^{-6}$)



The likelihood that these combined results were due to chance is less than one part in 10^{19} , making this effect of reducing societal stress and conflict the most rigorously established phenomenon in the history of the social sciences (*Journal of Social Behavior and Personality* 17(1): 285-338, 2005).

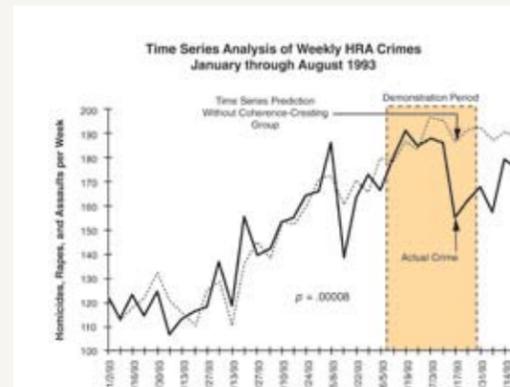


In addition, the global influence on terrorism of three large coherence-creating assemblies was studied retrospectively through an analysis of data compiled by the Rand Corporation. The data revealed a 72% reduction in worldwide terrorism during the three assemblies taken together, as compared to all other weeks during a two-year period. Each assembly had approached or exceeded the participation threshold (8,000) predicted to create a global influence of peace. The study ruled out the possibility that this reduction in terrorism was due to cycles, trends, or drifts in the measures used, or to seasonal changes (*Journal of Offender Rehabilitation* 36 (1-4): 283-302, 2003).



Decreased Crime and Social Stress

A National Demonstration Project conducted in Washington, D.C., from June 7 to July 30, 1993, tested the efficacy of the Invincible Defense Technology for reducing crime and social stress and improving the effectiveness of government.



In this carefully controlled experiment, the coherence-creating group increased from 800 to 4,000 over the two-month period. Although violent crime had been steadily increasing during the first five months of the year, soon after the start of the study, violent crime (measured by FBI Uniform Crime Statistics) began decreasing and continued to drop until the end of the experiment (maximum decrease 23.3%), after which it began to rise again. The likelihood that this result could be attributed to chance variation in crime levels was less than two parts per billion ($p < .000000002$). The drop in crime could not be attributed to other possible causes, including temperature, precipitation, weekends, and police and community anti-crime activities (*Social Indicators Research* 47: 153-201, 1999).

These are just a few of the more than 50 scientific demonstrations and 23 published studies on this Unified Field-based approach to defense. These studies are backed by more than 600 other published studies conducted at over 200 independent universities and research institutes in 30 countries on the individual and societal benefits of these Unified Field-based technologies of consciousness. This extensive body of scientific research makes the Invincible Defense Technology the most thoroughly tested and rigorously established technology of defense in the world today.

FUNDAMENTALS OF INVINCIBILITY

The latest scientific discoveries in the fields of quantum mechanics and quantum field theory reveal the fundamental principles of invincibility that are practically applied through the Invincible Defense Technology and that can practically achieve unprecedented levels of national security, strength, and invincibility. These principles include:

The Principle of Indomitable Strength

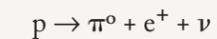
The Heisenberg uncertainty principle states that a system’s intrinsic energy is proportional to its characteristic frequency:

$$\Delta E \geq \hbar / \Delta t$$

As a consequence, nuclear processes, with their characteristic frequency $\Delta t_n \sim r_p / c$ (where r_p is the proton radius), energetically overwhelm chemical processes, whose characteristic frequencies are vastly smaller: $\Delta t_{ch} \sim r_m / c$ (where r_m is a typical molecular dimension).

Hence, even if a molecular structure appears impregnable, such as a crystalline lattice of ammonium iodide, this structure can be shattered instantly by a nuclear event, e.g., the radioactive decay of an iodine nucleus embedded within the chemical lattice.

Similarly, a seemingly impregnable nuclear structure, such as an oxygen nucleus, is easily shattered when a constituent nucleon explodes through a grand-unified lepto-quark transition, e.g.,



These examples illustrate that more fundamental levels of Natural Law are indeed more powerful.

The scale of superunification (the level of the Unified Field) is the ultimate time and distance scale. It is the scale of quantum gravity,* the Planck scale (10^{-33} cm)—the dynamical origin of space and time. Because this scale is millions upon millions of times smaller than the atomic nucleus, the uncertainty principle guarantees that it is correspondingly millions upon millions of times more powerful. The Unified Field can therefore easily overpower and overwhelm any previous level of scientific technology—chemical, electronic, biological, or nuclear.

*Among the advanced techniques of Transcendental Meditation is “Yogic Flying,” an ancient but profound mental technique that generates powerful, sustained brainwave coherence. Regular practice of Yogic Flying brings growing mastery over the force of gravity, as demonstrated by the body’s spontaneous rising off the ground in response to a purely mental impulse. (continued on page 12)

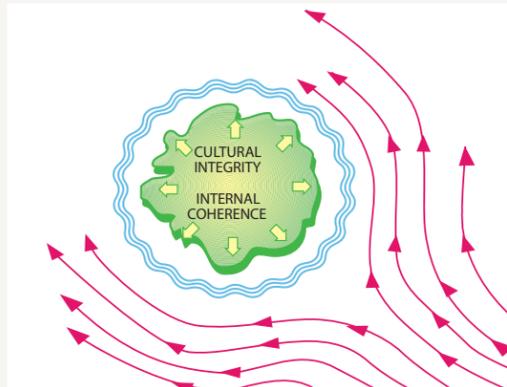
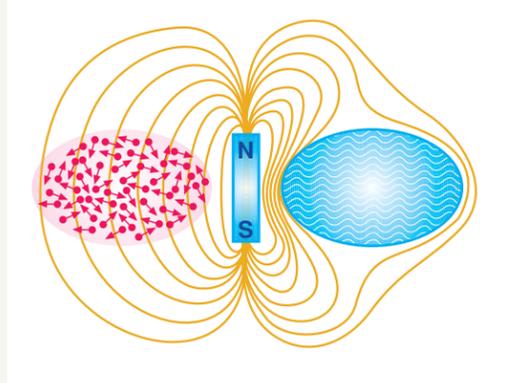


Meissner Effect: Invincibility through Internal Coherence

The Meissner Effect illustrates another profound principle of invincibility, derived from the quantum physics of superconductors. In an ordinary conductor (left side), incoherent, disordered electrons allow penetration by an external magnetic field. In a superconductor (right side), coherent collective functioning of the electrons spontaneously expels external magnetic fields, maintaining absolute impenetrability.

This principle of invincibility through internal coherence seen in the Meissner Effect is by no means unique to a superconductor; it is found throughout the physical and biological sciences. In every case, the natural ability of a system to resist disorder is based on coherent collective functioning.

The Invincible Defense Technology utilizes this principle of the Meissner Effect to create an invincible armor for the nation. By generating powerful coherence in national consciousness, this Unified Field-based approach to defense creates an impenetrable border that protects the nation against any potentially disruptive or harmful influence from the outside.



(continued from page 11) Mastery over gravity demonstrates the capability of the fully developed human mind to function from the level of quantum gravity—the only level from which conventional, classical gravity can be controlled. The scale of quantum gravity is the Planck scale—the scale of Super Unification, where gravity unites with the other fundamental forces to become the Unified Field (see chart, page 5). Here the ability to function at the level of quantum gravity implies the ability to function at the level of the Unified Field—the field of total Natural Law. Therefore, the growing mastery over gravity seen during Yogic Flying truly indicates growing mastery over all the laws of nature. ***It is from this most fundamental and powerful level of the Unified Field—the field of total Natural Law—that the practice of Yogic Flying enlivens indomitable coherence in collective consciousness, and invincibility in the nation.***

Gauge Supersymmetry: Invincibility through Infinite Adaptability

Gauge supersymmetry is the scientific principle through which the Unified Field dynamically upholds its unity—its perfectly balanced supersymmetric union of diametrically opposed tendencies, known as Bose and Fermi fields. If this perfect, supersymmetric balance were to be challenged by potentially disruptive permutations among its bosonic and fermionic components, then specialized components of the Unified Field called *gauge gravitinos* spontaneously respond with a countervailing force, preserving the perfect symmetry of the system.

All these fundamental principles of invincibility—the principle of **indomitable strength**, the principle of **impenetrable coherence** (the Meissner Effect), and the principle of **infinite adaptability** (gauge supersymmetry)—become fully functional in the nation when the qualities of the Unified Field are enlivened in national consciousness through large groups of coherence-creating experts practicing the Invincible Defense Technology.

These cutting-edge scientific principles of invincibility from physics explain how, in modern scientific terms, by enlivening total Natural Law—the Unified Field—and its invincible qualities in the collective consciousness of society, the Invincible Defense Technology creates indomitable strength and national invincibility—as confirmed by extensive published research.

ACTION STEPS

1 Immediately establish a group of at least 1,000 to 2,000 peace-creating experts (depending upon the size of the national population) trained in the Invincible Defense Technology to secure domestic tranquility, stability, and harmony within the nation.

2 Quickly expand this group to 8,000 peace-creating experts—the number required to create a powerful influence of peace and harmony on a global scale. True invincibility cannot be achieved while parts of the world are in turmoil. Every nation today is vulnerable to attack by faraway countries through acts of terrorism, long-range missiles, or subterfuge. Every nation must therefore look beyond its borders and help secure a peaceful and harmonious family of nations.

Fortunately, according to published research, such global harmony can be achieved, to a significant degree, by even a single coherence-creating group of 8,000 experts. This number corresponds to the square root of one percent of the world's population, and is enough, according to both theory and experiment, to produce dramatic global reductions in terrorism and conflict, and rising positive trends throughout the world.

Implementation

The simplest way to establish a group of 8,000 trained experts in the Invincible Defense Technology is within a large university or college. Every country has hundreds of thousands, or even millions, of students. With proper training, a group of 8,000 students can become a powerful peace-creating force, bringing security and invincibility to the nation.

It is only necessary to only add to the curriculum a period, each morning and evening, for collective practice of the Transcendental Meditation and TM-Sidhi programs. Extensive published research on the application of these programs in education confirms that, in addition to the powerful effect of peace and national coherence created by these programs, the students individually benefit profoundly, graduating as highly productive, enlightened leaders of society. Among the many documented benefits are significant longitudinal increases in intelligence (IQ); increased creativity; improved learning ability, memory, and academic performance; increased psychological stability, self-confidence, and emotional maturity; and improved moral reasoning.

To safeguard national security and invincibility on a stable basis, it is important to ensure the continuity of this coherence-creating group. The group should be protected against political turnover and changing policies caused by elections. Ideally, therefore, the peace-creating group should be permanently endowed, and placed in a secure location. In this location, a branch campus of an existing government university can be built, or a new university can be established—a University of Peace.

Alternatively or in addition to this student coherence-creating group, there may be many large corporations with over 8,000 employees. By training company employees in the Invincible Defense Technology, any large corporation can create national security and invincibility. According to published research, such a business will also benefit greatly from increased employee productivity, improved employee health and reduced health costs, greater economic stability in the country as a whole, and increased corporate profits.

Cost Effectiveness

The cost of achieving national security and invincibility through the Invincible Defense Technology is truly negligible—essentially the cost of training and sustaining a group of 8,000 peace-creating experts.

As seen above, students can be easily trained in these powerful, peace-promoting technologies of consciousness and can practice these programs as part of their daily educational routine. Additionally, many large corporations employing over 8,000 people can train company employees in this approach and achieve invincibility for the nation. Even the unemployed, who are often already supported by some type of government funding, can be trained in this approach and can practice these technologies daily as a form of community service in exchange for their financial support.

In all these cases, *for less than the cost of a single B-2 fighter bomber, any nation—or any wealthy philanthropist—can permanently endow a national peace-creating group of 8,000 experts—and thus create and maintain national security and invincibility forever.*

Promoting Governmental Longevity

The Invincible Defense Technology is also the most effective way to perpetuate a government's ruling authority—i.e., to keep the current government in power.

By achieving peace and national invincibility, by preventing crime and social violence, and by promoting prosperity and positive trends throughout society, any government can gain and maintain the support of its people. Such popular support alone will prevent the otherwise inevitable turnover in governments, election after election. This constant turnover in governments, which is highly disruptive to both the rulers and the ruled, is an inevitable consequence of the historic inability of governments to satisfy their people.

Now, through the Invincible Defense Technology, every government can fulfill its highest aspirations for its people. Every government can achieve national invincibility and world peace—and simultaneously secure its own longevity and dignity as a stable sovereign government.



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FOR MORE INFORMATION

International Center for Invincible Defense

In affiliation with

Global Financial Capital of New York

70 Broad Street, New York, NY 10004

Phone: 212.809.7000

Fax: 212.809.7001

info@InvincibleDefense.org

www.InvincibleDefense.org

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