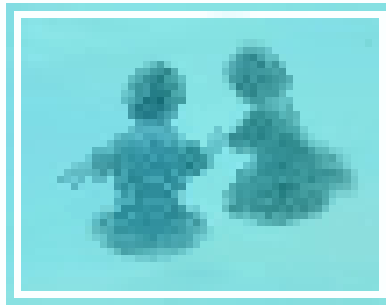


Appendix to “A Peace Story”

Resources, Excerpts and Supportive Creations
for “A Peace Story”: A Short Novel
about Yogic Flying™



“*Oneness*” and other *Portraits-in-flight*
by Bill Torrington

Visit:

<http://www.billsartbox.com/id320.html>

Special Feature –

“PTSD and Transcendental Meditation™: David George, Infantryman, US Army”

YouTube; 2:24 // Play [Video](#)



“Every day, I would have a little bit of each feeling of being pretty much *in the war* still ... ”

After learning the Transcendental Meditation technique:

“My anger’s gone ... I can go back into crowds ...

“Do some TM – and then ... go ahead and live again.”

Also, please read:

A book report about the pre-eminent technology for creating world peace (also see [Yale](#), 1988 and Chart 2 below), as presented in “*The Complete Book of Yogic Flying*” by Dr. Craig Pearson, Maharishi University of Management:

http://www.mum.edu/achievements/2008_11_08.html

Excerpt: “The book presents the inside stories and scientific research on the great Yogic Flying assemblies over the years – *Maharishi’s World Peace Project*, the *Taste of Utopia Assembly*, the *International Peace Project* in Israel, the *National Demonstration Project* in Washington, D.C., and many more around the world – and how they helped end the Cold War, create coherence all over the globe, and bring the world to the threshold of peace.”

Note - Some materials in this Appendix are used according to Maharishi University of Management [Conditions of Use](#).

Please discover more about ancient Vedic ScienceSM at

<http://www.mumpress.com>

.....

A research *high-lite*:



The International Peace Project in the Middle East, 1983

A study published by Yale University: Demonstration of a powerful tool for international conflict resolution -- the *large-group practice* of the Transcendental Meditation-SidhiTM program, including Yogic Flying.

Journal of Conflict Resolution, Yale University Press
[Vol. 32, No. 4](#) (Dec., 1988), pp. 776-812

From the Abstract -

“It was predicted that group practice of the *Maharishi Technology of the Unified Field** – the Transcendental Meditation and TM-Sidhi program [*including Yogic Flying] – during August and September, 1983 in Jerusalem, would reduce stress in the collective consciousness and behavior of Israel and Lebanon [see “Reduced Conflict”, Chart #2 below.]

Box-Jenkins ARIMA impact assessment, cross-correlation, and transfer function analyses were used to study the effects of changes in the size of the group on several variables and composite indices reflecting (a) the quality of life in Jerusalem (automobile accidents, fires, and crime), (b) the quality of life in Israel (crime, stock market, and national mood, derived from news content analysis), and (c) the war in Lebanon (war deaths of all factions and war intensity, derived from news content analysis).

Increases in the size of the group had a statistically significant effect in the predicted direction on the individual variables and on all composite quality-of-life indices ... Cross-correlations and transfer functions indicated that the group had a *leading relationship to change* on the quality-of-life indicators, supporting a causal interpretation.” [Italics / asterisks inserted]

<http://www.jstor.org/discover/10.2307/174032?uid=3739640&uid=2&uid=4&uid=3739256&sid=21102879349843>

Special Feature –

“Meditation Improves Performance at Norwich Military University”

YouTube; 5:13 // Play [Video](#)



"(At Norwich University), we have always concentrated ... on making you very smart ... making you very strong ... making you a great leader, an *ethical* leader.

"I think that TM will provide us another whole dimension of *integrating* all of that ... "

- Richard W. Schneider Ph.D., President, Norwich University

“Operation Warrior Wellness”: Transcendental Meditation Found Effective for Treating Post-Traumatic Stress Disorder

Excerpted from an Article - *TwinCities.com*

September 13, 2011

Written by Ruben Rosario

“Jerry Yellin flew 19 hair-raising combat operations over Iwo Jima and Japan as a World War II P-51 Mustang fighter pilot. But one of the toughest missions the 87-year-old ever undertook came last year.

A family friend, Dory Klock – a married father of two and a U.S. Army veteran who fought in Bosnia – killed himself. Yellin knew the 32-year-old man was struggling with *post-traumatic stress disorder* and other issues ...

“My thoughts ran wild with the suffering so many are experiencing from the life and death of soldiers and Marines who go into combat and have nothing to hold onto when they come home,” Yellin writes in “Resilient Warrior: Healing the Hidden Wounds of War”.

That incident more than any has prompted Yellin to embark on another mission in his 80s: to offer help to veterans and their families struggling with *PTSD*, *anger*, *substance abuse* and other mental health problems.



The help might surprise some: Transcendental Meditation.

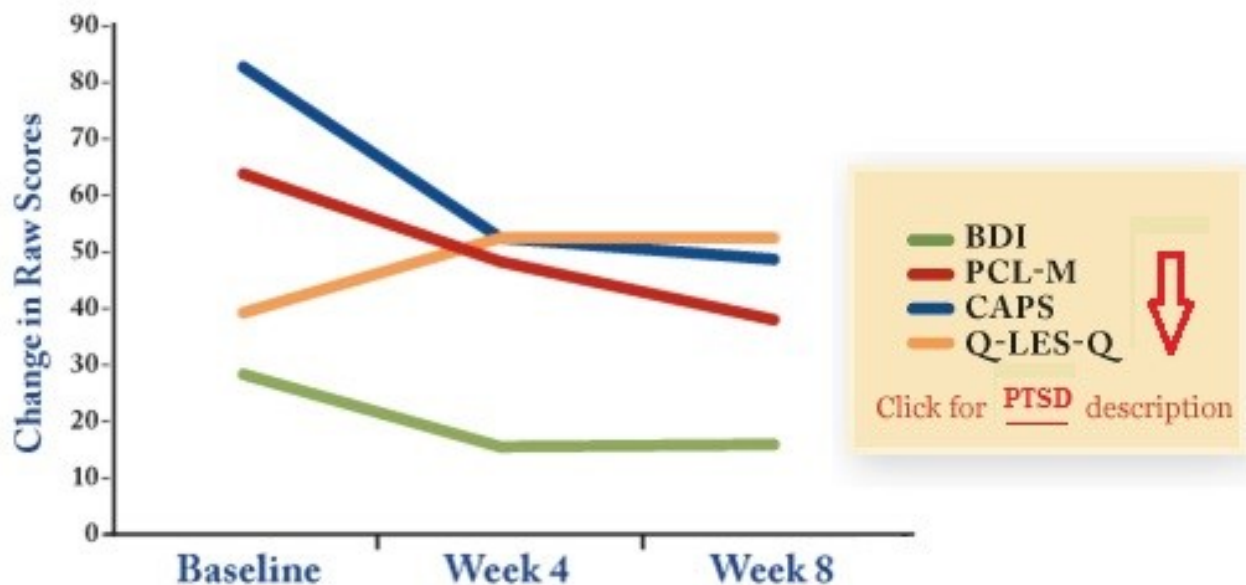
Yellin knows first-hand what soldiers used to call *shell shock* or *combat fatigue* in his war days ... and he swears by TM. He's done it twice a day for about 36 years. He calls it "a lifesaver."

Full article:

<http://www.operationwarriorwellness.org/recovered-veterans-latest-mission.html>

Research on Transcendental Meditation proves its value for *War Veterans* and for *Reduction of Conflict*

Chart #1 - “Two pilot studies (2011) examined the effects of Transcendental Meditation on the symptoms of PTS. In both cases, veterans experienced dramatic reductions in symptoms of PTS, and increased quality of life:



<http://www.operationwarriorwellness.org/pts.html>

By the eighth week of practicing TM, veterans experienced a *50 percent reduction in PTS symptoms*, according to the Clinician-Administered PTS Scale (the

gold standard of PTS testing). The veterans also reported decreased depression and improved quality of life, showing a greater ability to return to their lives after the war.” *Military Medicine* 176 (6): 626-630, 2011

Also:

Chart #2 – A graph demonstrating *Reduced Conflict in Lebanon and Improved Quality of Life in Israel* during August and September, 1983 (see “abstract” in [Yale](#), above)



“The chart shows the strong correspondence between the numbers of TM-Sidhi participants and a composite quality-of-life index comprising many variables, including: *war intensity and war deaths in Lebanon; Israeli national stock market prices and national mood; and automobile accident rates, number of fires, and crime rates in Jerusalem and Israel.*”

Reference: Orme-Johnson, Alexander, Davies, Chandler, & Larimore, 1988.

See also *Critiques and Responses*:

<http://www.truthabouttm.org/truth/SocietalEffects/Critics-Rebuttals/>

.....

Official Website for the TM™ Program:

www.tm.org

Excerpts from www.TM.org: “The Transcendental Meditation technique is based on the ancient Vedic tradition of enlightenment in India. This knowledge has been handed down by Vedic masters from generation to generation ... (cont’d)”

A Special Feature:

Success Story! – Transcendental Meditation / Quiet Time Program in an Inner City High School



Play [Video](#) (7:56)

“I enjoy meditating because I get disturbing thoughts washed away. Then, when you come out of meditating ... the problem’s just *gone* – it’s not really there anymore.”

- “India”, a High School student

Scientific Research on the *Transcendental Meditation* Technique:

“More than [600 scientific studies](#) verifying the wide-ranging benefits of the Transcendental Meditation technique have been conducted at 250 independent universities and medical schools in 33 countries during the past 40 years ...



... and are published in more than 125 peer-reviewed journals, including *American Journal of Cardiology*, *Journal of the American Medical Association*, “*The Lancet*” - *New England Journal of Medicine* and *Military Medicine*, the journal of the Association of Military Surgeons of the United States.”

“ ... When we teach the Transcendental Meditation technique today, we maintain the same procedures used by teachers thousands of years ago for maximum effectiveness ... ”



More on Transcendental Meditation:

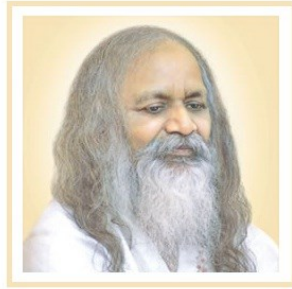
See

Scientific Charts and a *Research Video* ([8:08](#)) --

<http://www.tm.org/research-on-meditation#research-top>

Also: A New Hope for The Family of Man --

The “*Maharishi Effect*”



His Holiness Maharishi Mahesh Yogi

on Transcendental Meditation

“The goal of the Transcendental Meditation technique is the state of enlightenment ... ”

“Enlightenment is the normal, natural state of health for the body and mind. It results from the full development of consciousness and depends upon the perfect and harmonious functioning of every part of the body and nervous system.

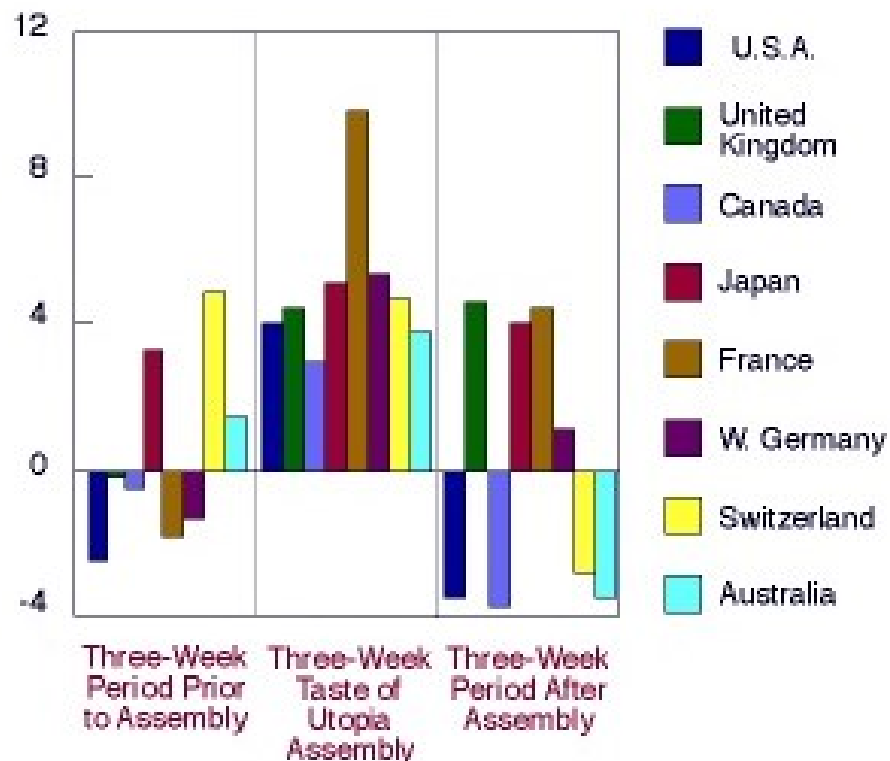
When one is using the *full potential* of the mind and body in this way, every thought and action is spontaneously

correct and life-supporting. This is life free from suffering, life lived in its full stature and significance ... ”

<http://www.tm.org/maharishi>

Chart #3 – The *Maharishi Effect* for Peace and Prosperity:

Simultaneous Increase of Major Stock Market Indices



During the *Taste of Utopia Assembly* (1983), the major stock markets of the world increased simultaneously, indicating balanced economic growth worldwide. After the Assembly, the same major stock markets reverted to a pattern similar to that seen prior to the Assembly, with some increasing and some decreasing.”



Reference: *Scientific Research on Maharishi’s Transcendental Meditation and TM-Sidhi Programme—Collected Papers*, Vol. 4: pp. 2730–2762, 1989

Orme-Johnson, Cavanaugh, Alexander, Gelderloos, Dillbeck, Lanford, & Abou Nader, 1987

<https://www.mum.edu/about-mum/consciousness-based-education/tm-research/maharishi-effect/Theory-and-research-on-conflict-resolution-through-the-Maharishi-effect/>

Achievements of the *Maharishi School of the Age of Enlightenment* in Fairfield, Iowa: 2010 – 2011

A National Merit Scholar

Eastern Iowa Science and Engineering Fair:

40 Top Awards



State Science and Technology Fair of Iowa:

- 3 First Place Awards
- 4 Second Place Awards
- 3 Third Place Awards

- Overall Senior-High *Team Reserve Champions* and Senior-High *Semi-Finalists*

Top National and International Science Awards:

- *Water Environment Federation* - U.S. Stockholm Junior Prize
- *International Intel Science and Engineering Fair* - 4th Place
- *International Sustainable World Energy Engineering Environment Project Olympiad* - Gold and Bronze Medals

Iowa Poetry Association - Honorable Mention; work published in “Lyric Iowa 2011”

Iowa “*Destination ImagiNation*” Competition (creative problem-solving competition) - Five First Place Awards

Global “*Destination ImagiNation*” Competition - Fourth and Fifth Place

Southeast Iowa Super-Conference Art Competition - Nine
Top Awards, "Best of Show"

Congressional Art Competition - Honorable Mention

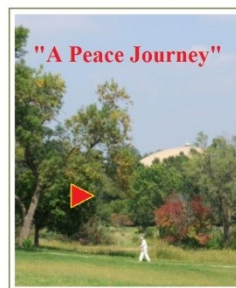
Tennis Class 1-A - Runner-up State Champion

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A Special Feature:

"A Peace Journey"

Assembled by Bill Torrington



A short slideshow set to the music of one of the most beautiful peace ballads ever written! (J. Denver, 3:00)

<http://vimeo.com/42219072>

Transcendental Meditation (cont'd)

“ ... the Transcendental Meditation technique is simple, natural, effortless ... and is easily learned.



It is practiced for 20 minutes twice-a-day while sitting comfortably with the eyes closed. The TM technique is not a religion or philosophy, nor does it require any change of lifestyle.”

.....

Maharishi Vedic Peace Palace



"The World is my Family"

World-wide Transcendental Meditation Program Centers:

<http://www.transcendental-meditation.globalgoodnews.com/>

"I think that if the entire world would meditate, there would be more peace, less violence, better relations between people, more friends, a beautiful world ... just like that."

- Student in Dabruria High School, Israel

([10:14](#); YouTube)

On Becoming a Teacher of Maharishi's *Transcendental Meditation* technique (degree-program track):

“The M.A. in Educational Innovation at MUM is a new concept in graduate study that combines the best of eastern study of the science and technology of consciousness with the best of western social science education research – one could say the best of *subjective* and *objective* approaches to teaching and learning.”

See “**Consciousness-BasedSM Educator**”:

<https://www.mum.edu/academic-departments/education/graduate/consciousness-based-educator/>

“I see the Teacher Training Course as the culmination of the knowledge and foundation I've gained in *Maharishi Vedic Science*TM”

- Maharishi University of Management
Ph.D. student, Brandy C. Lee-Jacob

Consciousness-Based Education
at Maharishi University of Management



Literature and Writing at Maharishi University of
Management – A BA Program

“A common axiom among writers is that “any kind of writing leads to good writing.” At Maharishi University of Management, we offer students the opportunity to engage in a *wide range of writing genres* that highlight all interests: travel writing, personal writing, screenwriting, journalism, poetry, fiction, literary non-fiction, environmental writing.”

<https://www.mum.edu/english>

A Business Major at MUM –

The *MBA in Sustainable Business* covers five key areas:

- **Self Sustainability** – Develops your inner potential and leadership abilities through *Consciousness-Based Education*



- **Sustainable Human Resources** – Making work life sustainable through *employee health and wellness*,[±] *improved supervisory practices* and *enlightened management systems*
- **Sustainable Technologies** – Advanced knowledge and experience with *renewable energy*, *energy efficiency*, *organic agriculture*, *sustainable waste systems* and *sustainable building methods*

- **Sustainable Process Improvement** – Reducing inefficiency and waste through quality management and implementation of “*lean*” methods
- **Sustainable Community Development** – Leadership and consulting skills for initiating and promoting comprehensive change toward sustainability in cities and communities

<https://www.mum.edu/academic-departments/sustainable-living/ma-program/>

And finally:



Take A Walk on the Fairfield Loop Trail!

“The Journey Begins” ([5:19](#); J.S. Bach)