



## ON THIS DAY, APRIL 17

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**PARTICIPANTS meditate during an event in The Gherkin in London's financial district on World Meditation Day. The writer believes that transcendental meditation is the answer to our current dilemma.**

AS THE Covid-19 virus pandemic impacts peoples' lives worldwide, society shuts down in an effort to contain it. People find themselves isolated at home, seemingly powerless. Unity is needed during these difficult times. Although people worldwide have been divided, there are points of agreement regardless of political persuasion: people are no longer tolerating corruption and people are no longer condoning the sacrifices of integrity and ethics to intimidation and deal-making.

Most of us are desperately seeking positive changes in our lives, and yet we feel an overwhelming powerlessness in terms of effecting these changes. And now we have the additional threat of a viral pandemic ripping apart the seams of our society. We ask: what can we do in these challenging times to restore sanity: not only to our day to day living but to our political structures as well? The answer to our current dilemma lies within us rather than outside of ourselves. Inner peace is the basis of outer peace. By going within, one gains clarity and is able to come up with positive solutions that work for everyone. A proven way of utilising this inner wisdom is through transcendental meditation. There is a powerful brain-based technology known as Invincible Defence Technology (IDT) in military circles. Militaries worldwide are beginning to use IDT as a ground-breaking and effective means to help solve supposedly insurmountable problems and create lasting peace.

IDT utilises the non-religious Transcendental Meditation (TM) programme and its advanced techniques. Hundreds of independent research studies on TM have found major increases in calmness, clarity of mind, happiness, creativity, and energy. This evidence-based approach is highly effective for stress-related conditions, brain function, and cardiovascular health.

In particular, the more advanced TM-Sidhi programme is akin to using a laser instead of ordinary light; the effects are far more powerful. Scientific research has demonstrated over and over that this advanced IDT practice raises the consciousness of all those within its field. Positive solutions to ongoing problems occur naturally, and society more readily shifts from division to unity.

Covid-19 may be an opportunity for South Africa to re-evaluate its approach to societal issues and try something new. South Africa needs to come up with immediate and effective solutions to this virus and societal issues in general before it is too late.

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