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Israel News Faxx

March 29, 2019 Vol. 27, No. 64, 2019_03_29, page 2

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A Valuable Tool to End Middle East Violence

By Arlene J. Schar and Dr. David Leffler (Commentary)

Tensions are high between Gaza and Israel as escalated attacks between the two have recently occurred. Israeli Prime Minister Binyamin Netanyahu "...ordered that the [IDF border] units be reinforced, that tools be added, in preparation for an extensive campaign. All citizens of Israel know that if an extensive campaign is necessary – we will go into it strong and secure after all, other possibilities have been exhausted." One possible tool which Netanyahu has not yet utilized is a little known means of preventing violence, war, and terrorism: Invincible Defense Technology (IDT).

The practical components of IDT are the non-religious Transcendental Meditation (TM) and the more advanced TM-Sidhi programs. When large groups of experts practice these programs together, a powerful field effect of coherence and peace is generated that spills over into the surrounding population. Extensive scientific research has repeatedly confirmed measurable decreases in war deaths, terrorism, and crime when IDT is utilized. Due to this research the non-profit organization, Global Union of Scientists for Peace (GUSP) advocates this simple and cost effective approach for reducing social stress (see: <https://www.gusp.org/global-peace-summit>).

Inexpensively, the Israeli military could train and maintain a group of about 800 experts in the advanced IDT strategy. This Prevention Wing of the Military would practice IDT programs twice a day in large groups, defusing social tensions. The collective consciousness of all populations will rise through the influence of greater harmony and peace. Those who have engaged in violence will no longer do so. Studies have shown repeatedly that this

method works – and will continue to work as long as the peace-creating group is maintained.

IDT is not restricted to the military. Any large group of experts trained in the advanced IDT techniques can accomplish the same goals of alleviating terror and violence by practicing this approach in groups twice a day. These groups could be comprised of congregations at places of worship, prisoners, the elderly in retirement homes, even schoolchildren. The important factor is that the techniques be performed by trained experts consistently in groups twice a day. In this way, the chains of violence will finally be broken.

At this stressful time, it is not enough for governments and militaries to take action. We have to examine our values and honestly assess whether we are promoting peace and tolerance, or fostering hatred in our everyday speech and actions. Learning the Transcendental Meditation technique and practicing it twice a day could help shift our culture from hate to love.

A culture that promotes hatred will surely continue to foster violence. To stop these attacks, we must shift our cultural values to peace and tolerance. It is up to each one of us to now take responsibility for the world we have created by together consciously creating a world without violence, war, and terrorism.

(Arlene J. Schar has served as Dr. Leffler's Executive Assistant at the Center for Advanced Military Science (CAMS) <http://www.StrongMilitary.org> since 2015. She has edited and co-authored many of Dr. Leffler's articles. Leffler served as an Associate of the Proteus Management Group at the Center for Strategic Leadership, US Army War College. Currently, he serves as the Executive Director at CAMS.)