MAHARISHI’S VEDIC DEFENCE TECHNOLOGIES: SCIENTIFICALLY PROVEN TO PREVENT TERRORISM AND INTERNATIONAL CONFLICT

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The author reviews research findings on the influence of peace created by large groups of experts in the TM-Sidhi Programme, including reduction of international terrorism and international conflict, and considers these findings in light of recent advances of modern physics.—EDITORS

In light of the fact that no nation can effectively defend itself from the threat of warfare or terrorism, it is obvious that new knowledge and new approaches are needed. This paper presents a solution to the threat of terrorism in the 21st century—a scientific solution rooted in the Vedic tradition of India.

More than 40 rigorous studies have found that the practice of Transcendental Meditation (TM) and, particularly, the group practice of the advanced TM-Sidhi Programme including Yogic Flying create a powerful influence of peace or alignment with Natural Law in the society. Crime, terrorism, and conflict—even open warfare—have all been found to decrease significantly and dramatically as a result of this Maharishi Effect. These studies have been presented at important conferences and published in refereed scientific journals such as the Journal of Conflict Resolution, Journal of Crime and Justice, Social Indicators Research, and Journal of Mind and Behavior. An especially strong and important study of the Maharishi Effect, published in the Journal of Conflict Resolution, is reviewed in detail.

Evidence from contemporary quantum physics is then presented, indicating that pure consciousness is identical with the unified field described by modern physics, and that its experience during Transcendental Meditation creates an extended “field effect of consciousness” that influences everyone in society to spontaneously behave in a more progressive and peaceful manner, more naturally in harmony with Natural Law.

The paper goes on to consider the application of other technologies of Maharishi’s Vedic Science to national defence—to defend both from external threats and from internal threats to the nation—and calls on governments, nongovernmental organizations, and significant individuals to quickly adopt this new knowledge for the well-being of the human family.

MAHARISHI’S VEDIC DEFENCE TECHNOLOGIES: SCIENTIFICALLY PROVEN TO PREVENT TERRORISM AND INTERNATIONAL CONFLICT

In the current nuclear age, when virtually any military or rogue terrorist has the potential to destroy other countries, we must ask: “Can any military really defend its homeland?” In fact, no nation can defend itself.

We cannot defend ourselves because in today’s global economy, our militaries typically depend on foreign—and hence unreliable—supplies and technology. For instance, international sanctions following India’s 1998 nuclear tests were reported to

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threaten the light combat aircraft (LCA) programme that was expected to be the mainstay of the Indian Air Force’s attack squadron early in the next century.\(^1\)

We also cannot defend ourselves because our approach to national defence is completely outdated. We depend on our ability to destroy the enemy. Yet in most modern technologies of warfare the enemy is unseen. Thus we are completely incapable of responding to terrorism, space warfare, chemical and biological warfare, information warfare, and economic/cultural warfare because the enemy is unseen or even unknown.

Whatever logic a nation’s defence policy may have, and whatever programme the Defence Department may cherish or be proud of, the simple fact is that the defending strength of any nation, and the power of its national defence, is ultimately powerless against foreign powers.

New knowledge and technologies are clearly needed—ideally ones in which a nation can be completely self-sufficient so it doesn’t have to consult foreign powers, doesn’t need to license foreign technology, and doesn’t need to sacrifice its cultural integrity. Any new defence approach must also be scientific. And, obviously, its technologies must be powerful.

In fact, such defence technologies already exist. These are Vedic\(^2\) technologies that create a physical influence of peace that dispels the social stress at the basis of crime, terrorism, and conflict ("Tat san nidhan vai ratsayagah—In the vicinity of Yoga, hostile tendencies are eliminated").\(^3\)

It is important to note that the word “Vedic” today has two meanings. One meaning is what this paper is projecting: knowledge of consciousness and of Natural Law, which upholds the orderly evolution of the infinite diversity of the universe—the inner intelligence of all physical creation.

In a most significant theoretical breakthrough, Professor T. Nader, M.D., Ph.D., has discovered a strikingly exact, one-to-one correspondence between all the 40 aspects of the Veda and Vedic Literature and 40 structures and functions of the human physiology.\(^4\)\(^5\)

This discovery reveals that the sounds of the Veda and Vedic Literature are the impulses of consciousness or intelligence that structure the form of the human physiology. From this perspective, then, everyone is walking and talking Veda, irrespective of nationality, religion, caste, or beliefs. (The other meaning of Vedic is not worth reflecting on; it has been highly misunderstood, misinterpreted, and distorted by the long lapse of time. The Vedic technologies discussed in this paper are scientific in nature and are already being taken advantage of by millions of people of diverse nationalities, religions, and tendencies. No religion, beliefs, or philosophies are involved.)

One such Vedic Defence Technology has been shown by 42 scientific studies to decrease the social stress that underlies crime, social tensions, terrorism and warfare. These have been presented at important conferences and published in refereed scientific journals such as the Journal of Conflict Resolution,\(^6\) Journal of Crime and Justice,\(^7\) Social Indicators Research,\(^8\) Social Science Perspectives Journal,\(^9\) and Journal of Mind and Behavior.\(^10\) Research scientists have named this Vedic Defence Technology the Maharishi Effect to honour Maharishi Mahesh Yogi, who predicted it in 1958 when he first began teaching Transcendental Meditation.

**THE MAHARISHI EFFECT**

The Maharishi Effect establishes the Vedic principle that individual consciousness affects collective consciousness—when individuals practise Transcendental Meditation, they create an influence of peace and coherence throughout society through a field effect of consciousness, described further below.

Initially, scientific research found that in cities and towns all over the world where as little as 1% of the population practised the Transcendental Meditation technique (thereby creating the Maharishi Effect), the trend of rising crime rate was reversed, indicating increasing order and harmony.\(^11\)

In 1976, when Maharishi introduced the advanced TM-Sidhi Programme, which includes Yogic Flying, a more powerful effect of coherence in collective consciousness was expected.

The first major test of this Extended Maharishi Effect took place in 1978 during Maharishi’s Global Ideal Society Campaign in 108 countries: crime rate was reduced everywhere the groups of Yogic Flyers went in sufficient numbers.\(^12\)

This initial research demonstrated a new formula: the square root of 1% of a population practising Yogic Flying, morning and evening together in one
place, is sufficient to neutralise negative tendencies and promote positive trends throughout the whole population.

Using this formula (parallel to the principles of coherence evident for example in laser light in physics), it was predicted that 7,000 Yogic Flyers would create a Global Maharishi Effect (7,000 being approximately the square root of 1% of the world’s population).

This prediction was tested three times—in 1983, 1984, and 1985—when three large “World Peace Assemblies” were held over a period of two to three weeks in Iowa, USA; Holland; and Washington, DC, USA. In every case, scientific research found that a decrease of negative trends around the globe and an increase in positive social, economic, and political trends. For instance, data from an independent data bank showed that, during the World Peace Assemblies, fatalities and injuries due to international terrorism dropped by 72% and international conflict was reduced by more than 30%.

As the Maharishi Effect became increasingly well documented, researchers at Harvard and Maharishi University of Management, USA, convinced the New York based Fund for Higher Education to finance an ambitious “Peace Project in the Middle East”. Predictions were lodged in advance with an independent international review board of eminent scientists, and the intervention was then quietly launched for two months.

**PEACE PROJECT IN THE MIDDLE EAST**

The findings of the Harvard and MUM team—published in the Journal of Conflict Resolution—confirmed the effectiveness of the Maharishi Effect as a peace technology.

Using Box-Jenkins ARIMA time-series intervention analysis to control for alternative influences like weather, the researchers found that on days when the size of their Yogic Flying group in Jerusalem was large, war- and terrorism-related deaths in neighbouring Lebanon (occupied at the time by the Israeli army) dropped by 76% on average.

In Israel itself, crime, traffic accidents, and fires all declined, while national mood (determined by newspaper content-analysis), positivity and optimism about the economy improved. No explanation other than the predicted “field effect of consciousness” could account for these remarkable results.

To further test the hypothesis that the underlying field of consciousness was the common cause of improvements, the researchers combined all seven experimental variables (war deaths, crime, accidents, etc.) into a single “quality of life index”.

They reasoned that the noise associated with individual measures should cancel out, making the index a more sensitive measure of the Maharishi Effect signal. (Imagine using ships to measure an increase of one metre in the height of the ocean—individual ships are not so reliable because waves on the surface cause some ships to go up and other to go down, even while collectively they are rising one metre as the ocean rises. But if we measure many ships, the random ups and downs of the waves will largely cancel out, allowing the increase in the height of the ocean to be measured more clearly and accurately.)

As predicted, the effect of the Yogic Flyers was even more clear and statistically significant when measured by this sensitive quality of life index—when the number of Yogic Flyers increased, quality of life improved, and when the number of Yogic Flyers decreased, quality of life decreased. This lead the scientists to conclude that the Maharishi Effect was directly strengthening the very essence or fibre of society—the underlying “national immune system” (national defence system) of collective consciousness.

**PURE CONSCIOUSNESS AS THE UNIFIED FIELD DESCRIBED BY PHYSICS**

The extensive scientific research on the Maharishi Effect has led Professor John Hagelin, Ph.D., to write a book entitled Perfect Government: How to Harness the Laws of Nature to Bring Maximum Success to Governmental Administration. Dr. Hagelin is a world authority in the area of unified quantum field theories. His publications on electroweak unification, grand unification, supersymmetry and cosmology include some of the most cited references in the physical sciences. In his book, Professor Hagelin argues that the “overwhelming experimental evidence for the Maharishi Effect thus provides strong empirical support for the proposed identity between pure consciousness and the unified field”:

The most concrete experimental evidence for a deeper, field-theoretic description of consciousness is the super-radiance effect or Maharishi Effect produced by the collective practice of the Transcendental Meditation and TM-Sidhi Programme. These are consistent demonstrations of
extended field effects of consciousness that have withstood many consecutive replications on a variety of scales. These studies employ standard sociological measures such as FBI crime statistics, to study the coherent influence on a surrounding population of groups of experts collectively practicing these techniques.

The observed physical behaviour of these sociological effects are highly indicative of a field phenomenon. For example, the observed attenuation of the effect with distance would strongly support such a field-theoretic interpretation. The quadratic dependence of the intensity of the effect upon the size of the coherence-creating group is also characteristic of a field phenomenon in which the radiators are operating coherently.

Within the classical domain of 3+1 space-time, the only potential radiators for such a long-range social interaction are electromagnetism and gravity. The gravitational interaction between individuals, however, is far too weak to produce observable sociological effects. There is a general consensus among scientists that the electromagnetic interaction is also too weak to account for the experimentally observable effects.

If conventional mechanisms are unable to account for the super-radiance data, then an unconventional mechanism is clearly needed; in particular, any mechanism that may serve to overcome the substantial distance barriers involved. A detailed account of such mechanisms may be found in the literature. One involves the non-local structure of space-time geometry produced by the strong gravitational effects at the superunified scale. Another involves long-range quantum mechanical correlations coupled with a “conscious” component to the non-local collapse of the wave function. Both mechanisms require that consciousness operates at or near the scale of superunification, and thereby occupies a fundamental position in the structure of the physical universe. The overwhelming experimental evidence for the Maharishi Effect thus provides strong empirical support for the proposed identity between pure consciousness and the unified field.  

In fact, the Maharishi Effect created by groups of Yogic Flyers is but one technology of Vedic Defence. To more effectively consider this completely critical issue of personal and national security, let us consider further what we mean by Vedic Defence.

**VEDIC NATIONAL DEFENCE—PREVENTION OF EXTERNAL THREATS**

The primary means of creating Vedic Defence, which we have already extensively considered, is to develop integrated national consciousness—coherent collective consciousness—which automatically disallows the penetration of any destabilising influence in the country. This will most easily be made possible through a “prevention wing” in the military—an auxiliary defence force, using only 3% to 5% of military personnel. Through the practice of Transcendental Meditation and Yogic Flying, this ‘prevention wing’ will create an extremely powerful Maharishi Effect—an abstract but indomitable, invincible armour for the nation.

The second aspect of the Vedic Defence Strategy, known as Yagya or Graha Shanti, is achieved through the science of Maharishi Jyotish. This aspect of defence addresses the influence of the distant or cosmic environment on the individual and on national life. It is like the weather forecast that says the cyclone is coming in 24 hours, and the government runs to organise measures to protect the people. It is the government’s responsibility to use all possible ways and means to protect the population from any level of negative influence—seen or unseen.

(Note: When Maharishi first introduced Transcendental Meditation 40 years ago, many considered it to be mystical and unscientific. Now more than 500 scientific studies conducted at 200 universities and research institutes in 32 countries definitively document that Transcendental Meditation is a rigorous, systematic, scientific procedure to eliminate individual and collective stress. In a similar way, modern scientific method can provide critical testing and evaluation of the effectiveness of Maharishi Jyotish and other Vedic Defence technologies.)

The preceding approaches are prevention-oriented because they avert the danger before it arises (Heyam duhkham anagatam)—and in the age of invisible enemies, this is the only viable approach to a truly effective national defence.

The third quality of Vedic Defence is the material means of defence—defence primarily through weaponry (the Vedic knowledge of Dhanur-Veda) and material structures (the Vedic knowledge of Sthapatya Veda). Because consciousness is more fundamental than even the nuclear level, the potential for powerful weaponry is obvious.

These three areas of defence provide a complete, self-sufficient means of defence.
VEDIC NATIONAL DEFENCE—
PROTECTION AGAINST INTERNAL THREATS

Ultimately, though, defence—particularly of terrorism—requires that the individual citizens of the nation be educated to live in harmony with Natural Law. This we may consider the internal-security component of defence. To achieve complete freedom from internal disorder, individuals must be educated to live peacefully. For this, Maharishi's Vedic Science emphasises the same three priorities as described for external defence.

First, through the practice of Transcendental Meditation and the advanced TM-Sidhi and Yogic Flying programmes, citizens must enjoy Manas Shanti (mental peace and harmony with Natural Law). Secondly, through Maharishi Jyotish and Yagya, citizens must enjoy Graha Shanti (harmony with the cosmos as a whole). Thirdly, through Maharishi Sthapatya Veda—the Vedic science of architecture and planning—citizens must enjoy Vastu Shanti (harmony with Natural Law of the physical structures in which one lives and works). Governments desiring to eliminate social problems should attend to all these three levels.

CONCLUSION

The value of many of Maharishi’s recommendations has been already clearly documented by rigorous scientific research, and past experience indicates that any as-yet-to-be-scientifically-validated recommendations are likely to be proven useful in the near future.

The question thus becomes: Shall the countries most in need of new approaches to dealing with crime, terrorism, and national defence wait for America or some other scientifically-oriented country to patent Vedic Defence, or—drawing confidence from the extensive existing scientific validations—will they move quickly to take advantage of this profound knowledge?

In fact, every nation would be wise to act immediately because the factor of time is very important for every nation. Any loss of time will be a loss of opportunity, because enemies are moving fast every day from all directions. The situation is very critical; the world is passing through a very critical time.

Any government leader, nongovernmental organization, or wealthy industrialist can easily establish a permanent group of Yogic Flyers—a group for a government. Extensive evidence already shows clearly that this will create a nourishing influence of sattwa (peacefulness, purity) that will turn enemies into friends, that will disallow the birth of an enemy, and put a permanent end to terrorism, crime, and other social problems. Now is the time to create history and fulfil the Vedic ideal of Vasudhaiva kutumbakam—“The world is my family.”

ENDNOTES

1 The Economic Times, 14 May 1998.
2 The Vedic tradition of India is a comprehensive tradition of systematic, verifiable knowledge spanning health, education, and full human development, management, political science, defence, agriculture, architecture, and music.
3 Yo gananda, Autobiography of a Yogi, 1940.
4 For example, the Yoga aspect of the Vedic Literature, which represents the unifying quality of consciousness, is said to correspond functionally in the human physiology to the cerebral cortex, which is responsible for the unification of diverse sensory experiences into coherent conscious experience.
5 A more detailed analysis reveals that the correspondence is structural as well as functional. For example, there exists a perfect numerical correspondence between the number of suts of Yoga (195) and the number of association fibres in the cerebral cortex (also 195). According to Dr. Nader, whose work has been guided by the Vedic scholar Maharishi Mahesh Yogi, this exact correspondence is not coincidental but reflects the fact that the sounds or impulses of each sutra actually create or structure a corresponding association fibre. The depth and significance of Dr. Nader’s work—already published in several languages—is further revealed when we learn that the number of sections (four chapters) of Yoga is the same as the number of sections (four lobes) of the cerebral cortex, and that the four lobes have 51, 55, 55, and 34 association fibres, respectively, while the four chapters likewise have 51, 55, 55, and 34 suts, respectively. Similar correspondences have been discovered in all areas of the physiology and the Veda and Vedic Literature, frequently down to the third or fourth level of detail, and research in this area is on-going.
6 Based on Dr. Nader’s discovery of the Veda in human physiology, it becomes clear that Maharishi’s Vedic Health Care System promotes health by nourishing the body from that fundamental level that has created the body—the level of the Veda and Vedic Literature. For instance, the preceding example demonstrates how—like a gardener nourishing a tree from the level of the sap—the association fibres of the cortex are nourished by reciting or listening to the primordial suts of Yoga.


14 Other published research has found that physical functions associated with stress and coherent thinking, such as brain wave synchrony and serotonin levels, change for the better in the general population at the exact time of Yogic Flying by large groups even thousands of miles away. (See, for example: Inter-subject EEG Coherence: Is Consciousness a Field? International Journal of Neuroscience, 16, 203-209, 1982.)


16 Yoga Sutra, 2.16