

PAPER 495

**MAHARISHI'S FORMULA FOR A PREVENTION WING IN THE  
MILITARY—APPLIED AND FOUND SUCCESSFUL IN MOZAMBIQUE:  
CASE STUDY, 1993–1994**

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This case study reports the results of governmental implementation of the Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying, in the military forces of Mozambique to create the Maharishi Effect in the nation. Results included decreased crime, decreased auto fatalities, greater economic growth, and increased rainfall. These positive effects were found to suddenly stop with the temporary cessation of the group practice of Yogic Flying due to the demobilization of the military.

—EDITOR

Mozambique, after a disturbed period of war during the past 16 years, signed a General Peace Agreement in Rome in October 1992. The damage in terms of human life and material property was very high, and the country remained in a very precarious situation.

After the signing of the General Peace Agreement, there was still a long way to go before the general elections could be held in the country. Uncertainty about the success of the implementation of the General Peace Agreement and questions about the ability to maintain peace until the elections, shadowed the first happiness in the hearts of the Mozambicans following the signing of the peace agreement. The proposed future UNO mission also was not a guarantee of the maintenance of peace—as has been seen in many countries in the world.

It was at this time that we were contacted by the representatives of Maharishi Vedic University who gave a detailed exposition of their technologies and their effects. In the genuine search for possible solutions to the problems in the country, individuals at high levels in the country's hierarchy, together with their families, began the practice of the Transcendental Meditation and TM-Sidhi Programme. After serious and critical study of the technologies that were being offered, the Joint Chiefs of Staff of the Armed Forces of Mozambique were charged with analyzing and studying the possibilities of its implementation in the Armed Forces.

After having completed a thorough evaluation of the

proposal, the Joint Chiefs of Staff decided to implement the Transcendental Meditation and TM-Sidhi Programme, including Yogic Flying, in the Armed Forces of Mozambique with the aim to create the Maharishi Effect in the country. It was a matter of decision. Either to try it or to leave it aside. Our decision was to try. This occurred before the arrival of the UNO forces in Mozambique.

Thus started the huge work of teaching Transcendental Meditation in the different military units of the country, involving the Ground, Naval, and Air Forces. During the year 1993, about 15,000 people were taught in the provinces of Maputo, Sofala, Manica, Zambezia, Nampula, Niassa, and Cabo Delgado, and in 1994, 1,000 more were taught. Also, schools of police training, pertaining to the Ministry of Home Affairs, began the programme. In all, more than 3,000 people were trained in the TM-Sidhi Programme.

In the life of a military man, in a period of war, there are innumerable situations that create stress. His nervous system is deeply affected by these situations, and it is necessary for the nervous system to repair itself to avoid serious psychosomatic diseases. The war situation is the greatest source of stress: it does not allow mistakes under the risk of huge losses, mainly human lives. The precarious living conditions, the need for a constant state of alertness, worry about compliance with orders, relationships with colleagues, news of deaths, defeats, etc., are all sources of stress.

Even in the total absence of war, in the day-to-day life of the military man, there may arise situations which can create stress. Military training in itself is a way to test the capacity of each individual. It is aimed at developing dynamism and determination, discipline and a high degree of alertness in the individual. In a military career there are many possible sources of stress, such as concerns about salaries, promotions, adaptations to one's functions, relationships with superiors, relationships with subordinates, new activities, fear of not succeeding in the mission, etc.

The implementation of the Transcendental Meditation and TM-Sidhi Programme in the Armed Forces of Mozambique produced an immediate improvement in many problems which arise from a nervous system being under stress for many years. The relief of insomnia was a result experienced in general. In addition, many Commanders also reported greater control of hypertension and improved digestion.

The group participation in the daily sessions stipulated by the directives of the Chief of Staff fluctuated due to the troop movements to the Gathering Centres for Demobilization in the different sites of the country. It was possible to notice that these fluctuations in participation had a direct influence on the intensity of the predicted results of the Maharishi Effect.

The results of the Maharishi Effect were predicted prior to the implementation of the programme. We were told that the increase of coherence in the collective consciousness created by the Maharishi Effect was going to maintain the peace, bring improvements in the crime index, decrease the number of car accidents, bring an unprecedented improvement of the economy, and even an improvement in the balance in nature, to be seen in the coming of the rains, after 5 years of the worst drought of the century in Southern Africa. This last prediction, we must confess, we took with some scepticism.

When thousands of people were taught in Maputo, it was possible to assess a decrease of 20% in the crime index during the first quarter of 1993. This situation was totally anomalous, because, at the end of the war, an increase of crime would be expected. The same thing happened in the city of Quelimane (decrease of 20%) and the province of Manica. Again, when the groups stopped practising due to the troop movements and to the demobilization of the troops, the crime indexes increased again.

During the year 1993, the number of cars in the country increased by approximately 3–4 times and the circulation of these vehicles in the country increased dramatically. For the first time in 28 years it was possible to travel by road freely all around the country. In spite of this, the

number of car accidents remained practically the same as in the previous year and the number of deaths due to car accidents decreased compared with 1992.

During 1993, an economic growth of 6% was expected, but in fact growth was 19%—completely unexpected. This was due, in great measure, to a greater support of nature in the coming of regular rains.

The coming of the rains in 1993 supports the idea that large groups of individuals practising the TM-Sidhi Programme bring balance to nature, the support of Natural Law. The rains were only expected in the month of July, but they came six months in advance, in the month of February, immediately after thousands of people were taught the Transcendental Meditation and TM-Sidhi Programme. On the other hand, as soon as the big groups stopped practising (last week of January 1994), there was a predicted, and almost immediate, cessation of the rains (last week of January 1994). This kind of affirmation, which generates certain incredulity in those who don't have knowledge in this matter, will be confirmed in a more exact way after the elections, when we are expecting to begin again the big coherence-creating groups in the new Armed Forces for the Defence of Mozambique.

What is very clear is that once the positive effect is created, if group practice is stopped, the previous tendencies of higher collective stress, as determined from the crime indexes and the tense situations in the country, begin to rise again.

In 1994, there was a remarkable decrease in coherence in the country as a result of decreased participation in the group practice of the Transcendental Meditation and TM-Sidhi Programme. This was due to the demobilization of the troops practising the programme and the anticipated ending of police courses which included the programme, two months before the elections. This decrease had an immediate effect on the electoral process, as has been reported in the world press. For example, the guerilla party (RENAMO) declared a boycott of the elections 3 hours before they began. The whole country held its breath. One day later, RENAMO decided to re-enter the electoral process.

Until now, although with several difficulties, the maintenance of peace has been possible during these 2 years, and free and just elections have been carried out—the only successful UNO mission in the world.

Our conclusion is that the implementation of the Transcendental Meditation and TM-Sidhi Programme, with Yogic Flying, into the Armed Forces of Mozambique was worth the effort and that the results were in line with what was predicted. We expect to begin again the big coherence-creating groups in the country as soon as possible, in order to continue enjoying the benefits of the Maharishi Effect.