



Retired General, Physicist, US Air Force Veteran Write on Viable Peace Options for DRC

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Attn: President Joseph Kabila--A Scientifically Verified Option to Bring Peace to the Democratic Republic of Congo

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Democratic Republic of Congo President Joseph Kabila asserts that he will bring peace to his war-ravaged country before the end of 2009. "Our objectives for 2009 will be and remain those given to the government when it was formed: first and foremost is the consolidation of peace and security, in particular in the east of the country. Our determination is undeniable and all options will be looked at to this effect," President Kabila declared. "It has been shown that peace is only possible with the full, sincere cooperation of everybody involved and that, without good faith, even the best agreements are rendered useless," he added.

President Kabila is correct. The attacks in the Democratic Republic of Congo show that military force alone cannot eliminate violent extremism and cannot guarantee peace and security. Clearly, a new strategy for peace is desperately needed.

Violent extremism is a human problem requiring human solutions. The underlying cause of extremist social violence is accumulated social stress. Therefore, to protect their civilian populations effectively, the Armed Forces of the Democratic Republic of Congo need first to reduce the collective societal stress in their country.

A new technology of defense now exists that can accomplish this goal. It is based upon the latest discoveries in the fields of physics, neuroscience, and physiology. Ultimately, it is based on the discovery of the unified field of all the laws of nature -- the most fundamental and powerful level of nature's dynamics. Extensive research has confirmed its effectiveness. This new technology is easily applied and highly cost-effective. It can prevent disruption and attack from within the country or outside the country.

This approach is known today as Invincible Defense Technology (IDT). It has its roots in ancient technologies of consciousness, revived in modern times by Maharishi Mahesh Yogi as a non-religious approach to peace. These technologies of consciousness directly access and harness the unified field on the deepest level of human experience -- pure consciousness itself. Extensive scientific research indicates that this approach reduces collective societal stress, eliminates extremism and thereby snuffs out war and terrorism. Over the past three decades, it has been quietly and successfully used by members of many faiths to defuse and eliminate conflict.

The approach involves the creation of large groups of peace-creating experts practicing *Invincible Defense Technology* together. A Prevention Wing of the Military consisting of approximately 2% to 3% of the military of the Armed Forces of the Democratic Republic of Congo could easily achieve this goal. This special unit would be trained in the technologies of consciousness revived by Maharishi -- the *Transcendental Meditation* (TM) and TM-Sidhi programs -- and would practice these techniques in large groups, twice a day.

Extensive research shows that the size of the group needed to reduce social stress in a given population should exceed the square root of 1% of the population size. The Democratic Republic of Congo would therefore need to train approximately 792 soldiers as IDT experts. (Source: www.SquareRootOfOnePercent.org).

Studies show that when the required threshold of IDT experts is crossed, crime rates go down in the affected population, quality of life indices go up, and terrorism and war abate. Scientists refer to this phenomenon as the *Maharishi Effect* in honor of Maharishi Mahesh Yogi, who first predicted it. As an example of this effect, in 1993 a two-month *Maharishi Effect* intervention was implemented in Washington, DC, the capital city of the US. Predictions of specific drops in crime and other indices were lodged in advance with government leaders and newspapers. An independent Project Review Board approved the research protocol. The findings showed that crime fell 24 percent below expected levels when the group size reached its maximum. Temperature, weekend effects, and previous trends in the data failed to account for these changes. The study was published in *Social Indicators Research* (1999, vol. 47, pp. 153-201).

A day-by-day study in the *Journal of Conflict Resolution* (1988, vol. 32, #4, pp. 776-812) of a two-month-long coherence-creating assembly in Israel showed that, on days of high attendance, war deaths in neighboring Lebanon decreased by 76%. On the same days, a composite quality-of-life index showed decreased crime, traffic accidents and fires in Jerusalem, and decreased crime accompanied by improvements in the stock market and national mood throughout Israel. Other possible causes (weather, weekends, holidays, etc.) were statistically controlled for and could not account for the results. A follow-up day-by-day study in the *Journal of Social Behavior and Personality* (2005, vol. 17, #1, pp. 285-338) of more than two years showed that during seven different coherence-creating assemblies, war deaths in Lebanon decreased by an average of 71%.

The research results on the effects of coherence-creating assemblies on the Lebanese conflict are of particular significance to UN peacekeeping forces. One study covered the period from July to August 1983, and another covered the two-year period from 1983 to 1985. During these periods, international peacekeeping forces were on duty with the *United Nations Interim Force* in Lebanon. The research indicates that during the coherence-creating assemblies, decreased stress and increased coherence in the regional collective consciousness may have diminished violent outbursts in Lebanon and facilitated more co-operative interaction among typically antagonistic factions. This research provides strong evidence for the reliability of coherence-creating groups even under extreme conditions of protracted political violence.

Quality of life in Israel improved and intensity of the conflict in Lebanon decreased in direct proportion to the number of Invincible Defense Technology experts in the coherence-creating group. A short online video featuring Dr. John Hagelin explains this finding.

Over 50 studies have shown that IDT works. The causal mechanism has been postulated to be a field effect of consciousness -- a spillover effect on the level of the unified field from the peace-creating group into the larger population. On this basis, a study in the *Journal of Social Behavior and Personality* (2005, vol. 17, #1, pp. 339-373) additionally offers a proposed explanation of causality in biological terms. Research conducted on the powerful neurotransmitter serotonin shows that it produces feelings of contentment, happiness and even euphoria. Low levels of serotonin, according to research, correlate with violence, aggression, and poor emotional moods. The IDT study showed that higher numbers of IDT experts correlated with a marked increase in serotonin production among other community members. These results were statistically significant and followed the attendance figures in the IDT group. This finding offers a plausible neurophysiologic mechanism to explain reduced hostility and aggression in society at large.

The Maharishi Effect has also been documented on a worldwide scale in a study published in the *Journal of Offender Rehabilitation* (2003, vol. 36, #1-4, 283-302) using data provided by the Rand Corporation. When large assemblies of IDT experts exceeded the *Maharishi Effect* threshold for the world during the years 1983-1985, terrorism decreased globally 72%, international conflict decreased 33%, and violence within nations was reduced without intrusion by other governments.

In the 1990s, the military in Mozambique used IDT to end its civil war. (See: "Mozambique's Prevention Wing of the Military: End civil war, Improve the economy" published by *Africa Economic Analysis*). Today, The Netherlands, Bolivia, Colombia, Trinidad and Tobago, and Peru have enough practitioners of IDT to create the *Maharishi Effect*. The United States of America is close to achieving the requisite number of IDT experts through its *Invincible America Assembly* in Fairfield, Iowa. And a group large enough to have a global effect is planned for India. But these are all civilian groups, and most require financial support.

Since the Armed Forces of the Democratic Republic of Congo are funded by their government and their personnel are paid to perform their duties and protect the country's citizens, the Armed Forces are not subject to fluctuations of donors, jobs, student graduations, and optional activities. A Prevention Wing of the Military would therefore be a permanent peace-creating group.

The Armed Forces of the Democratic Republic of Congo are responsible for protecting their respective civilian population, and are obligated to thoroughly examine realistic, scientifically validated methods for ending war and terrorism. IDT is such a method. Therefore, we feel it is their duty to create a Prevention Wing of the Military and truly protect the Democratic Republic of Congo.

As a scientifically verified, field-tested approach, *Invincible Defense Technology* is the most realistic option for Congo President Joseph Kabila as Commander-In-Chief to fully deliver on his promise to bring peace to his war-ravaged country before the end of 2009.

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Major General (Ret.) Kulwant Singh, U.Y.S.M., Ph.D. leads an international group of generals and defence experts that advocates *Invincible Defence Technology*. A list of Dr. Singh's publications on the topic of Invincible Defense Technology is available by [clicking here](#).

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