



[Inside address]

[Date]

Dear [Top Lady],

It is our joy today to inform you about a simple and highly effective programme to enliven positive, life-supporting trends and neutralise negative tendencies in [name of country] and in every nation.

[As the leader of] OR [As one of the leading women of] [name of country], it is naturally your heartfelt wish to see everyone in [name of country] and in every nation living in peace and prosperity, free from the threat of crime, terrorism, and war.

Establishing permanent peace requires more than political agreements, discussions, or attempts to maintain a peaceful mood. Permanent peace can only be achieved through a transformation at the deepest level of the human mind and physiology.

Extensive research has shown that when a sufficient number of individuals practice the Transcendental Meditation technique and its advanced programmes together in groups, there is a dramatic and immediate reduction in societal stress, crime, and conflict and an increase in coherence, positivity, and peace in the society as a whole, nationally and internationally.

These groups create powerful waves of coherence that spread throughout the environment—the larger the group, the larger the area and size of population that can be affected.

The reduction of violence and conflict through the group practice of Transcendental Meditation and its advanced programmes is the most extensively researched and thoroughly field-tested phenomenon in the history of the social sciences.

The unique effectiveness of this approach in neutralising and preventing social violence, terrorism, and conflict has been confirmed by more than 50 demonstrations and 23 scientific studies. This research has been carefully scrutinized by independent scholars and accepted for publication in top academic, peer-reviewed journals, such as the *Journal of Conflict Resolution*.

Peace-creating groups can be easily created within schools, universities, businesses, or the military. To produce the desired effect, the number of individuals required is equal to the square root of 1% of the population. For [name of country], with a population of [give number], a group of about [sq. root of 1% of their population – use a calculator or calculate online] would be needed.

A group of 9000 together in one place would create sufficient life-nourishing coherence to neutralize the negative tendencies of the whole world's population and create permanent world peace. A group of 16,000 would provide an even greater dimension of safety.

The easiest way to establish a group of peace-creating experts for [name of country] is within a university, college, or secondary school. It is only necessary to add a period each morning and evening for the collective practice of Transcendental Meditation and its advanced programmes. In addition to protecting the nation's security, the peace-creating students will develop a very refined quality of consciousness and graduate as highly productive, enlightened leaders of society.

Corporations that train their employees in this peace-creating programme will benefit greatly from increased employee productivity, improved employee health and reduced health costs, and increased corporate profits.

For more information, please visit:

<http://www.gmdousa.org/world-peace.html>

<http://www.tm-women.org/benefits-spirituality-collective-consciousness.html>

You may also like to read an open letter to Presidents Hollande, Obama, and Putin that appeared in the *International New York Times* on December 3, 2015. This letter from the Global Union of Scientists for Peace proposes the scientific solution described above to address the current heightened threat of terrorism throughout the world.

<http://www.gusp.org/pdf/LetterToWorldLeaders.pdf>

The Alliance of Women Scientists and Scholars to Create a Better World will be happy to assist you in implementing this simple, thoroughly validated, and cost-effective way to end the epidemic of stress and violence in our world today.

Respectfully,

Alliance of Women Scientists and Scholars for a Better World
alliance-for-knowledge@maharishi.net