

# The Application of Strategic Stress Management in Winning the Peace

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To win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the supreme excellence.

-- Sun Tsu

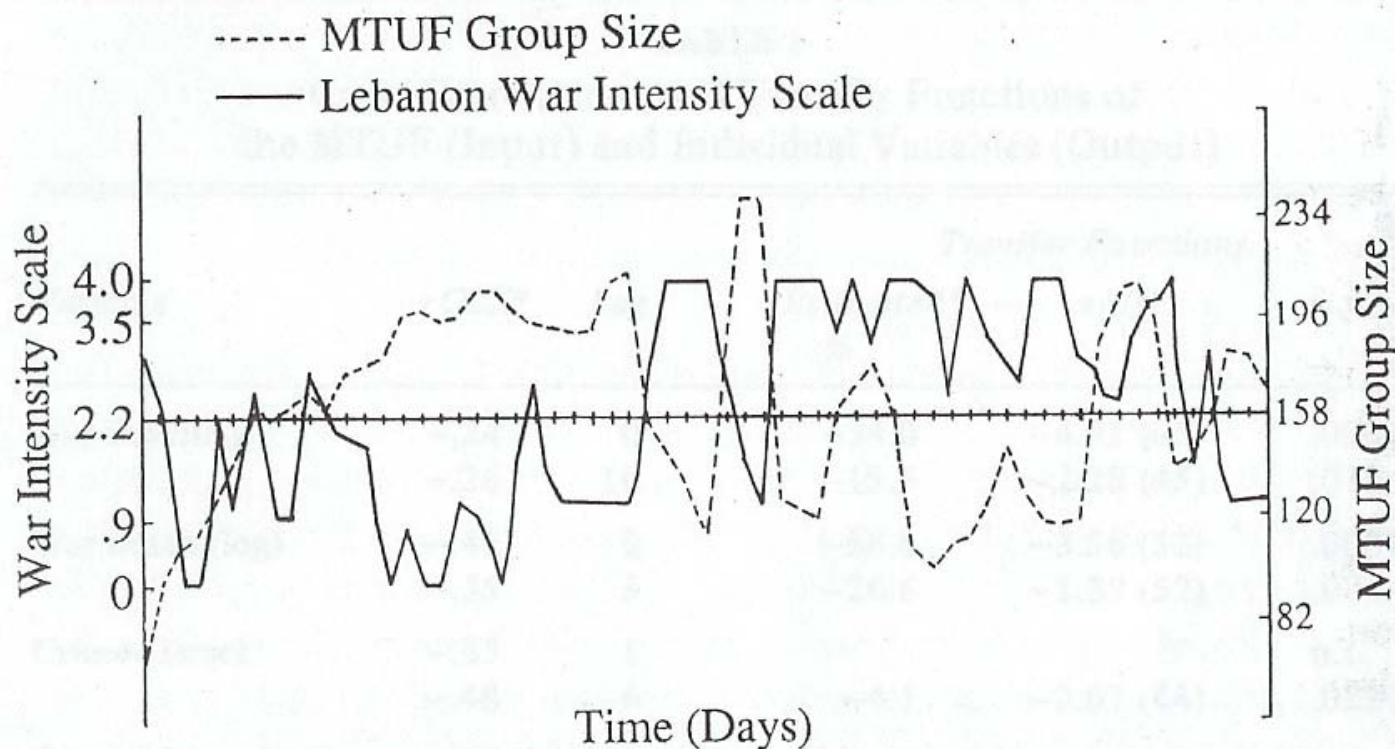


Figure 2: Standardized Daily Time Series of the MTUF and the Lebanon War Intensity Scale. These graphs show a tendency toward an inverse correlation between the MTUF group size and the war intensity in Lebanon ( $r = -.48$ ).

MTUF led the war intensity scale at lag 10. These were both significant as transfer function components, which indicated reductions in war intensity of 34% ( $p = .0001$ ) at lag 0 and 15.5% ( $p = .015$ ) at lag 10 (see

# Strategic Stress Management

- ❖ Field effect of consciousness
- ❖ *Tat sannidau vairatyagah*
- ❖ “In the vicinity of Yoga, enmity ceases.”

Yoga sutra, 2.35

# A WAKEFUL HYPOMETABOLIC PHYSIOLOGIC STATE<sup>1</sup>

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Physiological changes occurring during the practice of the Transcendental Meditation technique indicate a state of deep relaxation along with mental alertness. —EDITORS

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*Mental states can markedly alter physiologic function. Hypermetabolic physiologic states, with increased oxygen consumption, accompany anticipated stressful situations. Hypometabolic physiologic changes, other than those occurring during sleep and hibernation, are more difficult to produce. The present investigation describes hypometabolic and other physiologic correlates of a specific technique of meditation known as "Transcendental Meditation." Thirty-six subjects were studied, each serving as his own control. During meditation, the respiratory changes consisted of decreased O<sub>2</sub> consumption, CO<sub>2</sub> elimination, respiratory rate, and minute ventilation with no change in respiratory quotient. Arterial blood pH and base excess decreased slightly; interestingly, blood lactate also decreased. Skin resistance markedly increased, while systolic, diastolic, and mean arterial blood pressure, arterial Po<sub>2</sub> and Pco<sub>2</sub>, and rectal temperature remained unchanged. The electroencephalogram showed an increase in intensity of slow alpha waves and occasional theta-wave activity. The physiologic changes during meditation differ from those during sleep, hypnosis, and autosuggestion and characterize a wakeful hypometabolic physiologic state.*

# THE TRANSCENDENTAL MEDITATION PROGRAM AND CRIME RATE CHANGE IN A SAMPLE OF FORTY-EIGHT CITIES

MICHAEL C. DILLBECK, GARLAND LANDRITH III, and DAVID W. ORME-JOHNSON

Research completed 1981.

In a five-year follow-up study of Borland and Landrith's pioneering work on the Maharishi Effect, an analysis of 48 cities confirmed that crime rate decreases when one percent of a city population practises the Transcendental Meditation technique. A reduced crime trend was found to continue throughout the follow-up period.—EDITORS

The following is a revised version of the original paper which appeared in the *Journal of Crime and Justice*, vol. 4, 1981, pp. 25–45, and is reprinted here with the permission of the Journal of Crime and Justice.

*This study tested the hypothesis that the percentage of persons participating in the Transcendental Meditation program predicts decreased crime rate. In a sample of 24 cities with one percent TM program participation in 1972, there was both an immediate drop in crime rate in 1973 and reduced crime rate trend over the five year follow-up period, compared with a group of 24 control cities with low TM program participation matched for geographic region, population, and college population. These effects were significant after covarying for changes in demographic variables on which the groups of cities differed. The results are presented in the context of theoretical speculation of how participants in the TM program might contribute to more orderly functioning of the larger body of individuals within society.*

# Synonyms:

- ❖ Invincible Defense Technology
- ❖ Coherence Creating Groups
- ❖ Maharishi Effect
- ❖ Superradiance (Effect)
- ❖ MTUF (Maharishi Technology of the Unified Field)
- ❖ Unified Field Based Defense Technology

- August- September 1983, Jerusalem
- Independent variable: 65 to 241 participants
- Dependent variables: war deaths & intensity (& crime, etc.)
- 76% decrease in deaths, ( $p = 0.0004$ ), 45% less intensity
- Controlled for holidays, temperature, weekends, etc.

*Journal of Conflict Resolution*, Vol. 32 No. 4,  
December 1988 pp 776-812

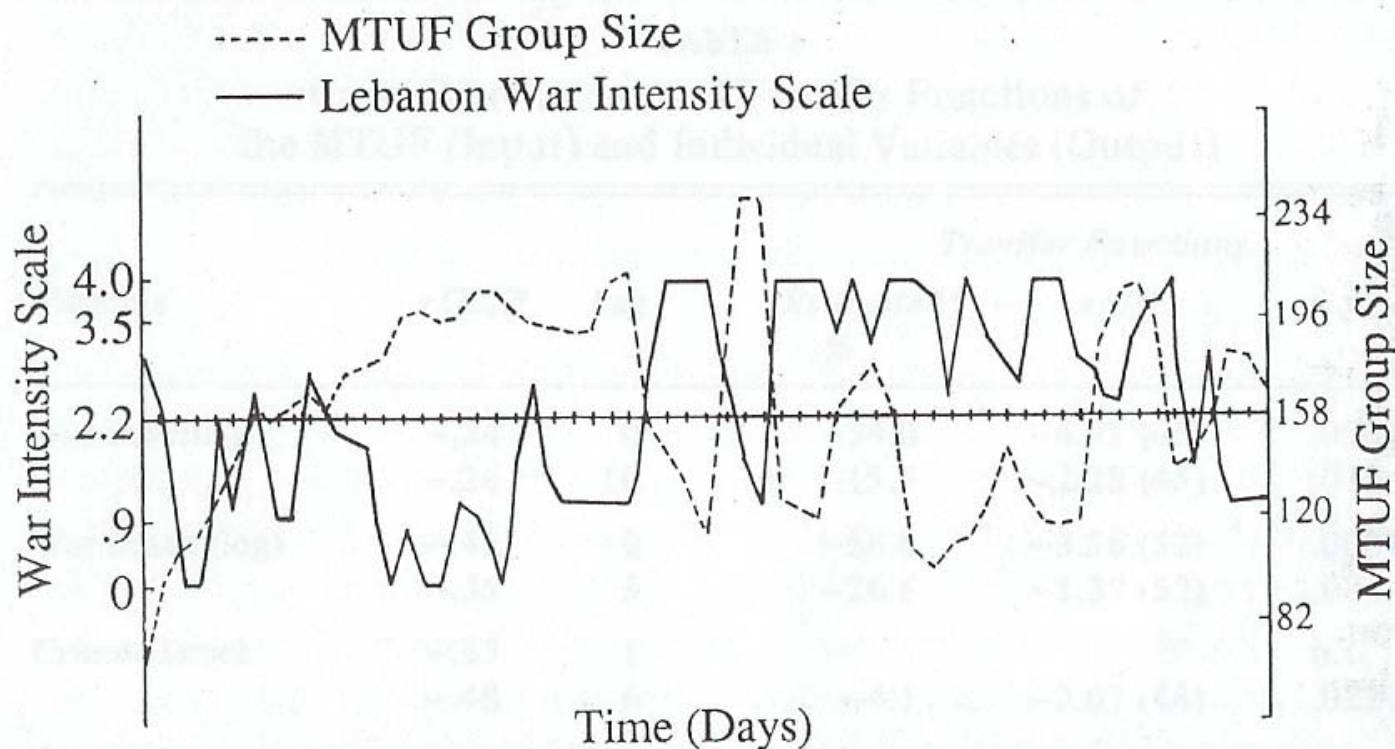


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- June- July 1993, Washington, DC
- 4000 participants
- Crime (HRA) predicted to decrease by 20%
- Controlled for weather, daylight, trends, etc.
- Crime dropped 23%, rebounded after  
( $p < 0.0000000002$ )

*Social Indicators Research*, Vol. 47 Iss. 2;  
June 1999 pp 153-202

- 1983-1985, Iowa, Holland, Washington DC
- 8000, 6000, and 5500 participants
- Rand data; and raters blinded to dates
- 72% drop in terrorism, 32% less conflict  
( $p < 0.025$ )

*Journal of Offender Rehabilitation,*  
Vol. 36 2003 pp 283-302

# Course of Action Analysis

- Suitability
- Feasibility
- Distinguishability
- Acceptability

# SUITABILITY

As the excited passions of hostile people are themselves a powerful enemy, both the general and his government should use their best efforts to allay them.

-- Baron Antoine Henri De Jomini, 1838

# SUITABILITY

Favorable second and third order effects

- PTSD
- Democracy
- Kohlberg's post-conventional thinking

What if the Bad Guys do it to us?

# FEASIBILITY

## The “Frustration/Aggression” Hypothesis

The man in the street, with his lust for power and prestige thwarted by his own limitations and the necessities of social life, projects his ego upon his nation and indulges his anarchic lusts vicariously.

- Niebuhr

# FEASIBILITY

All occurrences of violence, negativity, conflict, crises, or problems in any society are just the expression of growth of stress in collective consciousness. When the level of stress becomes sufficiently great, it bursts out into large-scale violence, war, and civil uprising necessitating military action.

- Maharishi Mahesh Yogi

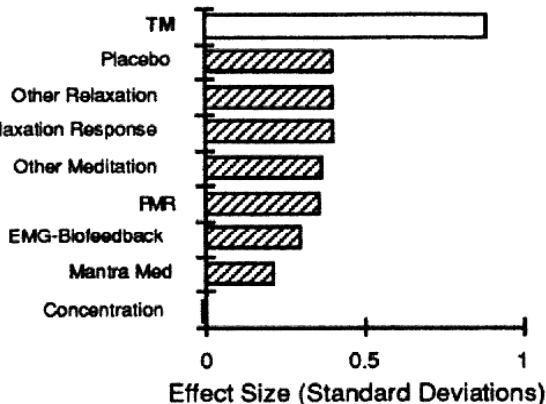
# FEASIBILITY

- Insurgency and Psychological Operations
- Criminals, Warriors, and Terrorists

# Comparisons of the Transcendental Meditation® Program with Other Stress-Reduction Techniques

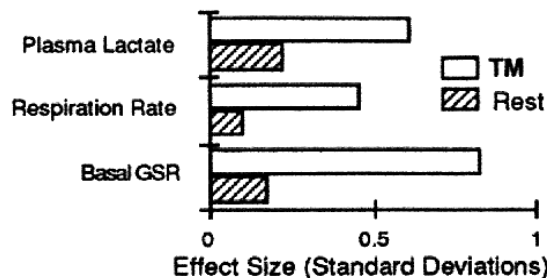
## Effectiveness of Reducing Trait Anxiety

Meta-analysis of 146 Studies



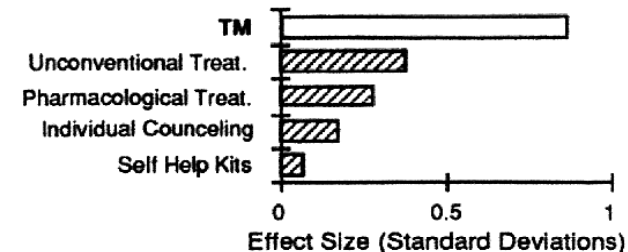
## Increased Physiological Relaxation

Meta-analysis of 32 Studies



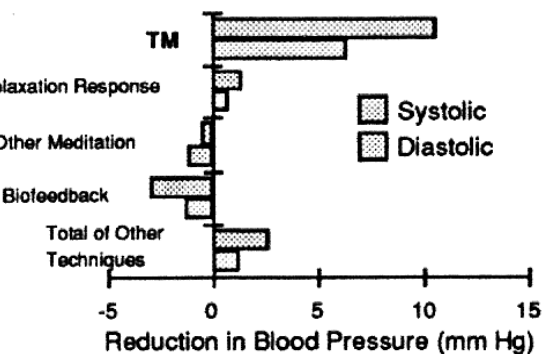
## Effectiveness of Decreasing Cigarette Use

Meta-analysis of 131 Studies



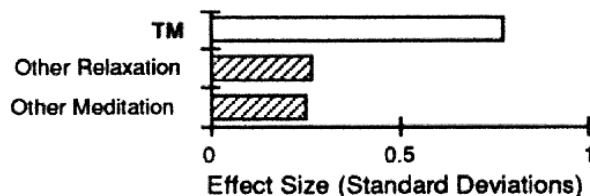
## Effectiveness of Reducing Blood Pressure

Meta-analysis of 28 Studies



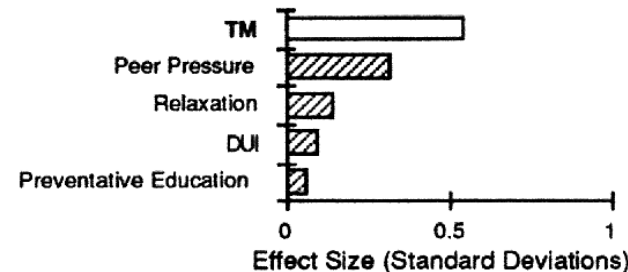
## Increased Self Actualization

Meta-analysis of 42 Studies



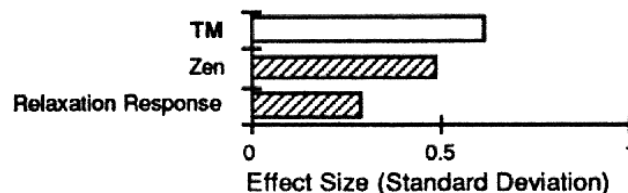
## Effectiveness of Decreasing Alcohol Use

Meta-analysis of 97 Studies



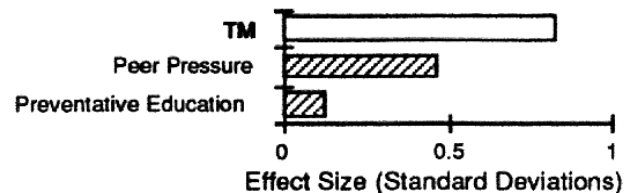
## Improved Psychological Outcomes

Meta-analysis of 51 Studies



## Effectiveness of Decreasing Drug Use

Meta-analysis of 70 Studies



The results of eight meta-analyses on a grand total of 597 studies have found that Maharishi's Transcendental Meditation technique is more effective than other meditation/relaxation techniques and programs in reducing trait anxiety, reducing blood pressure, producing deep physiological relaxation, increasing self-actualization, improving psychological outcomes, and decreasing cigarette, alcohol and drug use. (Data are from Table 1, Orme-Johnson, D.W. and Walton, K (1998). All Approaches to Preventing or Reversing Effects of Stress Are Not the Same. *American Journal of Health Promotion*, May/June 12 [5]:297-298.)

# ACCEPTABILITY

- *Apparent lack of verisimilitude*
- *Atypical world views of advocates*
- *Cultural, racial, religious bias*

# Robert Duval, West Virginia University: ACCEPTABILITY

On the one hand, the claimed theoretical basis for the activity described, and the results... are anathema to one who considers himself a strong advocate of the application of scientific method in the social sciences.... The disturbing aspect of this piece is not that it is in print, but that it got there via the very mechanism that... should have screened it out.

For this reviewer, the primary lesson learned is that if a piece this unconventional can be supported with measurement and method, then perhaps there is a notable volume of research of a much more *prima facie* convincing nature that is no more valid than this piece on TM.

## Robert Duval, West Virginia University (continued):

Therefore we are back to our dilemma. Here we have an unconventional piece with high-quality design and methodology.

Yet if, by some strange chance, we are seeing a social-science equivalent of Einstein's 'spukhafte Fernwirkungen' ('spooky action-at-a-distance'...), then our perceptions of a Kuhnian 'normal science' of international politics are somewhat threatened.

....Perhaps it is fitting to conclude this commentary by repeating a remark by Douglas Hibbs, who, more than anyone else, ushered in the use of Box-Jenkins techniques in political science. "Ultimately, it is incumbent upon the critic to provide a better model."

# SUMMARY

Strategic Stress Management in the form of group practice of the TM-Sidhi Program is effective in reducing hostile behavior in targeted populations. The acceptability of this unconventional approach is an open question.