

THANK YOU  
DAVID LYNCH!

FROM THE  
SAN FRANCISCO AIDS FOUNDATION  
CLIENTS AND STAFF





**The staff and clients thank David Lynch for his generous support of the Transcendental Meditation program at the San Francisco AIDS Foundation.**

Dear Mr. Lynch,

On behalf of the staff, and especially our clients, a sincere “Thank You” for enabling the Transcendental Meditation program here at San Francisco AIDS Foundation.

I have repeatedly heard stories of growth and development of the many participants, which has brought added capacity and strength to the personal and professional lives of all involved.

We rely on the goodness and philanthropy of many people, like yourself, who care about bringing about an end to HIV/AIDS, while providing the best care and support possible to all impacted by this terrible disease. The TM program for our clients and staff has been a wonderful success and I truly appreciate Tom Roth for bringing it to us.

Gratefully yours,  
Neil G. Giuliano  
CEO  
San Francisco AIDS Foundation

“It’s heartening to see the wealth of research that has been happening over the decades that demonstrates empirically how regular TM practice can positively influence healing and health.”

Dear Mr. Lynch:

I am writing to express gratitude for the great contribution that you and the David Lynch Foundation have made to the health and well-being of our clients and staff. Your ongoing instruction and practice sessions in TM have made a significant improvement in their daily lives.

I’ve known of the benefits of TM since I was first trained in TM in 1971 and have been meditating ever since (although at times sporadically). It’s heartening to see the wealth of research that has been happening over the decades that demonstrates empirically how regular TM practice can positively influence healing and health. I am particularly pleased with your current efforts to evaluate the impact of TM practice for individuals living with HIV/AIDS.

Please pass on my gratitude to those folks who have funded and otherwise supported your work here at the AIDS Foundation. Please let me know if there is anything that SFAF can do additionally to help with your classes here.

Thanks again.

Sincerely,

Jeffrey M. Leiphart, Ph.D.

Clinical Services Director

San Francisco AIDS Foundation

“Your gift is having a huge impact on the work that we do in the Foundation. We are all deeply indebted to you for your generosity.”

Dear Mr. Lynch,

I want to personally thank you for your generous scholarship gifts for both clients and staff of the San Francisco AIDS Foundation. I have been approached by both clients who attended the sessions as well as by my staff members, all of whom rave about the impact it's had in their life. I have witnessed this impact on both their mental and physical well-being. This is very important given the stresses and challenges they face in their life. Taking time to slow your life down for meditation and centering it is critical to a fulfilling life. It is also important for the proper functioning of the immune system, a critical factor in the life of anyone living with HIV.

Tom Roth has been a wonderful teacher for both my clients and my staff. Thank you for allowing us to improve their lives through the gift of your scholarships. Your gift is having a huge impact on the work that we do the Foundation. We are all deeply indebted to you for your generosity.

Sincerely,  
Bob Rybicki  
Vice President Programs and Services  
San Francisco AIDS Foundation

SAN FRANCISCO AIDS FOUNDATION  
**CLIENTS**

“I’m happy to say that I broke through my hopelessness and depression with my meditation last night!”

Greetings David!

Just wanted to thank you, and everyone else who worked on this study at the San Francisco AIDS Foundation (SFAF). I can’t begin to tell you all the wonderful difference it’s made in my life! Even though the 3-month study is now complete for me, I plan on continuing to meditate for the rest of my life.

Even without the cash study incentive it would have been well worth my time, but that was a nice bonus: Me and my mom thank you, as that will help pay for a flight for me to go and see her!

I’m happy to say that I broke through my hopelessness and depression with my meditation last night! Even though I truly felt horrible yesterday, I made myself come to the TM group meeting yesterday, and that really helped. So thanks again! I’m a big fan of TM, the David Lynch Foundation, and Maharishi, and I bless, praise and thank all three of you after each and EVERY meditation I do!

I don’t know where I’d be without this gift!

Many, many thanks!

William

“Meditating has given me a clear center, which has enabled me to manage stress and anxiety much better, and indeed to reduce both greatly.”

Hello Mr. Lynch,

I want to express deep and sincere gratitude for your generosity of spirit and practicality in establishing the David Lynch Foundation. As a recent beneficiary, I was able to receive the TM training and guidance despite temporary financial difficulty.

The daily practice of TM had immediate, positive benefits that are very evident, and I plan to continue with the practice. Although I’ve had to contend with some difficult news about health and other personal matters in the past year, meditating has given me a clear center, which has enabled me to manage stress and anxiety much better, and indeed to reduce both greatly. I have even been told by acquaintances that I look clearer and more vibrant since receiving the training. I have every confidence that continued practice will sustain positive results in spirit, health, consciousness, and conscientiousness.

Although I have been a lifelong appreciator of your work as an artist, I am now also indebted to you and your Foundation for making TM a possibility at a crucial time. Again, thank you.

Sincerely,  
Dean

“TM has helped me tremendously—  
not just in helping me release stress,  
but the benefits have extended to  
increasing my number of T cells (at last  
blood panel) and my lowering blood  
pressure to the point I no longer  
need medication.”

Dear Mr. Lynch,

Thank you for making TM available to us at the SFAF. TM has helped me tremendously not just in helping me release stress, but the benefits have extended to increasing my number of T cells (at last blood panel) and my lowering blood pressure to the point I no longer need medication.

When I began doing TM, my emotions were all over the place as I had experienced a series of losses including the death of my mother. TM has helped me to get my emotions in check. Other people, including my doctors, therapist and psychiatrist have also noticed the change that I attribute to TM. It is such a wonderful tool. I think that if everyone practiced TM this would be a better world.

Again, thank you so much for such a wonderful gift. May you get the blessings you deserve for making my life so much better through TM.

Norma



“I started to change almost immediately. I felt a very positive life force that gave me hope for the future. Weeks and weeks passed and I was a changed man. Happier, stronger physically, a clearer focus and more centered.”

Dear Mr. Lynch.

I want to take this time to thank you very, very, much for the opportunity to learn the Transcendental Meditation technique through the San Francisco AIDS Foundation study. It has changed my life. When I started the study I filled out a very comprehensive questionnaire asking me deep questions about how I feel about my life, my relationships and just life in general. When I started to answer the questions, I had decided to be brutally honest. To tell you the truth, when I read back the answers, I got depressed about the state of my life. Then I learned the technique. I started to change almost immediately. I felt a very positive life force that gave me hope for the future. Weeks and weeks passed and I was a changed man. Happier, stronger physically, a clearer focus and more centered. Changed, that is the main thing I want to say. At the end of the study (for me), I took the same questionnaire again. Again, brutally honest. When I compared the two questionnaires, I was dumbfounded. The change was profound.

I am so grateful to you, words fail me. I never could have afforded the regular tuition. Thank you so much.

Sincerely,  
Terence

“I have achieved a greater calmness toward everyday life, and improved ability to ‘still’ my mind.”

Mr. Lynch,

I wanted to thank you for introducing me to TM, and its attendant benefits. In the short time I've been practicing TM, I have achieved a greater calmness toward everyday life, and improved ability to “still” my mind. All that from what has really been a relatively short investment of time. Amazing.

Your generosity has been much appreciated.

Thanks again,  
Scott

“Thanks to the TM training I’ve received,  
I was able to quickly overcome the  
desire to use meth again.”

Hello Mr. Lynch

I’m writing to thank you for the TM classes at the San Francisco AIDS Foundation.

Since I started taking the classes, I’ve had a few very stressful events to cope with, including from nearly losing my father to stomach cancer to having issues with my vision and now having to go through yet another cancer screening myself (this will make the third time in less that 10 years).

I’ve been off meth for a little over two years without any cravings up until I was hit with all these issues at once. And thanks to the TM training I’ve received, I was able to quickly overcome the desire to use meth again.

Once again I would like to say thank you very much.

Sincerely,  
Tyrone

“I have experienced a deeper awareness of how my mind and body work together. I have begun to experience a calmer and focused life, which has in turn allowed my immune system to heal and improve.”

David,

I live each and every day with HIV. I have a great relationship with my medical provider, my psychiatrist, and therapist, and I have worked hard to build trusted support with respect to managing my HIV.

I want to extend my gratitude to the David Lynch Foundation for offering the TM course at the SFAF, and providing me the opportunity to learn and practice TM. I have experienced a deeper awareness of how my mind and body work together. I have begun to experience a calmer and focused life, which has in turn allowed my immune system to heal and improve. I also was pleasantly surprised how effortlessly I was able to lower my blood pressure to within normal parameters through TM practice. TM has been and is a tremendous gift.

Thank you very much.

Best,  
Michael

“I have meditated without fail twice per day as instructed. Since I began my practice, I have noticed increased tranquility and presence of mind.”

Dear Mr. Lynch:

Thank you so much for providing TM training to our community through the San Francisco AIDS Foundation.

I have meditated without fail twice per day as instructed. Since I began my practice, I have noticed increased tranquility and presence of mind. I feel more energetic and capable of following through with tasks both major and minor. I have felt less bothered by the little aggravations of daily life. I have also been told by two people that they have noticed a positive change in my demeanor. I plan to continue my practice regularly and look forward to long-term benefits.

Thank you again.

Regards,  
Geoff

“I’ve thoroughly appreciated the guidance and support I’ve received in my introduction to TM and am now using the practice daily.”

Dear Mr. Lynch,

I want to take this opportunity to thank you for your generous underwriting of the SFAF/TM program for people with HIV/AIDS.

I’ve thoroughly appreciated the guidance and support I’ve received in my introduction to TM and am now using the practice daily. I’m finding great relief in levels of stress and much-improved concentration. I’m sleeping more soundly, and feel more upbeat and positive than I have in years!

I am very grateful to have benefited from your grant for this instruction.

Warmest regards,  
Tom

“The ongoing weekly group meditations are a wonderful bonus to the course itself. Again, thank you so much from myself, and everyone who has had this experience you have provided.”

Dear David Lynch,

You truly are “dear” for affording so many the opportunity to learn TM. It’s amazing what 40 minutes a day of meditation can do for a person’s health and mental well-being. I appreciate that it’s so easy, and no pressure “to get it right”—that’s what hooked me.

With that said, I just wanted to convey my thanks. I could never have afforded to pay for the course and truth be told, it would never have occurred to me that TM could have such positive effects in my life (and so quickly!). The ongoing weekly group meditations are a wonderful bonus to the course itself. Again, thank you so much from myself, and everyone who has had this experience you have provided.

Katie

“I would like to convey my utmost gratitude to the David Lynch Foundation for having sponsored the training, to further benefit those of the HIV-affected community.”

Many thanks to the David Lynch Foundation for sponsoring the TM courses offered at SFAF!

In my daily practice, the benefits have slowly become manifold. The observables are as follows:

1. Deeper state of rest both while meditating, and during normal sleep cycle—i.e., less wakefulness at night, and greater ability to achieve restful sleep. During daily practice, there has been a definitive increase in ability to remain calmly attentive to tasks at hand, and to achieve greater levels of concentration while performing those tasks.
2. A greater sense of satisfaction and deeper connection in my social interactions. Yes, some folks have observed there is ‘something different’ in that they find my interaction with them to be creative and ‘interesting,’ in addition to personally satisfying.

It is with this in mind that I would like to convey my utmost gratitude to the David Lynch Foundation for having sponsored the training, to further benefit members of not only the community at large, but those of the HIV-affected community.

Merci beaucoup!

Marlon



“I recently let a friend know what I am doing, and she is amazed by the results in me.”

Dear David:

Thank you for the amazing TM training that I am receiving at SFAF. It has totally transformed my everyday life. I notice I am more relaxed in the activities of my everyday life. I find that I have more natural energy, and do not need my morning coffee to get my day started.

I have anxiety, and I'm usually really hyper, but have noticed that I am more calm.

Thank you for letting me have such a great opportunity to attend this training and to be able to continually attend these courses.

I recently let a friend know what I am doing, and she is amazed by the results in me.

Keep up the good work.

Danny

“Thank you. Thank you. Thank you.”

Dear David Lynch;

Thank you for including me in the TM training at SFAF. I have a much greater appreciation for your movies, as well as the world in general.

Riding the San Francisco public transportation has new meaning: Ultramultidimensionality, continuous unfoldment, creation into that which is beyond my current conscious ability are themes which I've postulated and extrapolated as likely outcomes for my experience, though I must say that I am much more able to think these into my own reality with the framework of TM. Since the conditions present a moment ago have brought me here now, I feel it pedantic to try to express where I'm at to you, since I've now moved on from that last "now" moment, and am dealing with a whole new set of variables in my new "now"ness. This is really exciting. I haven't enjoyed thought and presence as much in many, many years.

I feel causality in the universe once again.

Thank you. Thank you. Thank you.

Sincerely,  
Timothy

“TM has made a welcome addition to my daily routine and bragging that it is funded by the singular David Lynch is simply a delight.”

Mr. David Lynch,

First and foremost, thank you for your very unique contribution to the world of cinema! Your movies resonate with me on an intimately psychological level and your devilish sense of humor remains absolutely unequaled. Only to further deify yourself in my mind, you are now helping to fund this fascinating research in Transcendental Meditation and its effects. My personal TM practice aside for a moment, I find your apparent goals to be both philanthropic (in every sense of the word) and inspirational.

And so THANK YOU for this brilliant gift of Transcendental Meditation. As a yoga instructor/practitioner (oh, and occasional actor, just in case...;-) TM has made a welcome addition to my daily routine and bragging that it is funded by the singular David Lynch is simply a delight.

Namaste!  
Brandon

“The first time I’ve felt good  
in 23 years.”

Thank you David Lynch for the opportunity to take the TM course at SFAF.

In the 23 years I been HIV-positive, I been looking to relax and feel good! This is the first time that I’ve felt very good in all those years.

Thank you so very much.

Client

SAN FRANCISCO AIDS FOUNDATION

# STAFF

“Within three weeks of beginning my practice, my headaches have disappeared.”

Mr. Lynch,

I want to thank you for your support for the Transcendental Meditation here at the San Francisco AIDS Foundation (SFAF). As a staff member, this has been truly a life changing experience for me. Over the past 20 months, I had been suffering from chronic headaches. Last year I took a short, medically directed leave from the office to reduce my stress levels. While I was gone this worked very well and my symptoms subsided. Within a month of my return, my headaches were back and my stress levels were right back up to where they were before I left. In May, I started my TM practice here at SFAF. Within three weeks of beginning my practice my headaches had disappeared and have not returned. I have become so much more productive at my job, and able to handle the daily stress with ease.

Again, I want to thank you for providing the resources that allow Tom and his associates to teach our staff and clients on a weekly basis. This is truly a great gift to us all.

Best,  
Larry Zapatka  
Director, Budget & Contracts  
San Francisco AIDS Foundation

“I have referred many of my clients to Tom Roth who has taught them to meditate, and those clients have found TM to be extremely beneficial.”

Mr. Lynch,

Thank you for supporting the program to teach Transcendental Meditation to staff and clients at the San Francisco AIDS Foundation. Your generosity has made it possible for many individuals at SFAF to learn a valuable tool that will improve the quality of their lives.

I am a counselor who works at the Stonewall Project, a program of the SF AIDS Foundation. At the Stonewall Project, I provide substance use treatment to gay men who are struggling with addiction to methamphetamine and other substances. I have referred many of my clients to Tom Roth who has taught them to meditate, and those clients have found TM to be extremely beneficial.

I myself have been HIV positive for over thirty years, and I have ADHD. I am a great believer in psychoneuroimmunology, and I am open to exploring ways of calming myself to strengthen immune system, and focus my attention. Practicing TM has been very helpful, and over the past few months I have noticed a considerable difference in my ability to focus and relax.

Thank you again for providing us with this awesome opportunity!

Regards,

Peter Carnini, MA, LMFT

“My life is quieter and better.”

Hello Mr. David Lynch,

I am writing to thank you for this great opportunity. I have been meditating since November 2012, and I have seen a lot of change in myself. I am more calm during stressful situations, more aware of myself and my surroundings, my thought process is better, and in general my life is quieter and better. Once again, thanks for giving me this opportunity.

Jesus Moreno  
Housing Case Manager II  
San Francisco AIDS Foundation



“My mom said that I have become more like the person I was when I was a kid. To me, that says it all. I feel like a more pure version of myself, and it is great to have found myself again!”

Dear David,

I’m writing to thank you for funding the TM program at San Francisco AIDS Foundation. The practice has had so many positive effects on me—and the changes began almost immediately. The most significant changes have been in how my mind and body deal with stress, how I process information, and how I interact with others.

Over the years my reaction to stress had become more and more physical—my heart rate would quicken and I’d get a deer-in-the-headlights feeling. It was very hard to concentrate, make decisions or think clearly. In my day to day life (work and personal), I often felt like things were coming at me from all sides—questions, problems, worries—and it was difficult to piece things out, or concentrate on one idea at a time.

As soon as I started practicing TM, the chaos calmed. Rather than feeling like I was being hit from all sides, information was coming to me in a more linear fashion, and I could choose what to concentrate on and what to leave for another time. Because my short-term memory was also improved significantly, I stopped worrying that I would forget something if I didn’t address it right then. I could trust myself to remember, and I felt in control of my thoughts and priorities. When faced with stressful situations, I became much more calm and able to focus. I feel less anxious and less fearful of making mistakes. And my physical reactions are much less dramatic.

In my interactions with others, I feel like I have become more open and true. I used to filter so many interactions through a lens of, “What does this person want me to say or do?” I was so concerned about what others wanted of me that I didn’t trust my own thoughts, answers, or instincts and it had become quite difficult at times to answer even simple questions because I literally didn’t know what my personal opinion was. After I began meditating, that filter dropped away. I found the connection with myself that had been blocked. My thoughts came to me clearly, I could speak truly from within, and trust myself to do so. And through this, my relationships with others have become more true. I have also regained confidence in myself—my thoughts, ideas, decisions.

My mom said that I have become more like the person I was when I was a kid. To me, that says it all. I feel like a more pure version of myself, and it is great to have found myself again!

Thank you so much for this gift! I hope that others at SFAF have found equally rewarding benefits.

Susan Parish

“By taking just 40 minutes out of my day, less than my favorite hour-long TV show, I get back the other 23 hours and 20 minutes.”

TM has brought more clarity to my daily life. Struggling with ADD and a medication that is far too expensive to maintain daily use, I needed something else that would center me and help me hold focus through my day. TM has provided that for me, creating an ability within my subconscious to organize my thoughts and actions, think through my daily tasks in and out of the office, and keep calm when encountering stressful situations. By taking just 40 minutes out of my day, less than my favorite hour-long TV show, I get back the other 23 hours and 20 minutes. The efficiency I am able to maintain through each day surely saves me more than the time I use to meditate. Thank you!!!

Staff Member

“Refreshed, relaxed, and ready. . .”

Thank you for making TM available to me. I now meditate on my daily commute via train. I look forward to my rides every day, and I arrive at work and at home refreshed, relaxed, and ready to make the most of my day or evening.

Gratefully,  
Micah Lubensky, PhD  
Community Development Manager  
San Francisco AIDS Foundation

“Present and focused. . .”

Thank you David Lynch for your support. TM has provided me many things; mostly a reduction in stress. Without the distraction of daily stress I find I am increasingly present and focused to better connect with and serve our clients and staff.

Sincerely,

Bobby Fisher

Manager Housing & Financial Benefits

San Francisco AIDS Foundation

“Our teacher, Tom, has been warm, clear, and generous of spirit.”

Dear David Lynch,

Thank you so much for giving me and my clients the opportunity to learn TM. It has been wonderful. Our teacher, Tom, has been warm, clear, and generous of spirit. I can't believe I am actually meditating every day and feeling peaceful and centered. I have NOT turned into a “bliss ninny” or new age weirdo. Instead, I feel more centered and focused—more of the essence that is me. The Shanti clients seem to love it and we have a new shared strength and grounded understanding for our arsenal in fighting HIV. Your generosity is so appreciated (and, your films rock! btw). Take care.

John Olesen  
Shanti Project, LIFE Program

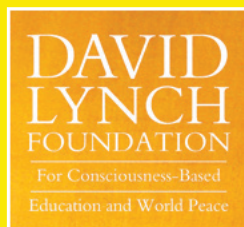
“The David Lynch Foundation would be proud to partner with other AIDS services agencies to establish parallel programs and studies to help realize their missions of HIV care and prevention.”

The San Francisco AIDS Foundation (SFAF), established in 1982 and co-founded by Cleve Jones, is among the oldest and largest HIV/AIDS services agencies in the country. SFAF confronts HIV in populations most impacted by the disease with services focused on prevention, health care, and alcohol and other drug use.

The partnership between the San Francisco AIDS Foundation and the David Lynch Foundation aims to (1) immediately improve the quality of life for those living with HIV through the Transcendental Meditation (TM) program and (2) scientifically evaluate the effects of the TM technique for those living with HIV.

The successful program being implemented at SFAF stands as a model for expanding this cost-effective, evidence-based program across the United States and beyond. The David Lynch Foundation would be proud to partner with other AIDS services agencies to establish parallel programs and studies to help realize their missions of HIV care and prevention.

Thomas E. Roth  
Director  
David Lynch Foundation HIV Initiative



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