

SURVIVING TO THRIVING



OVERCOME

“...WE ARE PROVIDING ADULTS AND CHILDREN WITH A LIFELONG
TOOL THAT CAN HELP THEM OVERCOME THE NIGHTMARE OF
STRESS IN THEIR LIVES.”

BOB ROTH Executive Director
David Lynch Foundation

Dear Friends:

I spoke recently to leaders attending the annual meeting of The California Endowment (TCE), a billion dollar nonprofit, which seeks out and administers solutions to the health problems of California's at-risk populations. In recent years, TCE has come to recognize trauma and toxic stress as the "number one health epidemic" among America's at-risk populations.

The California Endowment is obviously not alone in targeting the health hazards of stress among our underserved youth and adults. Workplace stress has been called "the black plague of the 21st century," and modern medicine offers little or nothing substantive, no magic pill or treatment, to either prevent stress or, once we have too much stress, cure it.

The "Stress Spectrum," which extends from repeated traumatic experiences on the battlefield (or growing up in a violent home) to the aggregation of daily anxieties and agitations that come from too many traffic jams and financial worries and family squabbles, is all pervasive in our modern society.

The medical understanding of the devastating impact of stress on mental and physical health, behavior, relationships, productivity, etc., is not a pretty picture. In fact, an estimated 80 percent of all diseases are said to be either caused by stress or exacerbated by stress.

In the past few years, we have seen a deepening and expanding interest in non-medicinal, noninvasive, evidence-based approaches to preventing and treating stress, along with the deepening and expanding interest in the work of the David Lynch Foundation (DLF). DLF offers a simple meditation practice, known as the Transcendental Meditation (TM) technique to address the epidemic of trauma and toxic stress among at-risk populations.

Our theme for 2015 is "Surviving to Thriving." That says it all. Because through our work with at-risk populations such as students in underserved schools, abused women in shelters and veterans serviced by veterans' organizations, we are providing adults and children with a lifelong tool that can help them overcome the nightmare of trauma and stress in their lives. But far more than that, research shows these same tools can promote mental and physical resilience, develop the brain, improve cognitive function, boost creativity and productivity and markedly improve behavior.

In the following pages you will read about some of our key programs now underway around the nation. The success of these programs provides a glimpse into what we believe heralds a sea change in the way we as a nation deal with the epidemic of trauma and stress - with a direct impact on how we educate our young, heal our veterans and rehabilitate those who have fallen through the social safety nets.

We have the support of the medical community - and within a few years, we hope the support of government funding as well. In the meanwhile, our task ahead is simple and bold: to raise sufficient funding and oversee the proper implementation and evaluation of our programs into all areas of society on a large scale so that we can effect systemic change and help to lift millions of Americans out of the nightmare of trauma and stress.

With warmest regards,



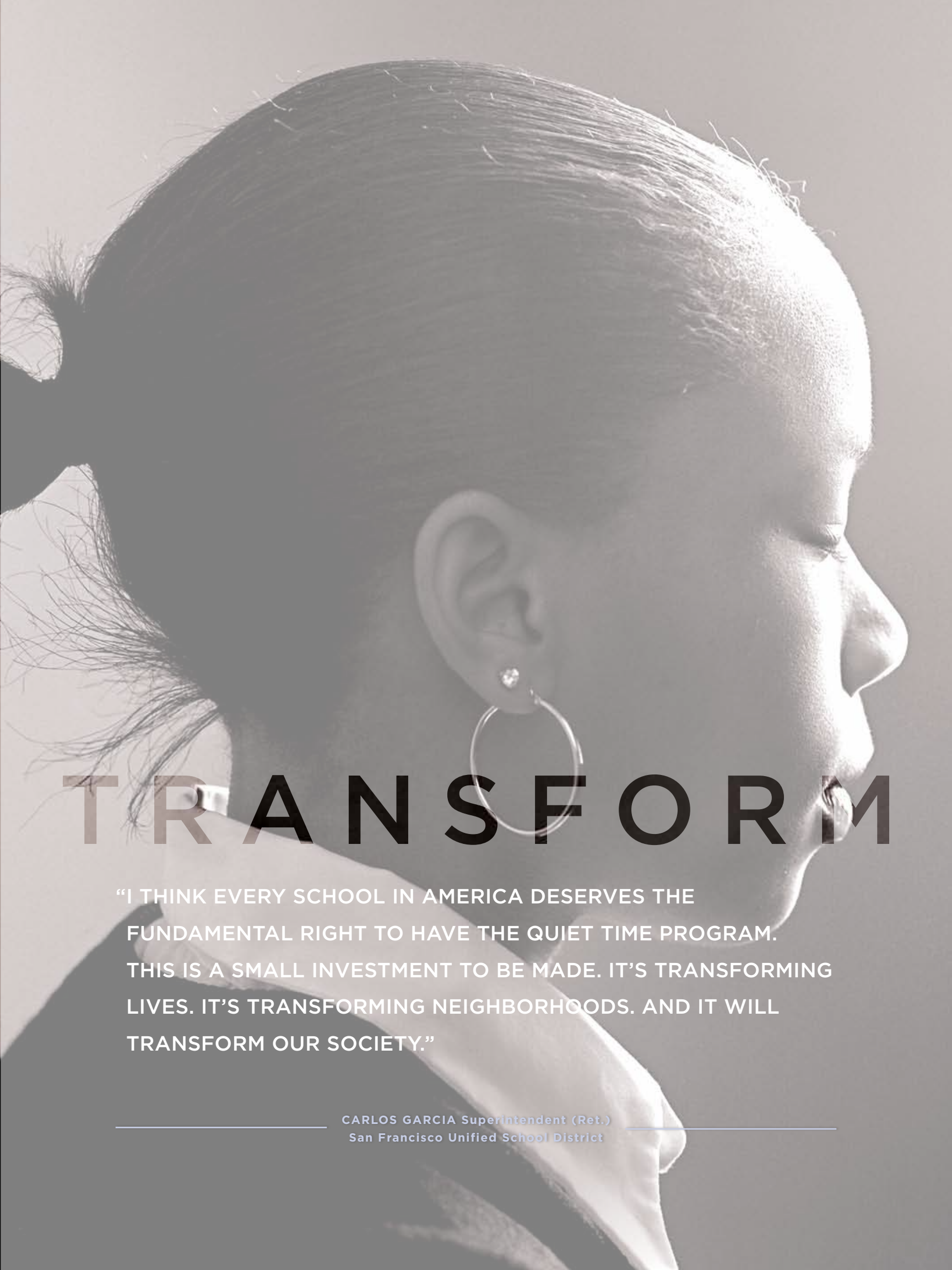
Bob Roth
Executive Director

OUR MISSION

The mission of the David Lynch Foundation is to help prevent and eradicate the all-pervasive epidemic of trauma and toxic stress among at-risk populations through promoting widespread implementation of the evidence-based Transcendental Meditation (TM) program in order to improve their health, cognitive capabilities and performance in life.

THE EVIDENCE SUPPORTING OUR APPROACH

The effectiveness of our programs has been investigated at leading medical schools, including Harvard, Yale, UCLA and Stanford. In fact, over 340 peer-reviewed studies, including research funded by more than \$26 million in grants from the National Institutes of Health and \$2.4 million in grants from the US Department of Defense, document the wide-ranging benefits of TM for markedly reducing stress, improving overall health and boosting creativity and performance.



TRANSFORM

“I THINK EVERY SCHOOL IN AMERICA DESERVES THE FUNDAMENTAL RIGHT TO HAVE THE QUIET TIME PROGRAM. THIS IS A SMALL INVESTMENT TO BE MADE. IT’S TRANSFORMING LIVES. IT’S TRANSFORMING NEIGHBORHOODS. AND IT WILL TRANSFORM OUR SOCIETY.”

CARLOS GARCIA Superintendent (Ret.)
San Francisco Unified School District

QUIET TIME // AN EDUCATIONAL INITIATIVE

The David Lynch Foundation Quiet Time Program works with underserved communities, helping foster and sustain positive learning environments. Through the introduction of stress-reducing, evidence-based meditation to the entire school community – students, teachers and principals alike – this innovative program has effectively increased learning readiness and wellness while simultaneously decreasing teacher burnout as well as student truancy.

Year-End Update

This year, the DLF expanded the Quiet Time Program to four new schools in Los Angeles and San Francisco and established its first programs in New York City and New Haven, reaching more than 2,000 at-risk students throughout the year.

Internationally, DLF continued its work with students in Thailand, Ecuador and Oaxaca, providing training in the TM technique to over 7,000 students.

Key Results from 2014

- 35% reduction in anxiety and anger, 40% decrease in fatigue and significant improvement in GPA among transitional students¹
- Significant reduction in suspensions among San Francisco high school students²
- Significant improvement in academic performance among San Francisco high school students³

PERFORM

DAVID LYNCH FOUNDATION PARTNER SCHOOLS //

Bronx High School for Law and Community Service, New York City // Brooklyn Urban Garden Charter School, New York City // Teach for America, New York City // Academia Semillas del Pueblo, Los Angeles // Alliance Alice M. Baxter College-Ready High School, Los Angeles // Aspire Olin University Preparatory Academy, Los Angeles // Aspire Pacific Academy, Los Angeles // Frederick Douglass Academy Middle School, Los Angeles // KIPP Academy of Opportunity, Los Angeles // New Village Girls Academy, Los Angeles // Chicago Public Schools | District Office, Chicago // Village Leadership Academy, Chicago // College for Creative Studies, Detroit // Ideal Academy Public Charter School, Washington, D.C. // Ivymount School, Washington, D.C. // New Horizons School, New Haven // Five Keys Charter School, San Francisco // Phillip & Sala Burton High School, San Francisco // John O'Connell High School, San Francisco // John Muir Elementary School, San Francisco // Lowell High School Wellness Center, San Francisco // Redwood High School, San Francisco // Visitacion Valley Middle School, San Francisco

OPERATION WARRIOR WELLNESS // HEALING AMERICA'S VETERANS

We are deeply committed to serving those who serve our country. Five years ago, we launched Operation Warrior Wellness (OWW), the Armed Services and Veterans division of the David Lynch Foundation. Since then, TM has proven effective in rapidly and profoundly reducing symptoms of post-traumatic stress (PTS) and depression by nearly 50 percent, helping veterans, military personnel and first responders across the country to regain healthy and fulfilling lives.

Year-End Update

This year we provided a comprehensive course of TM instruction to more than 550 veterans, first responders, cadets and their families. Highlights include:

- San Diego VA Health Care System: 280 veterans received TM instruction at the facility as part of a randomized controlled study on TM and PTS, funded by a \$2.4 million grant from the Department of Defense. Results will be released in 2016.
- Dwight D. Eisenhower Army Medical Center: 80 active-duty servicemen and women suffering from traumatic brain injury (TBI) received TM training as part of an ongoing randomized-controlled study on TM and TBI.

Key Results from 2014

The first findings from the study at Dwight D. Eisenhower Army Medical Center, published in *Military Medicine*, found that TM reduced both number and amount of medications used among traumatic brain injury patients.⁴

“TRANSCENDENTAL MEDITATION HAS TAKEN THE STRESS OUT OF MY LIFE - IT HAS MADE ME RELAX, THE ANGER IS GONE, THE IRRITABILITY IS ON A LESSER SCALE, AND I'M SLEEPING. I USED TO GET THREE HOURS OF SLEEP A NIGHT, BUT SINCE I STARTED [TRANSCENDENTAL MEDITATION], I'M OFTEN GETTING EIGHT TO TEN HOURS A NIGHT.”

JACE BADIA, service-disabled Iraq veteran



RELAX

CONNECT

“WE HAVE SEEN OUR CLIENTS AND THEIR CHILDREN GAIN SO MUCH FROM THIS SIMPLE MEDITATION TECHNIQUE. CLIENTS OFTEN EXPRESS TO STAFF HOW TM HAS PROVIDED THEM, FOR THE FIRST TIME, WITH AN OPPORTUNITY TO FOCUS ON THEIR OWN HEALING PROCESS IN A SAFE, QUIET PLACE WHERE THEY FEEL SUPPORTED AND EMPOWERED. IT REDUCES THEIR ANXIETY, ALLOWS THEM TO CONNECT WITH OTHER SURVIVORS, AND TEACHES THEM AN IMPORTANT STRESS REDUCTION TOOL THAT THEY CAN USE EVERY DAY TO MANAGE THE CRISES AND EMERGENCIES THAT THEY OFTEN CONFRONT.”

ROSEMONDE PIERRE-LOUIS
Commissioner, NYC Mayor's Office
to Combat Domestic Violence



WOMEN'S HEALTH INITIATIVE // EMPOWERING SURVIVORS OF ABUSE

The DLF Women's Health Initiative addresses the crippling impact of violence and abuse on women and their children.

Through partnerships with leaders in the fields of domestic violence, military sexual assault and human trafficking both in the U.S. and around the world, the Women's Health Initiative brings the healing and empowering influence of TM to women and children who need it most.

Year-End Update

The Women's Health Initiative continues to scale up its work with the Family Justice Centers, an initiative of the NYC Mayor's Office to Combat Domestic Violence. Over the past year, we have increased our course offerings at the Brooklyn Center, expanded to the Bronx Center, and laid the foundation to begin classes at the Manhattan Center shortly. Thus far, more than 100 women, children and staff have been trained, and the response has been overwhelmingly positive.

Key Results from 2014

Data collected by the Brooklyn Family Justice center revealed that meditating clients benefitted from:

- 33% reduction in symptoms of post-traumatic stress⁵
- 25% increase in overall well-being⁶
- 64% increase in overall life satisfaction⁷

THE HIV WELLNESS INITIATIVE //

NEW PROGRAM HIGHLIGHTS

The devastation caused by HIV/AIDS undermines the lives of more than 1.1 million Americans. To help combat the illness' crippling symptoms, the David Lynch Foundation launched its HIV Wellness Initiative in 2014. Through the introduction of the TM technique, the Initiative allows people living with HIV to reduce anxiety and stress and increase energy and vitality – significantly improving, and even transforming, their outlooks on life.

Progress to Date

The HIV Wellness Initiative partnered with the San Francisco AIDS Foundation (SFAF), a leader in the fight against the illness. Over the past two years, the Initiative has brought TM to more than 150 clients and staff at SFAF.

Key Results from 2014

The effectiveness of the TM technique in improving quality of life among SFAF clients has been the subject of two research studies, conducted by the University of Pennsylvania and by SFAF itself. Key results include:

- 22% improvement in emotional well-being⁸
- 39% decrease in depressive symptoms⁹
- 42% improvement in general health¹⁰
- 43% increase in vitality¹¹
- 51% decrease in HIV-related physical problems¹²



GROW

“I HAVE HEARD STORIES OF GROWTH AND DEVELOPMENT
AMONG THE MANY CLIENTS OF THE SAN FRANCISCO AIDS
FOUNDATION. IT HAS BEEN A WONDERFUL SUCCESS.”

NEIL G. GIULIANO CEO, San Francisco AIDS Foundation

EVENT HIGHLIGHTS



[The Fifth Annual Change Begins Within Gala](#)

Co-hosted by Jerry Seinfeld and David Lynch, the Gala honored Hugh Jackman and his wife Deborra-Lee Furness and retired FDNY Commissioner Salvatore Cassano. Proceeds helped to bring TM to veterans and first responders in New York City.

From left: Salvatore Cassano, Deborra-Lee Furness, and Hugh Jackman

[Launching the DLF New York 3-Year Action Plan](#)

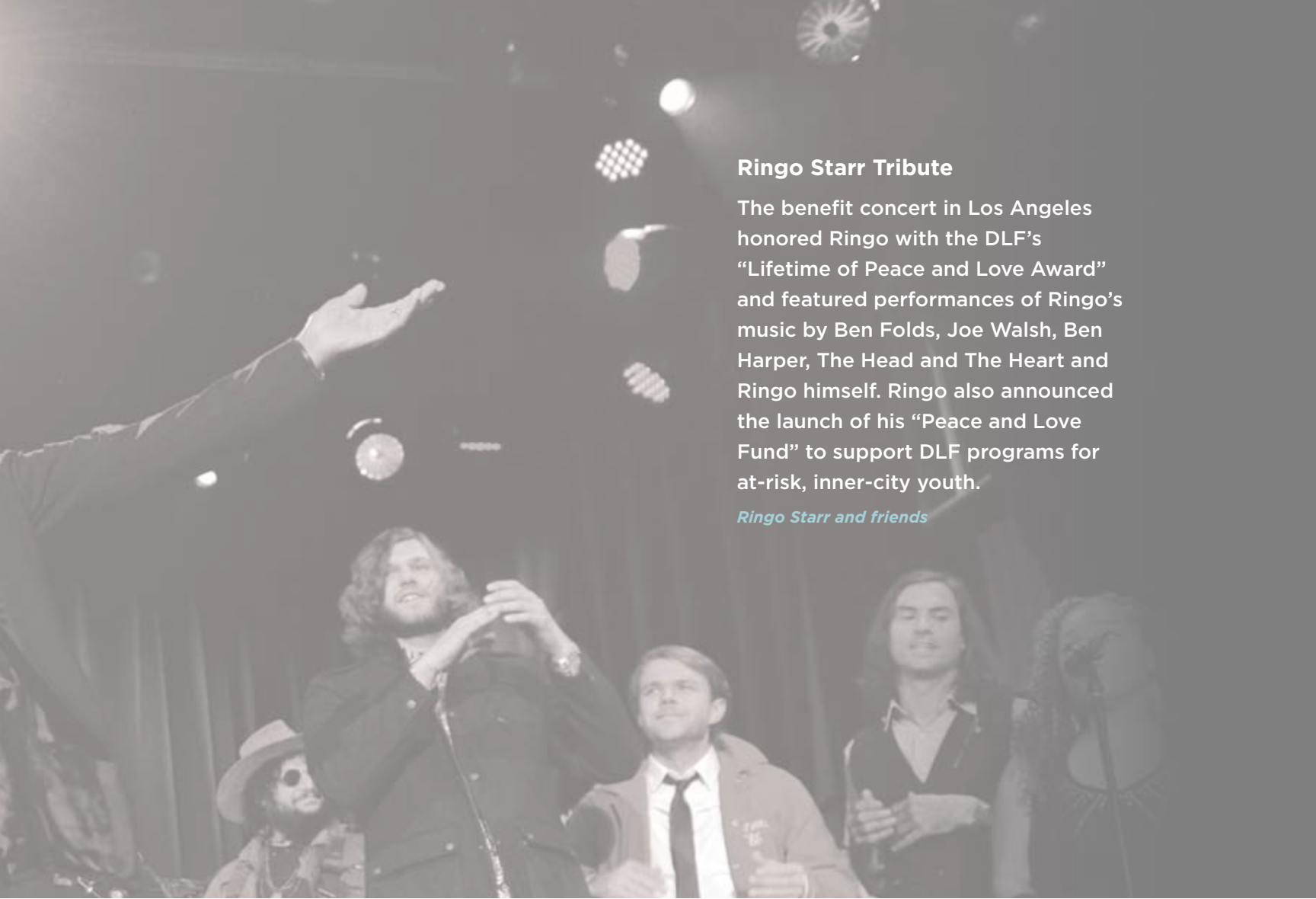
This intimate evening featured hedge fund leader Ray Dalio and award-winning filmmaker Martin Scorsese, who enthralled audience members with rare personal stories of their path to success and the role that TM played in their lives. Bob Roth presented the DLF New York City action plan to teach TM to 10,000 at-risk youth, domestic violence victims, and veterans.

From left: Bob Roth, Ray Dalio, and Martin Scorsese

[A Conversation with Cameron Diaz](#)

Hosted at Donna Karan's Urban Zen Foundation, the event was attended by New York City's business and fashion leaders and featured a Q&A session with actress Cameron Diaz. Funds raised from the evening helped support the DLF's New York City Action Plan.

From left: Cameron Diaz and Bob Roth



Ringo Starr Tribute

The benefit concert in Los Angeles honored Ringo with the DLF's "Lifetime of Peace and Love Award" and featured performances of Ringo's music by Ben Folds, Joe Walsh, Ben Harper, The Head and The Heart and Ringo himself. Ringo also announced the launch of his "Peace and Love Fund" to support DLF programs for at-risk, inner-city youth.

Ringo Starr and friends



Town Hall on Transcendental Meditation, Creativity, Performance

Ray Dalio, Dr. Mehmet Oz, Arianna Huffington, chef Mario Batali and other business and thought leaders shared their passion for the practice of Transcendental Meditation during this Town Hall in Manhattan, which was attended by 500 New York CEOs and other business professionals. *New York Times* financial columnist Andrew Ross Sorkin moderated.

Night of Harmony

Grammy award-winning music producer Rick Rubin was honored during this festive gala in Los Angeles with the "Lifetime of Harmony" award. The evening featured performances from the Dixie Chicks, Jake Bugg and Damien Rice. All proceeds benefitted at-risk, inner-city youth in Los Angeles.

From left: Andrew Ross Sorkin, Ray Dalio, and Mario Batali

From left: Natalie Maines and Martie Maguire of the Dixie Chicks

PRESS HIGHLIGHTS



TIME

“New research shows that [Transcendental Meditation] could help play a role in HIV patients’ mental and physical health.”

Time, October 30, 2014, “How meditation may help people with HIV”



“Tip of the day: The David Lynch Foundation is very worthy.”

The O'Reilly Factor, October 1, 2014, “The David Lynch Foundation helping children”



“Research shows meditating helps reduce heart attacks, blood pressure, and stress.”

Financial Times, July 28, 2014, “Meditate to sharpen your assertive edge”



“Meditating students...fight and argue less, accomplish more and feel happier and less stressed.”

New Haven Independent, April 11, 2014, “TM chills out a high school”



Women'sHealth

"It seems like everyone is catching on and talking about it, from Oprah, to Heather Graham, to Russell Brand to Dr. Oz."
Women's Health Mag, February 17, 2014, "6 Benefits of Transcendental Meditation"

SFGate
San Francisco Chronicle

"This practice...deserves serious attention from parents and policy makers. An impressive array of studies shows that integrating meditation into a school's daily routine can markedly improve the lives of students."
San Francisco Gate, January 12, 2014, "Meditation transforms roughest SF schools"

WALL STREET JOURNAL

"[TM] has been proven to be effective for those suffering from stress and has seen an explosion of interest in recent years."
Wall Street Journal, December 5, 2013, "Ohm for All"

GQ

"TM is like having a charger for your body and mind."
Jerry Seinfeld
GQ, September 2013, "The totally stressed out man's guide to meditation"

LETTERS FROM...

William Kappenhagen

Principal of Phillip & Sala Burton High School in San Francisco

Prior to Quiet Time (QT), Burton High School had been one of the highest suspending schools in the district for several years running. In the first two years of my tenure as principal, we instituted several practices to address the challenge of discipline issues and suspensions. Though these approaches were research-based, there was perhaps some very modest impact, but it was not significant, and our suspension rate remained very high.

In the first full year of Quiet Time, in my third year as principal, our suspensions went down 50 percent. In the next year they went down another 50 percent (a total of 75 percent in two years). We had the same principal, same deans, same suspension practices. The only major change during this time was implementing Quiet Time. This is a remarkable transformation.

QT has contributed in big ways in how we have approached the building of a school culture and climate that is safe, calm and highly conducive to learning and growth. I see more focus, enthusiasm and positive interactions between students and teachers. Although I was highly skeptical of QT at first, now I am strongly supportive. It is a key component of our school transformation model. It provides a system-wide stress reduction intervention that helps all of our students and staff to be healthier, happier and more effective. In turn, it makes all of our school initiatives more successful.

Sincerely,

William Kappenhagen



Vicki

Spouse of an Iraq war veteran

I am writing because I could not gather up enough strength to say this in person. I need to thank you two for making it possible for Kevin to participate in your course. As you know, TM helped – actually, TM saved Kevin. It transformed him into the man he was before war. Not only did you bring life back into Kevin's heart and soul, you saved our marriage.

The night I met Kevin, I said to a girlfriend, "I will marry that man." I wrote him a letter every day for three months while he was in boot camp, and I wrote him a letter, sometimes two, every single day for nine months while he was deployed.

For the past year-and-a-half, Kevin and I were physically present in the same house, but we were not together. I actually moved in with my dad this January to give Kevin space and time to think. We went days without talking, and weeks without seeing each other. I was sure it was over. But then TM came into his life.

Ever since TM, I have my best friend back! For the first time in over a year, I have heard the words "I love you" and "You're my angel." I moved back in. The man I married four years ago is back. I truly cannot thank you enough for all that you are doing for this world by teaching TM. You are the reason Kevin and I are still married, and better than ever!

Kevin used to have "stress sleep" where he would speak combat in his sleep, saying things like, "Stand behind me bro – I am bigger than you; I can take a bigger blast." I would try and wake him, but then he wouldn't know who I was or where he was. He used to wake up in the closet. He used to dodge around trash bags in the street thinking they were IEDs. Since TM, that has all stopped.

Thank you so much for everything, and thank you for providing me the opportunity to take your course as well. I truly cannot even begin to express my gratitude and thanks.

Vicki

LETTERS FROM...

Traci

Coffee Creek Correctional Facility Inmate

The way I see this experience (the TM technique) is similar to healthy habits to stay clean and sober from drug addiction. You shouldn't just practice once in a while. I feel this is something that should be practiced on a regular basis as a wonderful preventive maintenance against stress and other unwanted ailments in life. Therefore, I do honestly see myself continuing TM for most of my life.

There is a range of other benefits that I have experienced since I began practicing TM. I was trying to adjust to my entire life being turned upside down. I had slipped into depression that affected my job, my friends, and my peace of mind. I was also having nightmares five or six nights a week from a tragic car accident. Some of those nightmares were involving my ex-husband. I have endured 14 years plus of domestic violence. Some of the nightmares were me being attacked and others of me attacking him with pure hate and rage.

In the seven months that I have been practicing TM, my depression isn't there or not noticeable. In the last three months I have had one nightmare. The dreams with my ex-husband have changed. The feelings I have in those dreams are love. With the feeling of love for him I am able to see my past mistakes. I have been blinded by rage for the last four years almost nightly, until now. I am able to feel a real sense of peace now and happiness – even in prison.

Sincerely,

Traci A.

Traci is serving the second year of a nine-year sentence at the Coffee Creek Correctional Facility and has been practicing Transcendental Meditation for six months.



Norma

San Francisco AIDS Foundation Client

Thank you for making TM available to us at the San Francisco AIDS Foundation. TM has helped me tremendously, not just in releasing stress, but the benefits have extended to increasing my number of T cells (at last blood panel) and lowering my 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.

Sincerely,

Norma Azucar

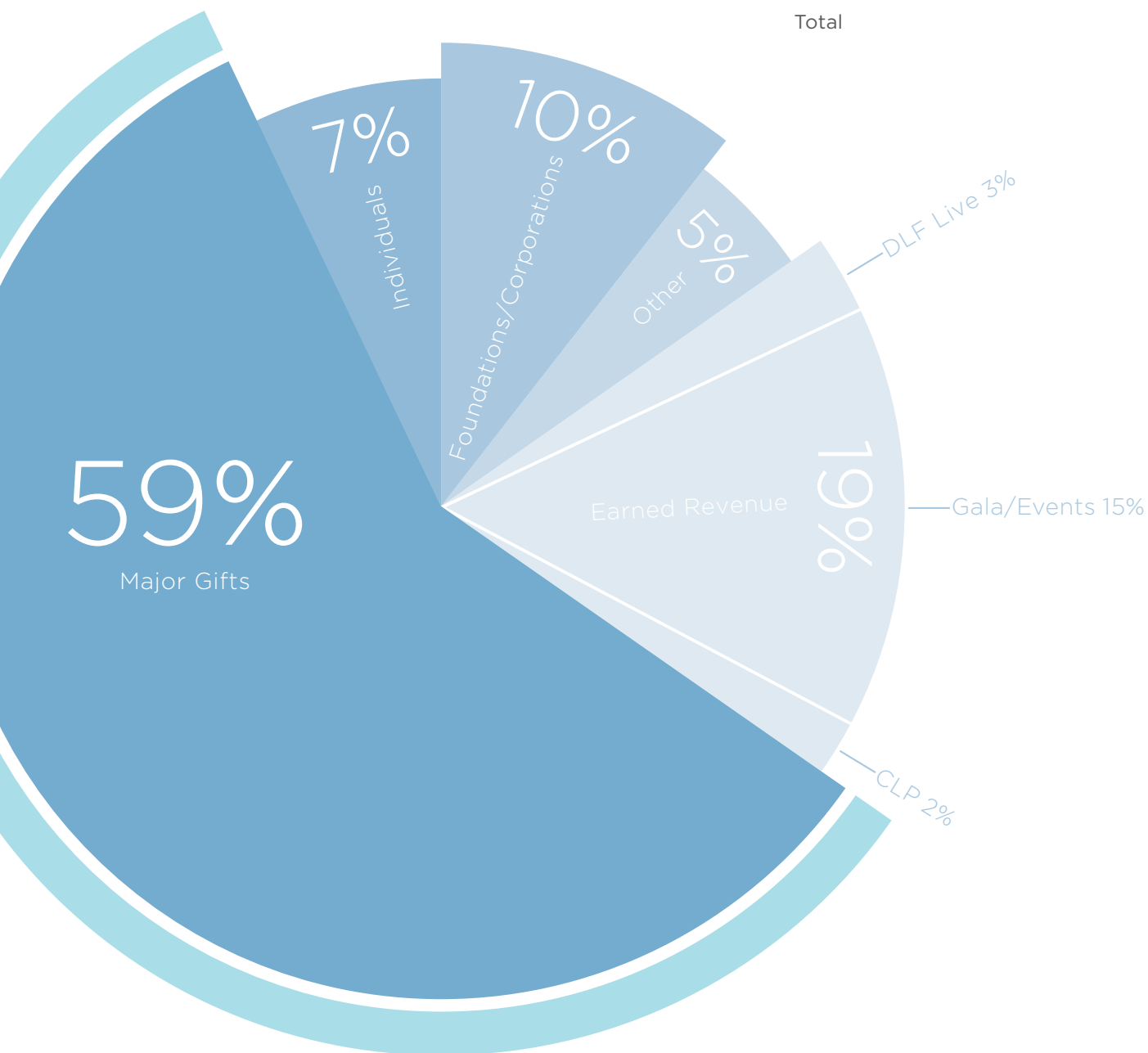
Norma is a client of the San Francisco AIDS Foundation and has been practicing Transcendental Meditation for over a year.



FINANCIAL HIGHLIGHTS

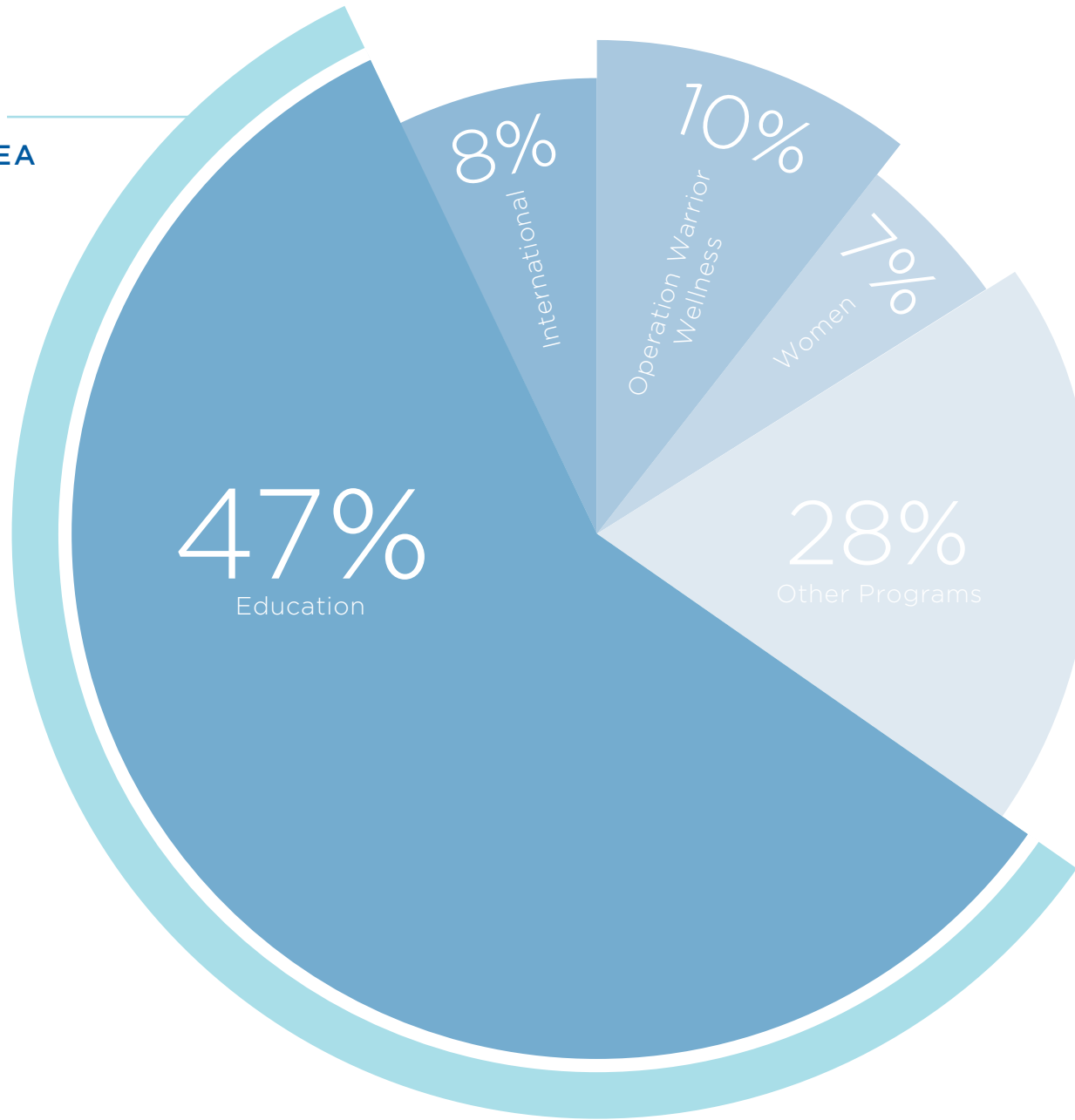
2014 REVENUE

■ Major Gifts	\$5,665,000
■ Individuals	\$ 713,078
■ Foundations/Corporations	\$ 953,823
■ Other	\$ 449,689
■ Earned Revenue - DLF Live	\$ 252,453
■ Earned Revenue - Gala/Events	\$ 1,396,191
■ Earned Revenue - CLP	\$ 154,028
Total	\$ 9,584,262





**2014 EXPENSES
BY PROGRAM AREA**



2014 EXPENSES

Grants and Awards	\$ 3,386,924
Programs/Departments	\$ 1,192,433
Occupancy	\$ 388,931
Shared Expenses	\$ 262,381
Gala and Events	\$ 1,201,106
Personnel - Programs	\$ 1,587,362
Personnel - Development	\$ 595,540
Personnel - Admin	\$ 279,078

DONOR SPOTLIGHT




“One of the many reasons I donate to DLF is the benefits TM has on almost anyone. In particular I like that they have a focus on at-risk populations such as veterans suffering from PTSD, women who are victims of violence, and inner-city school children.”

Mark Axelowitz CIMA, Managing Director, UBS Private Wealth Management



“We knew we wanted to support DLF the minute we saw the results from its veterans and San Francisco school projects. The organization delivers a powerful technique that greatly improves the lives of people living in the most stressed environments. And it does so in a measurable, cost effective, caring and powerful way. DLF has the potential to make a real difference in our society. We will continue to give and grow our support.”

Jane Ottenberg and Richard Creighton



The David Lynch Foundation would like to recognize the generous support of our donors from January 2013 through December 2014. Each and every donor enables the David Lynch Foundation to deliver programs to populations suffering from the effects of toxic stress and trauma. For more information about giving opportunities, please contact the DLF's Development office at 212.644.9880.

\$500,000+ Dalio Foundation, Inc., Aileen Getty Foundation, Kathleen and Jonathan Rudney, Gilbert Younger **\$100,000 - \$499,999** Rona and Jeffrey Abramson, The California Endowment, Rafael David, ICAP Services North America LLC, Barbara and Bob Jones, Kuehner Brothers Foundation, Joanna Plafsky, Barbara Steinmann, Joan Weberman **\$50,000 - \$99,999** Louise and Ramani Ayer, Kam and William Buhler, Alcoa Foundation, Avon Foundation, The Dillon Fund, Joni and Kevin Kimberlin, Seen and Frederick Landman, Roberta Lowenstein, Emily and David Lynch, Microsoft Matching Gifts Program Matching, Barry Scherr, The Stanley and Joyce Black Family Foundation, Sonia and Paul Tudor Jones **\$10,000 - \$49,999** Anonymous, The Anne and Ronald Abramson Family Foundation, Lindsey Adelman, Amy Allen, Judd Apatow, Isaac Applbaum, Autism Research Institute, John Avellino, Mark Axelowitz, Begin Today for Tomorrow, Albert Behler and Robin Kramer, Betty Bennett, Theodore Bergren, Better U Foundation, Leslie and Brian Brille, Gloria and Terry Butler, Roberta Campbell, Michael Costa, Jane Ottenberg and Richard Creighton, Mindy Nam and Mark Dehnert, The Dobbs Charitable Foundation, El Rey Theater, Thomas Evans, Frank Feinberg, David Ford, Eric Forst, Jean Fortunet, Jane Fraser, Ron Frisch, Mary Beth and David Gaines, Eugene Goldenberg, Marilyn and Nat Goldhaber, Olivia Harrison, Kenneth Hirsh, Barbara Hudock, Katheryn Hudson, Michael Hyman, Indian Health Services, Diane Jaffee, Peter Janssen, John Jonas, The Homer A. and Ida S. Jones Charitable Trust, The Lary Foundation, Michelle La Mothe and Jean Karoubi, Toby Lieb, Nancy and Bud Liebler, Mandy Logothetis, George Lucas Family Foundation, Larry Lucas, Christy and John Mack Foundation, Maharishi Ayurveda Products International, Maharishi Foundation, Michele Martinez-Hixon, Judy Mayfield and Marc Zimmerman, Nancy Shevell and Paul McCartney, The MCJ Amelior Foundation, Alan Meckler, Douglas Meijer, NOK Foundation, Pamela Norick, Glenn Oratz, Mehmet Oz, The RBS Collection, Bob Ramsey, Alan Rosenfield, Alexandra Munroe and Robert Rosenkranz, Monica and Phil Rosenthal, Rosenthal Family Foundation, Robert Roth, Mary Corson and Jonathan Sackler, Diane Sawyer and Mike Nichols, Mark Scharfman, Abe and Kathryn Selsky Foundation, George Shapiro, Stephen Smith, Ringo Starr, George Stephanopoulos, Howard Stern, Dwight Stuart Youth Fund, Kelly Behun and Jay Sugarman, Ann Tiernan, Merryl and James Tisch, Tithe One On, Universal Music Group, John Varvatos, Alexander Von Roon, Michael Vranos, Warner Music Group Services, May Zawaideh, Adam Zipper

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