



DAVID LYNCH FOUNDATION

ABOUT THE DAVID LYNCH FOUNDATION

The David Lynch Foundation was founded in 2005 to 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.

At-risk populations suffer from epidemic levels of chronic stress and stress-related disorders—fueling violence, crime and soaring health costs, and compromising the effectiveness of education, health, rehabilitation and vocational programs now in place.

Since opening its doors in 2005, the David Lynch Foundation, a 501(c)(3) organization, has helped to bring the stress-reducing TM technique to more than 500,000 children and adults around the world. We focus our efforts on underserved inner-city students, veterans with post-traumatic stress (PTS) and their families and women and children who are survivors of violence and abuse.

PROGRAMMATIC HIGHLIGHTS

MEDITATE AMERICA

Meditate America is a national initiative that was launched on December 3, 2020, to bring the evidence-based Transcendental Meditation technique to everyone in the country who is at-risk and vulnerable to stress and trauma, in the same way that approved medicines are available to people. The first phase of the initiative is to conduct large-scale, randomized controlled trials on the benefits of the technique for healing trauma; reducing high blood pressure and risk of heart disease and stroke; and reducing anxiety and depression. Outcomes from the trials will be used to qualify TM as a medical intervention covered by private and public insurance companies. Once the technique has been approved for reimbursement, then anyone who suffers from stress and stress-related disorders will be able to learn TM at no cost to the individual. In this way, as many as 300 million people will be able to meditate, a development that will transform the health of the people and the entire nation. Here are three David Lynch Foundation projects already underway to support Americans in need.

HEAL THE HEALERS NOW

Even before the Covid-19 pandemic, a Harvard report called physician burnout “a public health crisis that urgently demands action” with several surveys putting the rate of provider burnout as high as 70 percent. The American Academy of Family Physicians linked burnout to higher rates of medical errors, substance abuse and addiction, and suicide among physicians. Today, the situation is far worse, and demands well-documented, innovative approaches to address this crisis. “Heal the Healers Now” is a national initiative to bring the stress-reducing Transcendental Meditation® technique to healthcare workers in public hospitals who are battling the coronavirus pandemic.

VETERANS: 21 TO NONE

Tragically, at least 21 vets take their own lives every day. This national horror is compounded by the fact that such acts cause lifelong harm to family members and co-workers—and directly challenge the military’s ethos that “No one is left behind.” Clearly these patriots who choose to release their pain through suicide rather than confront it have been “left behind.” 21 TO NONE® is addressing the terrible epidemic of high suicide rates among veterans by delivering Transcendental Meditation to those in need through VA healthcare systems, military bases and military universities, and veteran service organizations.

HEALTHY FAMILY / HEALTHY COMMUNITY

Early-age trauma scars the brain and fuels poor academic performance, sickness, substance use disorder, and violent behavior. At the basis of any community-wide initiative to interrupt violence and build strong neighborhoods must be an effective program for healing the traumatized brain, particularly among the young. The David Lynch Foundation’s Healthy Family/ Healthy Community national initiative partners with local government and civic organizations to bring TM® at no cost to under-resourced adults and children to reduce stress, improve cognitive and brain functioning, and prevent crime and violence.