



About The Foundation

Who We Are

The David Lynch Foundation (DLF) is a 501(c)(3) nonprofit organization, founded in 2005, that addresses the epidemic of trauma and toxic stress among at-risk populations through the implementation of the evidence-based Transcendental Meditation (TM) technique. DLF has served more than 500,000 children and adults worldwide, with a focus on underserved middle school and high school students, veterans suffering from post-traumatic stress and their families, and women and children survivors of domestic violence and sexual assault. DLF also works with those in recovery, the homeless, prison populations, people living with HIV/AIDS, and others.

What is Transcendental Meditation?

Transcendental Meditation is a simple, easily-learned technique, practiced for 20 minutes twice a day, sitting comfortably in a chair with the eyes closed. During TM, the body gains a profound state of rest and relaxation while the mind is deeply settled yet wide awake and the brain functions with increased coherence. More than 350 peer-reviewed studies verify the physiological and psychological benefits of Transcendental Meditation for reducing stress and stress-related disorders, including hypertension, anxiety, depression, and insomnia, while increasing creativity, energy, and focus.

Core Programs

Students (Quiet Time)

For millions of at-risk students in under-resourced communities, traumatic stress is a daily reality. This stress impedes learning and undermines physical and mental health.

- 25% of teenagers suffer from anxiety disorders.
- Suicide is the **third** leading cause of death among teenagers.

DLF's Quiet Time program serves students in these communities, fostering and sustaining positive learning environments. Built into each school's curriculum and taught to the entire school community - students, teachers, and administrators - Quiet Time has been shown to increase learning readiness, positively impact grades and graduation rates, and decrease student truancy and teacher burnout. Quiet Time is currently in schools nationwide.

A sample of Quiet Time results include:

- 70% experienced reduced stress.
- 87% reduced number of suspensions over first 3 years.
- 63% felt meditation increased their focus.

Scientific publications available upon request.

"Quiet Time is the most powerful and effective program I've come across in my 40 years as a public school educator for addressing the problem of stress in education, particularly in our inner city schools."

- JAMES DIERKE, RETIRED EDUCATOR AND SCHOOL ADMINISTRATION UNION LEADER

Veterans (Resilient Warrior)

Post-traumatic stress among veterans has reached epidemic proportions, with serious consequences. U.S. veterans take their own lives at the rate of 21 per day. Many returning veterans are unable to hold jobs, support their families, or maintain positive relationships. TM has proven to be an effective tool for addressing these issues. DLF's partners include Walter Reed National Military Medical Center, Fort Gordon Eisenhower Army Medical Center Traumatic Brain Injury Clinic, Boulder Crest Retreat for Wounded Warriors, Veterans Lifeline, and other Veteran Administration Medical Centers nationwide. In a clinical trial at the Traumatic Brain Injury Clinic, 83.7% of those instructed in Transcendental Meditation stabilized, reduced, or stopped using psychotropic medication within one month of regular TM practice. Other research highlights on meditating veterans include:

- 95% reported less stress.
- 86% reported less anger.
- 85% feel more in control of their lives.
- 89% reported improved relationships.
- 79% reported improved sleep.

Scientific publications available upon request.

"After starting TM, my mind and emotions were calmed. I had my first full night of sleep in 21 years. I have new goals in my life, and I haven't stopped smiling ever since my first meditation."

-CARLOS, VETERAN OF OPERATION DESERT STORM AND LIBERATION OF KUWAIT



Women's Health Initiative (WHI)

The David Lynch Foundation Women's Health Initiative helps to reduce stress and heal trauma among women survivors of domestic violence and sexual assault. The initiative partners with organizations nationwide, including New York City's Family Justice Centers. WHI empowers survivors by building confidence and self-respect and improving resistance to stress to help victims heal from within.

Key findings include:

- Average 35% reduction in anger, anxiety, depression, and fatigue.
- Average 51% improvement in quality of sleep.

Scientific publications available upon request.



"I am a better person to myself. I love TM and this will be a lifelong practice. Before, I felt aggression walking down the street. Now I feel calm and at peace. I no longer need antidepressants and feel so happy and I quit taking sleeping pills."

- DOMESTIC VIOLENCE SURVIVOR, AGE 45

To learn more about the David Lynch Foundation and how you can support our work or partner with us please contact Ina Clark, Chief Philanthropy & Communications Officer, at ina@davidlynchfoundation.org.

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