The David Lynch Foundation

*Healing Traumatic Stress and Raising Performance in At-risk Populations*

**Programs for schools, prisons, people with HIV or PTSD, victims of violence or historical trauma.**



Please join me in supporting the Foundation,
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—James S. Dierke, Executive Vice President, American Federation of School Administrators

“TM has helped me tremendously—not just in releasing stress, but also increasing my number of T cells. And lowering my blood pressure to the point I no longer need medication.”

–Norma, SF AIDS Foundation client

“After starting TM, my heart and mind 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

“The soldiers tortured me—almost killed me. Now, I feel like it happened to a different woman—not to me. I am a free woman.” – Esperanza, Sudanese refugee

www.ptsdreliefnow.org

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“I love to meditate. I feel happier and I am doing better in school.”

– Lilian, American Indian middle school student

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“I was just so frustrated and full of misguided anger.

I didn’t know where to direct it to. Now people tell me I look very calm. It’s surprising even to me.”

– Howard, formerly homeless man

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“I’m feeling how I felt before I was raped – worthy, lovable, and that I don’t deserve any disrespect in my life.”
– Cynthia, sexual assault survivor

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