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Abstract

There is now available a nonlethal brain-based, scientifically-verified, field-tested, human resource-based technology to create lasting peace. Armed forces and civilian groups worldwide have been and are currently deploying this cost-effective approach known as Invincible Defense Technology (IDT). Militaries use IDT to stop and prevent war, terrorism, crime and to make their homelands secure. IDT has been quietly demonstrated by these groups in particularly conflict-prone regions to be the ultimate approach for conducting operations other than war (OOTW).

In defense-related circles IDT is gaining attention as leaders realize this is the ultimate OOTW strategy. The nation that properly deploys IDT becomes invincible, unconquerable, and incapable of being defeated; attaining victory BEFORE war by preventing enemies from ever arising.

With IDT so easy to implement and so effective at creating invincibility, why haven't all militaries deployed this strategy? The answer can be found in Dr. Carla Linton Brown's Harvard University doctoral dissertation and subsequent paper published in the *Journal of Social Behavior and Personality* on attitudes towards Invincible Defense Technology.ⁱ These attitudes arise largely out of IDT's main component being comprised of Transcendental Meditation (TM) techniques with its advanced practices, which are nonpartisan and non-religious disciplines.

Regardless of any preconceived notions regarding the TM program, readers need to recognize that pioneering militaries worldwide are currently using advanced TM techniques to their strategic advantage. Italian airpower advocate General Giulio Douhet's strategy still applies today: "Victory smiles

upon those who anticipate the change in the character of war, not upon those who wait to adapt themselves after the changes occur."ⁱⁱⁱ

We may never know who would be inspired by this document to take action in India as well as other countries worldwide to utilize IDT as an OOTW strategy to creating lasting peace. I truly believe that future military historians will recognize the openness, vision and intelligence of all those leaders and decision makers who do decide not to blindly follow the norm as demonstrated by this quote:

“Ever since men first began to use weapons to fight each other, military men have been reproached for excessive conservatism, a polite term often intended to imply a dangerous class reluctance to accept new ideas.”

— **Admiral William Sims**, at US Naval War College 1921 Graduation, cited in CDR Benjamin F. Armstrong, USN, ed., *21st Century Sims: Innovation, Education, and Leadership for the Modern Era* (Annapolis, MD: Naval Institute Press, 2015), 104.

While this writing would be considered “speculative fiction,” the references throughout are indicative of current research and developments worldwide. Astute intelligence analysts will agree that the cumulative findings of these references substantiate all the concepts put forth in this document.



US Navy's Role Once War is Obsolete

By Dr. David Leffler

Imagine a future in which war has become obsolete. A world in which US navy personnel, trained to use mind-power to maintain peace in the world, patrol the international waterways. A world in which brain-based technologies supersede conventional military might. Is this science fiction—or is it the dawn of a new military defense paradigm that makes war obsolete? The real advent of “Victory Before War.”

This is a story of the US Navy in the year 2050:

Fleet Admiral (FADM) Susan Turner was packing her office. As a five-star admiral her staff would do this for her, but she insisted on doing it herself. Packing her own mementoes brought reflections on her previous assignments and her entire career.

Turner was leaving the UN position she created: Guardian of the Peace (GoP). Under her leadership, the GoP had become the world's most powerful and coveted military position. In the past, militaries derived their strength from threats and using powerful weaponry. Eventually they came to realize that true strength is gained by preventing enemies from arising, victory BEFORE war.ⁱⁱⁱ Militaries worldwide shifted their focus to harnessing the power of the mind to that end.

The primary duty of the GoP: commanding the Military Prevention Wings of all countries.^{iv} These groups of military personnel twice daily practice Invincible Defense Technology (IDT).^v This advanced brain-based technology harnesses the energy available at the source of existence, the level of the Unified Field; a power which is a thousand million million times (10 to the 15th power) more powerful than that of nuclear force.^{vi} IDT so successfully alleviated the collective stresses leading to conflict that war and terrorism no longer occur.

Under FADM Turner's command as GoP, the world has experienced a lasting peace never before known. As a result, Turner became the first US "Fleet Admiral" since Chester Nimitz died in 1966. Because of Turner's unprecedented success in establishing and leading Navy Prevention Wings, Congress changed the rules to bestow this highest rank on Turner.

FADM Turner reflected on her beginnings. She chose Norwich University because it was "ahead of the pack." Norwich historically pioneered bold innovations, having birthed both the ROTC and the military education of women.

Once enrolled, Rook Turner received an email which had been sent to all rooks in 2012 asking if they would participate in a study^{vii} using Transcendental Meditation (TM)^{viii} to lower stress. She mentioned this study to her friend Norman E. Rosenthal MD, who sent her an advance copy of his new TM book. It said that "Transcendental meditation...is a simple, natural, effortless mental technique...It does not involve religion or belief, it does not require a philosophy or change of lifestyle..."^{ix} She also learned that this type of meditation settles the body into a state of profound rest. The mind achieves a state of inner peace without effort or concentration.

Turner took part in the study, learned and practiced the TM technique twice a day every day at Norwich. She continued with this practice long after being commissioned in the US Navy. TM provided her with deep rest and heightened abilities, providing a competitive edge over her colleagues.

FADM Turner continued to take down the degrees on her office wall: the "*summa cum laude*" designation appeared on all of them, including her Norwich diploma and her MD from Johns Hopkins.

Turner's MS degree diploma in Maharishi Ayurveda and Integrative Medicine attracted the most attention due to its uncommon wording:^x "By participating in the collective practice of the Maharishi Technology of the Unified Field, this graduate has directly enlivened the unified field in world consciousness, intensifying global coherence and giving the world a taste of utopia." As she packed it away, she smiled. These were words she lived by.

These words served her well when they caught the attention of ADM Leon Johnson. Then LCDR Turner first met Johnson as he was walking by her newly assigned office while she was hanging her unconventional diploma featuring a photo of Maharishi Mahesh Yogi in full beard and Eastern dress. As the admiral looked it over, reading out loud the visionary words, he asked with a puzzled look: "What does all this mean?"

She smiled and said: "Yes, they are words, words we don't often hear, but as an experienced leader this might be of interest you. Serotonin is a powerful neurohormone. It mediates feelings of happiness, contentment, and even euphoria. Research indicates that leaders exhibit higher levels of serotonin. It also indicates that low levels of serotonin correlate with aggression, poor emotional moods and violence. A peer-reviewed study reports that when the size of a large group of people meditating at Maharishi's university changed, serotonin production of people in the nearby community changed correspondingly. The results suggest a plausible neurophysiologic mechanism that explains the reduced aggression and hostility found in a whole society in the vicinity of large groups of individuals practicing this type of meditation technique together.^{xi} Not only are we humans influenced by the unified field, but we derive our very being from that field. We influence that unified field through our thoughts and deeds, especially strongly through the advanced TM techniques I studied."

"That's a bold statement, young lady," the admiral said, "It's good that you are tuned in to the scientific research. Without good research to back these claims, people will not take you seriously."

As FADM Turner took down her Naval War College (NWC) diploma off the wall, she reflected on her time well spent there. She had learned a lot from the required military history readings. Militaries are traditionally conservative to new ideas. As an example, tanks were first used to follow-up after the infantry rather than to lead, because military leaders were initially afraid to use this new technology. They only reluctantly agreed to deploy tanks with the tactics they were accustomed to. She remembered reading that Dwight Eisenhower, soon after WWI was threatened with court-martial by the Chief of Infantry. His offense? Advocating revolutionary new ways to deploy tanks. In his *Infantry Journal* article,^{xii} Eisenhower pioneered what is now called a Revolution in Military Affairs (RMA).

Technologies of Consciousness - the new Revolution in Military Affairs

An inner voice told then CAPT Turner that another, unprecedented RMA was on the horizon and she would be an important part of it. Her TM course mentioned compelling, peer-reviewed research indicating that IDT could be applied globally to prevent war and terrorism. The concept intrigued her, especially when she remembered a 2016 article published in *Pravda*.^{xiii} Militaries were already then beginning to utilize this very approach.^{xiv}

Fascinated, she looked further into IDT. Dr. David Leffler,^{xv} a coauthor of the *Pravda* article, was a prolific writer with a Ph.D. in Consciousness-Based Military Defense.^{xvi} He had served as an associate for a US Army War College think tank^{xvii} and had published in over 2,000 locations worldwide^{xviii} on the topic of IDT. She studied the proceedings from the three International Conferences for Invincible Defense^{xix} and noticed former Soviet Bloc countries had sent representatives who spoke highly of IDT. Lt. Gen. Tobias Dai, Former Commander of the Armed Forces, Republic of Mozambique, gave a presentation on the Mozambique military achieving peace by utilizing IDT.^{xx} CAPT Turner also read a thorough longitudinal study of the lasting effects of that project in Mozambique.^{xxi}

Amazingly, the brain-based defense strategy was based on a powerful advanced meditation technique - Transcendental Meditation and the TM-Sidhi program, including "Yogic Flying." CAPT Turner was astounded. How could meditation prevent war? But once she started researching TM and Yogic Flying, she was intrigued by the prospect of deploying IDT to prevent terrorism and war. She pored over a Master's paper on IDT from the US Army War College library by COL Brian Rees titled: "The Application of Strategic Stress Management in Winning the Peace."^{xxii} Rees, she discovered later, was a respected former US Army Command Surgeon featured in *Stripes* and published in *Military Medicine*.^{xxiii}

CAPT Turner's time at the NWC ended abruptly one week before she was to graduate, when the aide to NWC President RADM Charles Booker burst into the National Security Seminar, where Turner was giving a presentation. Breathing heavily he said: "Admiral Booker wants you in his office now!" When they arrived, Booker got right to business. He pointed to the live video screen and briefly introduced the key members of the ongoing classified teleconference, which included Directors of the CIA, DIA, NSA, members of the National Security Council (including the Joint Chief of Staff) and the US President John Murphy.

Booker spoke: "The President and Directors of all of these organizations have questions for you. Computer searches of your military records as well as Internet searches have revealed that you attended Maharishi International University,^{xxiv} and participated in Yogic Flying.^{xxv} Is this true?" "Yes, sir, it is," she replied. "Please elaborate," said the admiral.

"As part of my academic studies I learned this advanced meditation technique as well as others. I practiced it together with other students in a large group in a class every day called 'Collective Research into Consciousness.'" Booker proceeded to show Turner a video that had been secretly recorded by an operative at an Ecuadoran military base. The video showed their security forces meditating close together, in the cross-legged lotus position. Suddenly, many simultaneously hopped high into air, like popcorn kernels popping at the same time. Some hovered for several seconds.

With an astonished look Turner exclaimed: "They have broken the hovering barrier!" "What do you mean?" asked the NSA chief. Turner replied, "*The Yoga Sutras of Patanjali* describes three stages of yogic flying. First, hopping: the body shakes and hops like a frog. The next level is hovering: the body floats in the air as you have seen in this video. The third level is flying: the body flies through the air at will.^{xxvi} This is described as 'mastery of the skies'." Turner continued, "I was a finalist in a Yogic Flying Competition^{xxvii}. However, I have not hovered. This feat has tremendous ramifications for humankind."

"The President of Ecuador agrees" said the DIA chief. "He called an international press conference for tomorrow to announce their breakthrough. We secretly obtained his speech. We are concerned about what he will say."

The CIA chief added, "This situation parallels the USSR's launching Sputnik." The POTUS agreed, saying "I will ask Congress to immediately fund a DoD program so our military owns the domain of 'Inner Space'^{xxviii} by our warriors becoming yogic experts who harness all its possibilities."

The POTUS continued, "Tomorrow afternoon I will deliver a speech before Congress to inform them that the US must win 'The Race for Inner Space' just as we won the race for outer space by beating USSR to the moon. All military personnel must quickly learn to contact the unified field to maintain military superiority and competitive advantage. They must manipulate the unified field of pure nothingness, as Ecuador's hovering Yogic Flyers prove that even nothing is really something in the quantum world."^{xxix}

"Captain Turner, I need you to come to the White House immediately to give a non-classified presentation about IDT and Yogic Flying to the press. By direct executive presidential order I am promoting Captain Turner to the rank of Rear Admiral. She is ordered to assume command of a military Yogic Flying unit, which she will form immediately."

The next morning RADM Turner and the POTUS watched the President of Ecuador's international press conference. As predicted by the US intelligence, the world was astounded. The incredible Yogic Flying of Ecuadoran warriors constantly played over and over on the world's news services.



**Ecuador's Meditating Security Forces
used IDT technology to break the hovering barrier**



After the POTUS speech^{xxx} it was time for RADM Turner's presentation. She opened with two slides from Dr. Leffler's paper: "A New Role for the Military: Preventing Enemies from Arising--Reviving an Ancient Approach to Peace."^{xxxi}

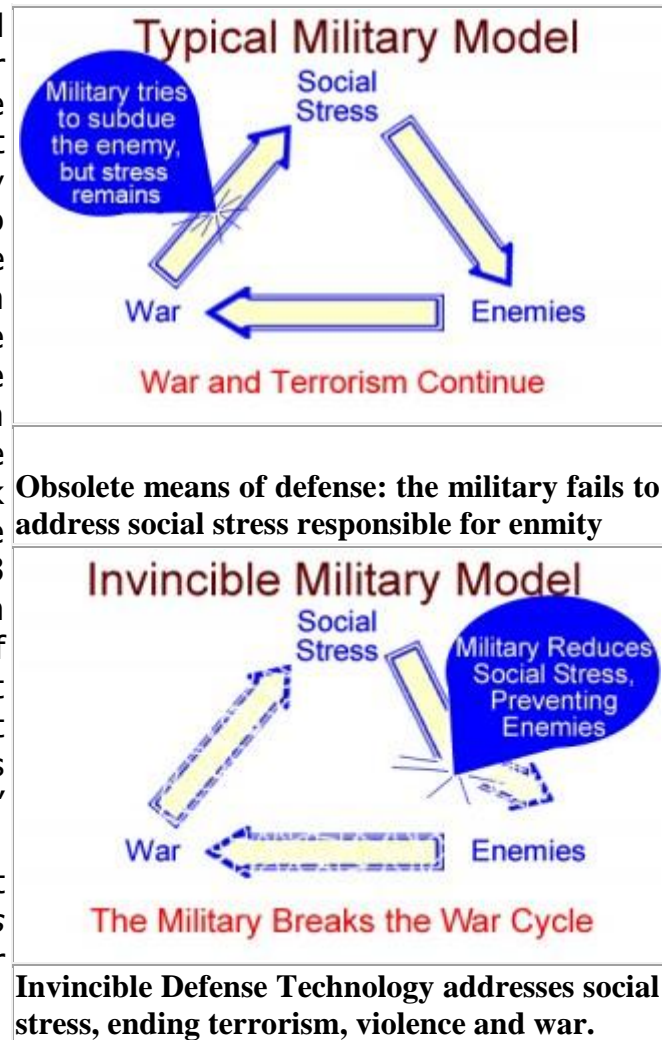
Turner's presentation was well received. After her talk, a reporter asked: "Our readers do not believe Ecuadorian's are really hovering. It is a clever trick. How could they violate the laws of physics to levitate?" Turner answered, "These are the laws of classical Newtonian physics that apply largely on the macroscopic level. Yogic Flyers are not violating the laws of quantum physics. They operate on the submicroscopic level of the Planck scale, the finest time and distance scale found at 10 to the negative 33 centimeters. The laws of quantum physics there supersede laws of classical physics. Gravity is weak at the unified field level. At this finest time and distance scale Yogic Flyers manipulate it to their advantage."

The answer she gave to the last questions she took from a *Fox News* reporter would later make her famous:

"The President's speech used the term 'mastery of the skies.' What does this mean? Is it some kind of advanced air superiority? How will we know when our military achieves it?"

RADM Turner replied: "To my knowledge, no one currently alive has yet achieved this high level of human development where the human body flies through the air at will."

Turner then said her most famous sound bite quote. Initially it was taken as a joke, but later her words were proven true: "When US Navy Yogic Flyers without wearing parachutes safely accomplish complex aerial stunts performed by the US Army Golden Knights parachute team; then it is a safe



bet to say the ultimate level of air superiority—‘mastery of the skies’ has been achieved.”

Years later, right after Turner was bestowed her third star along with the Presidential Medal of Freedom,^{xxxii} the US Navy Yogic Flyers put on a thrilling aerial show in her honor to demonstrate their amazing precision expertise in Yogic Flying. They did NOT wear parachutes.

Also in FADM Turner’s UN office was the citation for the Defense Superior Service Medal^{xxxiii} which she was awarded by the Secretary of Defense for her brilliant plan that prevented nuclear war with North Korea. Known as “Turner Two Prong Prevention Plan” or “Double T, Triple P” (TTPPP); it is still studied reverently in war colleges worldwide. Here is a short synopsis of her radical plan:

Intelligence revealed the exact moment of a secret preemptive North Korean nuclear attack. To prevent it, Turner knew that she needed enough Yogic Flyers to equal at least the square root of one percent of the population of North Korea.^{xxxiv} But since nuclear war was eminent, to be absolutely be sure in preventing it, she opted to play safe and followed part of the Powell Doctrine^{xxxv} of going in with “overwhelming” force.

Yes, it was yogic flying overkill, but to make certain societal coherence was quickly established, her plan called for carrier battle groups to skirt off the 12 mile limit surrounding North Korea: one positioned in the Sea of Japan and the other in the Western Korea Bay. Each battle group carried an additional carrier with no planes, so larger numbers of Yogic Flyers could be accommodated on board. VADM Turner adapted this idea from her NWC military history class when she studied the 1994 Haiti operation which used an aircraft carrier as a huge troop carrier.^{xxxvi}

The most important part of the Turner plan was implemented after the tensions had largely dissipated. It could only happen after the North Koreans had first-hand experience of how Yogic Flying had so completely out-foxed them. Only then did their leaders realize that their military was using obsolete defense technologies.

The Supreme leader of North Korea personally invited the US Marines to land on their beaches and immediately set up bases of Yogic Flyers to continue to calm the tensions. As soon as this was accomplished, the Supreme Leader and other governmental leaders began to effectively govern from a place of higher consciousness, brought about by the strength of the field effect created by the Yogic Flyers. With their help they achieved their nation’s once elusive lofty goals. Marine Yogic Flying instructors trained the North Korean military forces that created their own Prevention Wings. The Supreme Leader awarded VADM Turner the *Order of Friendship*^{xxxvii} for her bold and innovative TTPPP.

FADM Turner was almost done packing. One item remained. It was a sealed envelope she had forgotten that Dr. David Leffler had given to her in 2017 at a Global Union of Scientists for Peace (GUSP) summit in Kiev, Ukraine.^{xxxviii} During the summit, Dr. Leffler spotted her and said, "I have a special gift for you; it is a part of history you should have." Before she received it, she had to promise not to open it until the year 2050. She eagerly opened the faded tan envelope.

Inside was an autographed initial draft of Dr. Leffler's entry in US Naval Institute's "*2019 General Prize Essay Contest"^{xxxix} [*This entry was later published by [Defence and Security Alert - DSAAlert.Org](http://DefenceandSecurityAlert.org) in 2020].

On the title page Dr. Leffler penned, "Thank you for leading the transition of our world's family of nations into a safer and better future. Without you our planet would have followed the obsolete and futile practices predicted by others in '2019 General Prize Essay Contest.'"

As FADM Turner read Dr. Leffler's document, she wondered, "How did he know when my life events would occur. He could have researched her life using Internet searches and secretly contacting people who knew her, but what about all the things correctly predicted after 2020? Is it possible he mastered time travel?"

Dr. Leffler regularly practiced Yogic Flying. FADM Turner recalled an aphorism from the *Yoga Sutras of Patanjali*. It said that through advanced meditation one can obtain "knowledge of past, present, and future."^{xl}

"Is that how Dr. Leffler did it? No, he couldn't have because such ideas violate the laws of physics. Precognition violates natural law," she thought, "hmmm ... or does it?"

About the author:



[Dr. David Leffler](#) has a [Ph.D. in Consciousness-Based Military Defense](#) and has served as an Associate of the [Proteus Management Group](#) at the Center for Strategic Leadership, US Army War College. Currently, he serves as the Executive Director at the [Center for Advanced Military Science](#) (CAMS) and [lectures](#) and [writes](#) worldwide about IDT. He is available on [Twitter](#), [LinkedIn](#) and [Facebook](#).

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- ^{xiii} http://www.pravdareport.com/science/tech/15-08-2016/135325-idt_powerful_tool-0
- ^{xiv} <https://lasol.org/en/results.html> Click on "**Ecuador**" and view the entire video about their Military Police IDT deployment. Click on "**Brazil**" and move cursor to start at 6:10 for details about Brazilian Military Police IDT implementation.
- Brazilian Military Police IDT Pictures: <https://davidleffler.com/2011/brazilpics>
- Brazilian Military Research on IDT: <https://davidleffler.com/2011/brazilchart>
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- For information about IDT practiced by children of military personnel on **Nepal's** military bases see:
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