



DAVID LYNCH FOUNDATION

CENTER FOR HEALTH AND WELLNESS

David Lynch Foundation

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The David Lynch Foundation Raises Over \$700K in Grassroots Funding For “Heal the Healers Now” in First 45 Days

Hundreds of donors contribute to initiative aimed at training medical professionals in Transcendental Meditation to reduce anxiety, boost resilience and heal trauma; funding will allow nearly 1,500 medical professionals to be trained for free

New York, NY – May 14, 2020: Hundreds more doctors and nurses battling the COVID-19 epidemic across the United States will have access to free Transcendental Meditation training thanks to a barrage of generous donations from hundreds of individuals to the David Lynch Foundation’s “Heal the Healers Now,” a national initiative to bring the stress-reducing Transcendental Meditation (TM) technique to medical professionals who are battling the coronavirus pandemic. Launched on April 6, the day before World Health Day, by the Center for Health and Wellness of the David Lynch Foundation, the initiative has already raised over \$700,000, enough money to provide thorough TM trainings to almost 1,500 medical professionals.

Instruction in the TM technique for healthcare providers includes eight hours of specialized training by a trauma-informed teacher, including one class of personalized instruction, as well as a comprehensive, one-year follow-up program to ensure the provider is gaining maximum results. The technique is practiced for 15-20 minutes twice a day. Training will begin once health authorities give the greenlight for teaching medical workers onsite. All money raised for “Heal the Healers Now” will be used to deliver the meditation technique to healthcare providers across the United States at no charge.

“Now more than two months into this healthcare pandemic, it is clear that our healthcare heroes need support, and I think it shows in the amount of grassroots donations we’ve received to support ‘Heal the Healers Now.’ TM has been effectively used to treat Post-Traumatic Stress

Disorder in military veterans and people experiencing high stress, and TM trainers work in all 50 states, so we created this initiative to make sure that any medical professional who wants to receive free TM training can access it. Thanks to the amazing generosity of people across the country and world, we have raised nearly half a million dollars and have enough funding already to train nearly 1,500 medical professionals, and we intend to provide trainings to several thousand," said **Bob Roth, Chief Executive Officer, the David Lynch Foundation**. "What our trainees receive is a comprehensive trauma-informed course with a lifetime of support. We have a wonderful Medical Advisory Board which consists of researchers and frontline medical workers who rely on TM to help them manage stress and provide their peers with the same resources, so I want to thank them, as well as all of our generous donors."

Over 1,300 people have signed up to receive email updates about the exciting initiative through the campaign's website HealTheHealersNow.org. Nearly 400 healthcare workers from across the country have requested TM trainings. The initiative also received a boost in financial support from Giving Tuesday Now, which took place during the week leading up to May 5.

"Transcendental Meditation is an evidence-based, non-pharmacological intervention for this devastating public health crisis," said **Stuart Rothenberg, MD, Medical Director of the Center for Health and Wellness**. "The Center for Health and Wellness has a long track record of providing TM instruction to first responders, including police, firefighters, and military personnel. Today, our doctors, nurses, and other healthcare providers are true first responders—they are on the frontlines in a literal life-or-death battle against a pandemic that threatens the very life of society."

"Our heartfelt appreciation goes to all those who have given their time, resources, and expertise to support our heroic healthcare providers," said **Dr. Rothenberg**.

Over 400 peer-reviewed published studies on TM have documented improvements in a wide variety of stress-related disorders, as well as significant improvements in cognitive function and overall health and well-being. The National Institutes of Health and the Department of Defense have awarded nearly \$30 million in grant support for research on TM.

For more information, or to make a tax-deductible donation to "Heal the Healers Now" please visit HealTheHealersNow.org or contact Heroes@DavidLynchFoundation.org.

The David Lynch Foundation has also launched "Heal The Heroes Now UK", which will provide free TM trainings to thousands of hospital workers in the UK.

About the David Lynch Foundation

The David Lynch Foundation helps 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. Working in partnership with an international network of specially trained instructors, the David Lynch Foundation works to promote the use of TM to heal trauma and reduce stress.