

## **Leonard Perlmutter: Democracy without Detachment, Discrimination and Self-Discipline Leads to Pain and Destruction**

*According to [Leonard Perlmutter](#), philosopher, author and founder of [The American Meditation Institute](#) (AMI), "Any democracy without its citizens and politicians armed with the meditation tools of detachment, discrimination and self-discipline, will inevitably lead to discord, dissension and destruction." Perlmutter claims that, "In the midst of the media's daily drumbeat of political conflict, anger, fear and allegation, the nation's educational systems need to urgently incorporate AMI Meditation and its allied disciplines into every level of curriculum—from grade school to graduate school."*

AVERILL PARK ([PRWEB](#)) June 20, 2017 -- According to Leonard Perlmutter, philosopher, author and founder of The American Meditation Institute (AMI), "Any democracy without its citizens and politicians armed with the meditation tools of detachment, discrimination and self-discipline, will inevitably lead to discord, dissension and destruction." Perlmutter claims that, "In the midst of the media's daily drumbeat of political conflict, anger, fear and allegation, the nation's educational systems need to urgently incorporate AMI Meditation and its allied disciplines into every level of curriculum—from grade school to graduate school."

Speaking at a recent conference of Yoga scientists at The American Meditation Institute, Perlmutter explained, "The bitterness between liberals and conservatives, Democrats and Republicans in Washington is not the real cause of the problems Americans face today. The political malice is only a reflection of the violent emotional conflicts already raging in individual minds of the citizenry and their politicians. In order to change political character, conduct and consciousness, tactics are needed that work systematically— from the inside out. AMI Meditation is an engineering science. Meditation can transform the blinding power of angry, fearful and self-indulgent thoughts and emotions into potent, positive and creative energy that can heal the nation's social, racial, political and economic angst."

According to Perlmutter, the solution lies in recognizing that, "A daily meditation practice can provide the blueprint, resources and inspiration to explore beyond the boundaries of habitual thinking, feeling and unexamined reasoning. All the answers to the questions, 'What is to be done and what is not to be done,' are waiting for all Americans in the profound silence experienced in meditation. Unless people can consciously know and examine the silent space between thoughts, there will never be sufficient clarity of vision to resolve the nation's most pressing problems."

Then he concluded, "Meditation for every woman, man and child—regardless of their religious beliefs—is not simply a good idea, it's a dire necessity. To begin meaningful change, the nation's local and state boards of education as well as the boards of directors at every American college and university must begin to incorporate mandatory classes in meditation. When this occurs, all levels of educational institutions will not simply train people how to make a living, but how to live lives that reflect the wisdom, creativity, fairness, compassion and inclusive sense of community that can redefine what it means to be a human being in 21st century America."

Leonard Perlmutter is the author of the award-winning book, "The Heart and Science of Yoga" and the mind/body medicine journal, "Transformation." Leonard has presented courses at the M.D. Anderson Cancer Center, Albany Medical College, the United States Military Academy at West Point and The New York Times



Yoga Forum with Dean Ornish MD. From October 24-28, 2017, Leonard Perlmutter will head a faculty of eleven scholars at The American Meditation Institute's 9th annual mind/body medicine CME conference at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [The Heart and Science of Yoga](#) this comprehensive mind/body medicine training to prevent and [relieve physician burnout](#) is accredited through the [Albany Medical College Office of Continuing Medical Education](#).



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