

We hope you enjoy this month's news stories - don't forget to follow the links!
And please get in touch if you have any questions or want further information.

Your Monthly Updates from Africa and the World



African PTSD Relief News, August 2016

- Lindiwe, South African Student, Released from Overwhelming Headaches & Anger
- Assoc. of Psychological Science Annual Meeting Learns of Rapid PTSD Reduction
- APR accepted for Annual Federal Donations Campaign, CFC
- 30 Divisions of US Federal Government Learn about Next Generation PTSD Relief
- Update on APR Donations Drive

Lindiwe's Headaches and Anger Went Away and She Gained Peace and Confidence with African PTSD Relief



Lidiwe Bayana, a South African college student, talks about how Transcendental Meditation (TM) reduced traumatic stress:

Before Transcendental Meditation, my life was complicated and I could not think straight. Everything was heavy. I was angry all of the time.

After 3 months of practicing TM, I found peace within myself. I stopped screaming...

[Read as Lindiwe tells her story >](#)

Presentation Given at Association for Psychological Science (APS) Meeting on Rapid Reduction in

PTSD in South African College Students with TM

On May 29, Dr. Carole Bandy, Professor of Psychology at Norwich University and member of African PTSD Relief Science Committee, gave a presentation in Chicago showing South African college students with PTSD who learned Transcendental Meditation, TM, became non-symptomatic within a 105 day study.



Get the news of Dr. Bandy's presentation to APS annual meeting >



African PTSD Relief Approved to Raise Funds from 4 Million Federal Employees

APR joins the 2016 Combined Federal Campaign

African PTSD Relief was accepted as part of the single Federal Government Annual Donations (Combined Federal Campaign or CFC) drive from its 4 million employees around the world. Now any Federal Employee may support APR's rapid PTSD reduction programs across Africa using our designation number 94568.



Read the story about the 2016 Combined Federal Campaign >

Executives from 30 Federal Government Departments Enthusiastically Support African PTSD Relief



They support the use of next generation PTSD reduction technologies.

On August 3 in Washington, DC, executives from at least 30 divisions of the US Federal Government watched presentations by Founding President of African PTSD Relief, David Shapiro, that showed how African PTSD Relief provides rapid and highly effective PTSD reductions across Africa. These officers, loaned from 30 Federal Departments to the Combined Federal Campaign, will encourage donations to approved 501(c)(3) non-profit organizations, like African PTSD Relief. This year's motto is "Show Some Love."

Read the report of this Charity Fair with federal executives on next generation PTSD relief >



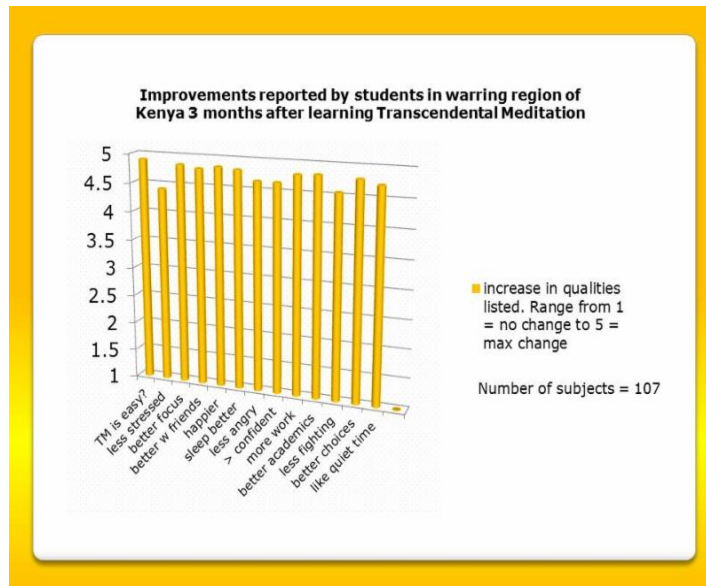
\$7,500 Donated Towards \$8500 Matching Fund

Great progress made

With generous donations by well-wishers of Africa, over \$7500 has been donated towards an \$8500 matching fund. This means that \$15,000 has become available for African PTSD Relief to help those in dire need or at risk of PTSD.


Maasai children with PTSD cost around \$50 to teach Transcendental Meditation and support for one year. The next \$1000 gifted to these children through African PTSD Relief will also be matched. With the matching fund, now each \$25 donated will help a Maasai child or

Maasai widow for one year. Our testing (summarized in chart below) showed a great reduction in PTSD symptoms with 92% of maximum improvements at the 3-month mark after learning TM.



**Your support made the projects reported in this newsletter possible.
Please help us continue delivering PTSD relief to Africa.**

[Donate](#)

"Doing the best at this moment puts you in the best place for the next moment." Oprah Winfrey

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[**Give Now**](#)

African PTSD Relief is a project of PTSD Relief Now, a 501(c)(3) charitable organization

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