



STAR ALLIANCE™  
FOUNDATION FOR ALL™

• Promoting Good Will & Civic Peace Principles for All the People Since 1985 •

## STAR ALLIANCE EVENTS POLICY RE ALCOHOL & DRUGS

Among our declared *Primary Peace Principles* is:

*Clear, calm, steady awareness.*

Consistent with this ideal, it is the policy of the STAR ALLIANCE • FOUNDATION FOR ALL not to serve or allow alcohol or drugs at any STAR ALLIANCE event.<sup>1</sup>

One of our favorite mottos is: *Don't get high — be high!*

*Alternatively: Don't get high on mind-altering substances...Get high on plenty of rest (including deep conscious relaxation or meditation<sup>2</sup>), fresh air and fresh foods, old and new friends, good humor, enjoying the arts, increasing knowledge, making great connections and plans, sharing profound insights and understandings, following through on good plans to achieve them, and traveling safely when you can — around the block or around the world!*

The Foundation does not make an absolute policy of condemning alcohol and drugs, but we do advise following the law carefully and observing vigilant cautions.<sup>3</sup>

---

<sup>1</sup> We can influence but not control all affiliated events in this regard.

<sup>2</sup> The independent Transcendental Meditation, or *TM* technique, is distinguished by its effortlessness, ease of learning, and unequalled body of scientific research results. Information on how to learn is available at their website: <http://www.tm.org>

<sup>3</sup> It is particularly important to separate activities *under the influence* from activities requiring any significant level of alertness and responsibility. This is true not only re driving a vehicle [aka *deadly weapon*] but in any activity involving serious communication, decisions affecting others, conflict management in human relationships, and importantly: the daily care of children. It is more often than not difficult to separate oneself from all activities requiring alert and responsible behavior when one has an opportunity to imbibe/ingest. Herein lies the need for vigilant intellectual honesty, both personal and social. There is a significant amount of work and discipline involved in executing isolation from responsibility to both self and others, including planning time, coordination, and time for effects to wear off completely. Trying to have things *both ways* — that is, imbibing or ingesting while *not* being fully isolated from such need for responsibility — invites harmful, often chronic results ranging from the mild to the disastrous. Those who refrain must also refrain from seriously entertaining advice and promises made by those *under the influence* while it lasts to any degree, and must be very realistic about expecting good performance in these areas from frequent users. • [File created 2014-7-16; last update: 2014-8-14.]