



**STAR ALLIANCE™**  
**FOUNDATION FOR ALL™**

Promoting *Civic Principles for Sustainable Peace & Love* • Since 1985 •

**POLICY FOR VOLUNTEERS & STAFF RE**  
**• THE PRIMACY OF CLEAR AWARENESS •**

Consistent with our declared ideals of *rested, clear, calm, steady, expanded awareness*; the STAR ALLIANCE foundation respectfully requires volunteers and staff to refrain from alcohol and drug consumption for a minimum of eight hours before any STAR ALLIANCE organizational activity.

The Foundation recommends proven methods for refreshing mind and body without harmful side effects. To the extent feasible, the Foundation will assist staff, volunteers, and general membership to learn and practice the Transcendental Meditation (“TM”) technique, offered independently,<sup>1</sup> or other practices if they demonstrate equally proven results.

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**Explanatory notes:** Hundreds of millions of people use alcohol and drugs, including prescription drugs, primarily to help themselves *relax* when they are chronically stressed and do *not* have knowledge or skills to refresh themselves more naturally, without harmful side effects, and prepare for efficient action.

Although alcohol and recreational drugs *can* be relaxing and quick to induce pleasant temporary mood changes, they are also the thief of much coherence and focus. They rob the individual and community of quality work and family time as they sharply erode the *ability to respond well* to self and others with sensitivity and *response-ability!* These mind-altering substances always reduce the capacity for normal, clear, reliable human communications to some degree. They seriously distort perception, thinking, and action while allowing a certain *illusion* of normality — especially to the user! Herein lies an enormous opportunity for imprecision, error, and self-deception; often tragically accompanied by severe and/or chronic injury to self and others.

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<sup>1</sup> The Transcendental Meditation or TM technique [offered separately and independently [Please see: [www.tm.org](http://www.tm.org)] is highly recommend for the public due to its ease and speed of learning, practice, and results. An unequaled body of scientific research objectively validates beneficial practical results and enhanced quality of life.