

October 2, 2008

Dear Catholic friends,

I am a retired Catholic priest who practices Transcendental Meditation (TM) and did so while I served in the Catholic Church for about 30 years. Based on my own experience, I know that TM is a universal technique that is in harmony with the goals of our religion. It requires no change in personal lifestyle or beliefs and is an effective aid for us to become stronger in our own faith. Transcendental Meditation has enhanced my own religious practice and has been a great way for me to relax and become more alert for my work and my life as a whole.

I served in parishes in Kansas for 20 years and in Texas for 11 years, also doing some hospital and student chaplain ministry. I did my Theology studies in Rome and was ordained there in 1966. It is my experience that TM is an excellent way to prepare for prayer. I have also found that TM teachers and practitioners have great respect for all religions; therefore, I believe that TM allows us to practice ecumenism and not just talk about it.

Meditation has been encouraged by the Church over the ages and by the saints, including the writer of the Cloud of Unknowing, St. Teresa of Avila, St. John of the Cross, and many others. TM is a proven technique for joining them in meditation. Many scientific research studies over the years have shown significant results with TM; it has been known to improve physical health and to increase mental clarity and creativity. It is my experience that the practice of TM and the benefits that it brings only get better over the years. I believe that anyone can find great value in practicing this meditation regularly.

Sincerely,

A handwritten signature in cursive script that reads "Cletus Stein". The signature is written in dark ink and is positioned below the word "Sincerely,".

Cletus Stein