

December 24, 2008

To whom it may concern,

I am a Muslim who practices Transcendental Meditation (TM). In my experience of many years of regular practice of TM, I have found a deeper level of understanding of everything in life. TM opened my mind and heart; it expanded my awareness, helped me to be more forgiving and compassionate, sharpened my senses, and has made me much more alert to everything.

When I look back to those days of my life without TM, I could not believe myself. I was so ignorant and dull to everything, but, at the time, I did not even know it. When I consider the great contrast in my life between before and after learning TM, it is so clear to me how much my life has improved in so many ways.

I was also very pleased to learn that the benefits I was experiencing from TM have been documented by a great quantity of scientific research. This research has shown that the TM technique reduces stress, improves health, increases mental clarity and creativity and improves social responsibility and moral maturity.

I have found that TM's benefits are supportive to life as a whole and are also supportive to a religious life that is dedicated to spiritual development and to devotion and service to God. As a Muslim, I have found that TM makes me more effective and successful in my religious life on the "Saarat el mostaghim" on the straight path to God. I have discovered that TM can help one to achieve the highest level of service to God, which can only be accomplished through a complete surrender to the will of God.

However, TM does not replace my religion it is only an excellent support to it. TM does not provide an alternative faith; it is not a religion. But, it does serve to strengthen one's faith in one's own God and in one's own religion. So my answer to those who wonder whether TM is a religion is that there is nothing to fear and everything to gain for Moslems who wish to deepen and enrich their own prayer life and faith.

Sincerely,



Mohammad Haghverdi
104 Full moon lane
Fairfield, IA. 52556