

August 25, 2008

To Whom It May Concern:

This is a letter of support for the practice of Transcendental Meditation. I have been a Catholic Sister for twenty-two years and have been practicing Transcendental Meditation for fourteen years. I have found this technique to be very beneficial in different aspects of my life. It has helped calm and focus my mind during times of stress as well as in everyday life. I have also noticed physiological effects such as less muscle tension, more relaxed breathing and just overall greater awareness. In addition, there have been many scientific studies to support the benefits of Transcendental Meditation.

Since Transcendental Meditation is not a religion nor is it taught as a doctrine, it does not interfere or conflict with my Catholic Christian faith. In my years of practicing this technique I believe it has enhanced my prayer and Christian life.

Sincerely,

A handwritten signature in cursive script that reads "Sister Carol Wirtz". The signature is written in black ink and is positioned above the printed name.

Sister Carol Wirtz
Anthony, New Mexico