

Rabbi Abe M. Shainberg, J.D., D.D.

132 East 43rd Street, Suite 512

New York, NY 10017

tel: 917 749 3627, fax: 212 867 0002

email: abems@optonline.net

November 8, 2010

Growing up on the Lower East Side of Manhattan in the 50's and 60's taught me what a melting pot the city was. We were, and still are, composed of so many nationalities, so many religions and so many colors. But we are all souls: somehow intertwined, somehow connected.

I feel that what connects us all, at the deepest level of our life, is the spirit that G-d has placed within us; this spirit, that is the core of our life, links us all together regardless of our outer differences, and this inner spirit always remains our shared common-ground connection with our sole Creator.

Regarding my own faith and practice, I've lived my entire life as an Orthodox Jew, son of an Orthodox Rabbi from Warsaw, Poland; and, as a student of G-d's Torah, I can testify to one thing: that which brings us closer to G-d, to his Torah, and His way of life, replete with kindness, sharing, caring and forgiveness is what makes me a better Jew.

I have found that TM, Transcendental Meditation, has made me a better Jew. It is a TECHNIQUE that allows the spirit to soar and brings you closer to living the highest ideals of your own faith. It is a natural practice that relieves stress, improves health, deepens compassion and caring, and sharpens the mind. TM is not a religion. It is not a cult. It does not require any kind of belief system or any form of worship. It is not a way of life to replace your own; it does not take one away from one's own faith. What does it do?

TM just makes your **own** way of life clearer, deeper and more blissful because it helps you find the calmness within yourself and within your world. In terms of my Jewish faith, "Menuchas Hadas and Menuchas Hanefesh, the calming of the spirit, is so essential to Judaism. It certainly is a goal for every Jew and it is the seminal raison d'être of the Sabbath, Shabbos Kodesh itself.

It says in the Torah that G-d created the world in six days and rested on the seventh. He wants us to do the same—solely for using that day to rest from work and get in contact with Him on a deeper and more heartfelt basis.

Transcendental Meditation can help to give one that deep rest on a daily basis, so that the calmness and joy of Shabbos can be infused into each day of life. However, TM does **not** replace any part of Judaism or any religion; not prayer, nor learning, nor doing good deeds. It only enhances them all. It enhances you as a human being, helping you to become a Mensch—a good, moral and compassionate person. I strongly recommend it.

Rabbi Abe M. Shainberg