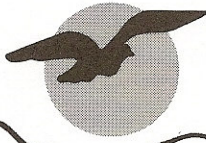


UNITY CHURCH  
A SPIRITUAL GROWTH CENTER



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*"The Church that Love is Building."*

June 30, 2008

To Whom It May Concern:

When I first learned the Transcendental Meditation technique in 1970 I was an avowed agnostic. Over my years of practicing the TM technique, I found myself growing into a greater awareness of something much larger than myself.

Particularly on the TM retreats I attended, this awareness continued to blossom into a deep appreciation and gratitude for the Creator – and a profound and abiding love of Jesus Christ. At no point have I ever found a conflict with TM and my religious beliefs and practices. In fact, the TM program has not only served to strengthen my faith in God, it has also deepened my prayer life as well.

When I first learned TM in 1970, there was only one scientific study conducted by the Harvard Medical School. Today, TM is the most widely researched technique of meditation in the world with over 600 scientific studies validating its benefits for improving health and overall well being.

On a more practical level, I cannot imagine doing ministry without my daily, twice-a-day TM practice. The deep rest and silence of the TM technique helps me to find balance, energy, and the spiritual connection to cope with the rigorous demands and stresses of ministry. In short, I am a better minister because of the TM program.

With my direct experience of the TM technique for over 38 years and the growing body of scientific research, I can whole-heartedly recommend the TM program. I especially would recommend the TM technique to my brothers and sisters in the clergy, whatever their denomination or faith tradition.

Sincerely,

Rev. Don Lansky  
Co-Minister, Unity Church in Charlottesville