

Saint
victor
Parish

553 Hirsch Avenue

Calumet City, IL 60409

(708) 891-8920

FAX (708) 891-8929

www.stvictorcc.org stvictorcc@sbcglobal.net

December 1, 2008

I am an active 66-year-old Roman Catholic priest of the Archdiocese of Chicago who has served 7 parishes in a 40-plus year career. I began practicing Transcendental Meditation (TM) in my middle 30s while serving in a third assignment as an associate pastor. I went on to serve two more parishes as an associate pastor until the archbishop made me a pastor of a parish that I served for 21 years. I am in my present assignment as a pastor for almost three years.

The practice of TM has been among the highest priorities in my life since I began to meditate 33 years ago. I also became a Sidha by learning the advanced TM-Sidhi program, including Yogic Flying, 17 years ago. During this entire time span I have practiced these techniques faithfully, twice a day, 365 times a year, including all the secular and religious holidays. I have meditated on airplanes, ocean liners, buses and cars; in airports, bus stations, hospital chapels, banquet halls, friend's homes as well as my favorite prayer chair in my room.

The time commitment has been woven into the fabric of my spiritual life. My prayer and preparation to celebrate the Sacraments of the Catholic liturgical tradition, especially the Holy Eucharist, has been augmented by practicing the TM and TM-Sidhi programs.

The daily centering experience as a meditator and a Sidha has deepened my appreciation of the contemplative dimensions of mental prayer taught in the Catholic spiritual tradition. As a calmer and more centered person, my prayerful reading of the sacred scriptures is more profound and rewarding. Deeper meaning seems to surface as I read the various passages of the books of the Holy Bible.

My prayer life has become richer. Life has slowed down interiorly even as it has accelerated externally. In addition, using the various easy Yogic breathing exercises as well as the Yoga postures I learned from the TM Movement has increased my lung capacity and my physical strength. I look and feel younger than my age.

The distress that comes with being a pastor in a Catholic parish in a 21st century urban setting in the mid-west of the USA, as well as just living in the modern world of instant

communication is potentially debilitating. Regular practice of TM has proven to be an effective way of dissolving stress as well as an effortless way to slow me down.

These benefits are attested to in numerous scientific studies that have been conducted on the TM technique. The best "study," however, has been my personal experience.

I have recommended that friends and parishioners learn the TM technique. Some have. Those who have continued to practice the technique regularly have experienced the same results as I have.

I certainly recommend Transcendental Meditation to everyone, particularly to those in the society who are responsible for the spiritual and intellectual growth of congregations and students. I have used TM as a tool that has helped me in my vocation as a priest and as a man of faith and prayer. The technique has only helped me experience the spiritual core of my religious belief at a deeper level.

Sincerely,

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

Fr. Leonard Dubi