

February 15, 2009

To whom it may concern,

I learned Maharishi's Transcendental Meditation (TM) in 1973 and became a teacher of this wonderful program in 1977. I have been practicing TM regularly since then and had the chance of teaching it to thousands of Muslims in North Africa and Asia.

I come from a Muslim family and four generations in our home have been practising the TM technique along with doing our Muslim rituals every day. I would like to say that not only does TM not conflict with our beliefs but, in fact, we found it to strengthen our faith.

Among all the people of whom I taught the TM Technique, I have never heard of anyone who gave up his Islamic practice after learning TM; but, I have heard of many individuals, born Muslim, who adopted Islamic practice after learning the TM program.

I have also heard of many, who were already steeped in their study and practice of Islam, state that it had given them greater depth and meaning to their religious study and practice, in addition to the many health and other benefits that every one derives from the TM program. Currently there are over 600 scientific studies, conducted over the last 38 years, which have documented the wide-ranging benefits of the TM technique.

Maharishi Mahesh Yogi, the founder of the TM Program, writes in his book *The Science of Being and the Art of Living* about meditation: "Here in a simple practice is the fulfilment of every religion. It belongs to the spirit of every religion; it existed in the early days of every faith and has since been lost. The principle is still contained in the scriptures. It has only been lost in practice."

The practice of Transcendental Meditation is simple, natural and effortless and is also very easy to learn. It brings the active mind to a state of restful awareness, a state of simplicity where the body gains deep relaxation and yet one's consciousness is very alert and pure. It brings increased inner strength, peace and contentment, which helps one to fulfil the requirements and goals of both religious and worldly life.

TM also dissolves anxiety and stress and promotes greater energy, creativity and intelligence, which provides the basis of success in all aspects of life. In addition, many Muslims have found that TM raises love and respect for everything in God's creation. It develops in individuals all the highest qualities of the Muslim faith: positivity, compassion, tolerance, steadfastness, purity, surrender to the will of God, and usefulness to oneself and to all others.

As a Muslim I make it my duty to recommend the TM Program to my brothers and sisters Muslims everywhere for the betterment of their life, for the reduction of stress in collective consciousness, and the achievement of peace and prosperity in their nations and the whole world.

God states in His Holy Qur'an: "Verily never will Allah change the condition of a people until they change that which is in their own self." Here, in TM, is a scientifically validated program for changing our inner condition to harmony and all good. Let us adopt it to improve that which is in our own self and deserve God's Mercy and Grace for ourselves and every living being.

Sincerely,



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