

March 2, 2009

To people of faith,

It is known that religion plays an important role in the lives of many people as Islam plays a role in mine. Sometimes, I feel that people take religion as a refuge from the hard realities of life; and, at other times, some accept it out of fear because they are not sure about the whole picture of life. Personally, I passed through both of these phases.

It has been hard for me to deal with the religious pressure of having to accept things that I did not understand and it was also difficult for me to deal with being afraid to ask questions that could be perceived as being heretical. Personally, I could not surrender to a thing that I did not understand; yet, I felt emotionally drawn to my religion. It was Transcendental Meditation (TM) that helped me to reconcile these conflicting concerns battling within my mind and heart.

Regarding Transcendental Meditation, I wanted to learn it the minute I heard about it, as if intuitively I knew that it would help me to make peace between the need of my intellect to understand and my feeling that wanted to embrace my religion without any “ands,” “ifs” or “buts.”

In the introductory lecture about TM, it is defined as a simple, natural technique for releasing stress from the body and expanding the conscious mind. My experience has shown this to be true. Through practicing this effortless technique for just 20 minutes twice a day, I have found that self-sufficiency grows and so do creativity, mental alertness, health, compassion, inner peace, and energy.

I was and am still amazed from the great peace and insight that I experience when I transcend. This experience showed me that life is not rigid—it has many dimensions and levels to it; and, how much of life we can understand and appreciate depends upon how much of the full capacity of our mind and heart we are using in daily life.


The experience of transcending makes one aware of the many mental layers we have, from the most active to the silent, infinite layer deep within us. Based on this experience, I could understand why people comprehend the same religion differently; even the religious leaders sometimes have different ways of interpreting texts. I now understand that everyone interprets the holy text based on their own level of consciousness.

The great value of TM is that it deepens and expands one's level of consciousness, so that one can begin to more fully grasp and live the deeper meanings and values of one's own religion. This truth reminds me of the teaching from the holy Qur'an that offers great knowledge in the form of a question: “Are those who know and those who know not on the same level?” Obviously, the answer is no.

If one wants to grow in insight and appreciation of the holy text, one must raise one's level of consciousness through the elimination of stress and through the development of the full capacity of both heart and mind. There are over 600 scientific studies that have already documented the many practical benefits that TM offers to all areas of human life. I think that it is important that the subjective experiences of individuals who practice TM have been objectively verified by the methods of modern science.

In conclusion, I would say that the Transcendental Meditation technique is like the cleaning the mirror and what you see afterwards has nothing to do with the actual process of cleaning. TM is not a religion and it does not in any way require individuals to change their personal beliefs or practices; yet, by promoting a clear mind and a clean, stress-free nervous system, it helps one to live the highest values of religious life.

Nada Haider

A handwritten signature in black ink that reads "Nada Haider" with a long horizontal flourish extending to the right.

Korneesh El Mazraa,

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Beirut- Lebanon