



St. Gabriel and All Angels Church
300 East Burlington Avenue
Fairfield, Iowa 52556

June 17, 2008

To whom it may concern:

In my experience of thirty-nine years regular practice of Transcendental Meditation (TM), I have found it only strengthens and enhances the practice of my Christian religious faith. In fact, it is clear to me that growing more and more familiar with the simple state of inner awareness cultivated by TM opened my ear to the “still small voice” within, and paved the way for my vocation in Christian ministry twenty-two years ago.

In my experience as a priest, many TM meditators who left formal religious practice earlier in their lives, almost as a rule, returned to it after learning to meditate. Most of these credit their practice of TM for leading them back to their faith.

Scientific research has shown that the TM technique reduces stress, improves health, mental clarity, social responsibility, and moral maturity. These benefits are directly supportive to a life of spiritual development, devotion and service to God.

The technique of TM does not provide an alternative faith. The practice itself strengthens faith in God. So, my answer to those who wonder whether TM is a religion is that there is nothing to fear and everything to gain for Christians who wish to deepen and enrich their prayer life and faith.

Sincerely,

A handwritten signature in black ink that reads "Fr. Thomas Miller". The signature is written in a cursive, slightly slanted style.

Father Thomas R. Miller
Rector