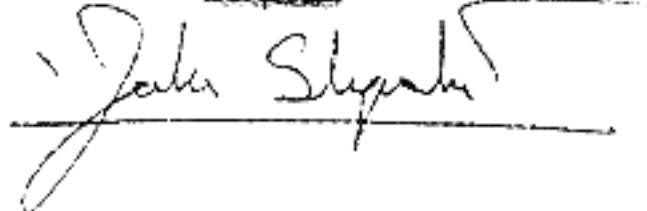


I would like it to be made known what tremendous benefits I have received from meditation on a daily basis. I have recently completed a treatment program as part of my recovery from substance and alcohol abuse and have so have only recently become aware of the practice of meditation. Although I am grateful to have learned some of these tools now, I find it extremely unfortunate that it wasn't until my life had become unmanageable and hopeless that I was finally introduced to meditation techniques. This isn't to say that I had never heard of meditation and prayer from churches and books, but rather that I had never seen it practiced in a real setting by people like me. The gentleman who directs the meditation sessions every Friday at my Sober Living Environment in La Jolla has made the concept of meditation and relaxation accessible to me. I am truly grateful and appreciative of this. He has also helped me to understand the inadequacy of preparing only your bodies for the day (i.e. showering, brushing your teeth, dressing yourself), but stresses that we must in turn take the same preparatory steps with our minds in turn. This makes sense, yet until I saw that it is practiced and works (not just hearsay) I didn't and wouldn't see it as something for me.

So I would like to convey my sincere appreciation for what I have recently been introduced to and currently practice daily. It is a dear prayer and hope of mind that younger kids may have the opportunity to learn some of these techniques earlier in their life so that they can live at peace and in ease with normal everyday problems and issues associated with growing up. I am 22 years old and am a 4th year student at UCSD and have only 20 weeks left to graduate with a Neuroscience and Physiology major; however, I never learned how to deal with life's typical stressors. Perhaps this is one of the reasons I chose to drink and use: to feel comfortable in my own skin. Maybe it isn't. But I know for a fact that if I had learned how to relax and prepare myself through prayer and meditation earlier in life I would undoubtedly have spared myself from much grief. I hope that other young men and women have the chance, the privilege to similarly spare themselves

Sincerely,

Jake W. ██████████

A handwritten signature in black ink that reads "Jake W. ██████████". The signature is written in a cursive style and is underlined with a single horizontal line.