

October 14, 2009



To whom it may concern,

I am writing to express my appreciation and recognition of The Meditation Initiative in my life. I am a student working at KPBS, a non-profit public broadcasting station in San Diego. It was when I started working here in June, that I was informed of a service provided by Meditation Initiative, where they come in once a week on Monday, and have a meditation period for a half hour with not only anybody who works here, but anyone at all.

I first met Jeff when I started coming to these weekly meditation sessions in our multi-purpose room. I was always interested in personal time for myself and clearing my mind, but never any formal meditation. This was my first experience with it, and it has done wonders to change my life.

I was struggling with a variety of problems when I first started meditation. These problems ranged from physical problems such as anxiety, to emotional problems such as relationship issues. Ever since I have started meditation, I have been so much less stressed about any situation, and have learned to take a step back, breathe, and asses the situation. My anxiety has gotten a lot better and my overall self composure is even surprising me at how calm I can remain.

Jeff is an amazing person. I do not only consider him to be my meditation teacher and guide, but also a beloved friend. I know he is this to not only me, but to every other person in which his organization touches. I feel there is a need for more of these organizations which truly understand how to help make people "better", in whatever that means for the individual, and The Meditation Initiative truly does that.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Cole Palmer'.

Cole Palmer

