

October 10, 2008

My name is Kenneth T.____ I am 20 years old. My Judge did not send me to the TESP Program. I started the TESP Program on behalf of my father. He read about the TESP Program on the Internet and he thought that the program would be a good thing for me. My father knows about meditation although he does not practice the same type of meditation that is taught by TESP. I am glad he encouraged me to start this program.

On September 28, 2006 I was arrested on charges; one count armed robbery, one count armed criminal action, and one count of possession of a controlled substance. I was accused on the basis of some one mistakenly identifying me as one of the four criminals. I was indicted on November 02, 2006 that's when I received the additional charges of one count of attempted armed robbery, and one count of armed criminal action. I was then on the docket until my trial on June 23, 2008. I was then convicted of all charges on June 25, 2008. On August 15, 2008 I was sentenced to 20 years in Missouri Department of Corrections. I am now awaiting appeal. All I can do is pray. Surprisingly I do not feel depressed or anxious because I do my meditation twice a day.

Due to TESP my health has improved tremendously. I would stay out late with friends, I didn't get much sleep, and when I did get sleep it wasn't good sleep. I would awake multiple times in a night, and toss and turn. Due to meditation I don't have these problems as often. I also would have the headaches almost everyday. Sometimes they would be light aches some days and other days really heavy ones. I now almost never get these headaches at all.

As a result of this stress management program, I no longer smoke cigarettes. I would also drink alcohol and occasionally smoke marijuana. I used these things as my way to relieve stress, and somewhat get away. I now know I was wrong, and I do not use these substances at all. I just don't need it or want it anymore.

My mental potential has indeed expanded. I notice that I have a faster and smarter way of thinking. My mind is clearer; I now listen to people's views and opinions more. That in itself has made me realize that other peoples views can benefit me. For example, if there is something I can't figure out, I just stop talking and start listening. I now think things through more and look on the outside and brighter side of the box. I've always had the potential to do these things but now I realize it.

My attitude has changed a lot. I get upset less when in negative situations. I am now calmer and easy going. I also would procrastinate but now that is minimized. I now just think about how simple it really is and I just do it. I now give people my insight on a lot things, that's something I seldomly did. I have always had a bad temper, not real bad, but bad enough to know I didn't like it. I now have less impulsive behavior. I don't just act I strategize, and mentally break things down. Meditation has given me more advanced ability to cope with my stress.

The TESP Stress Management program over the past few months has helped me in many ways. I've always been a level headed person, but thanks to my meditation my level of mind is so much higher. I now have a new and refreshed outlook on everything, and I am becoming a better person in all aspects of life. Thank You TESP.



10/10/08