**Name:** Walid Sultan Aly Ahmed

**Wholeness Paragraph:** All the world’s religious traditions share the same core tenets of the Vedic wisdom. The terms vary, but they all refer to the same concept which is the underlying field of unity from which creation springs. Modern theoretical physics call it the superstring field. Human beings are designed for enlightenment and it is everyone birthright.

Personally, I believe all religious and wisdom tradition share some basic principles. The word “Meditate” appears a lot in the English translation of the Quran. Many verses in the Quran encourages meditation and meditators.

All Human beings have the capacity to experience the Transcendental Meditation technique benefits directly within themselves. I believe that the natural purpose of life is to discover and experience and try to learn from these experiences as much as possible.