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More to Enjoy

'An invisible shield against stress': Company employees enjoy Transcendental Meditation

by Nancy Slomowitz

TM Magazine [Translate This Article](#)
26 April 2012

After CEO Nancy Slomowitz made Transcendental Meditation a paid employee benefit during a stressful period in her company, the dynamics within the organization began to improve as the number of TM meditators increased. See [Part I](#) and [Part II](#) of this article.

I was surprised to see that the first people to sign up were the ones I thought were the least likely to do so. One employee had a combustible combination of quick temper and lack of focus. He decided to try the TM technique because of what he had seen and admired in me. He told me, "You're so consistent. Every day you come in and you say the same thing. I've never seen it anywhere else. And you never hold a grudge. I thought I knew it all when I got here, but I realize I didn't know squat."

The timing of the TM lecture could not have been better—for both of us. The change once he started meditating was dramatic, and everyone noticed it. He was able to focus better on his work. He began taking more care. He listened. He became less angry with himself and with others, and the harmony of the whole group around him improved dramatically. He had tried counseling, athletics, and weightlifting, but TM was the only tool that made a significant and lasting difference.

Another employee, an "alpha male" with a very macho attitude, started the TM program because of the stress he was beginning to experience in work and personal life. He has a three-hour commute to work—each way—and practices TM on the train. His attitude has softened; he is much more patient and friendly—both employees and customers have commented on the change.

The benefits didn't stop there. Those who took advantage of this program began to feel for themselves this invisible shield against stress. Many remarked how they began to see things more clearly and how their energy felt much more positive. Lack of focus is deadly in our work, taking its toll on energy levels and work product quality, but now people were able to stay "in the zone" for far longer than before. Others around them began to comment that they looked better, were calmer and were better able to throw off the little problems and focus on those that had a real impact on their work and lives.

The biggest payoff was seeing the anger and negativity within our group dissolve and a real team spirit take over. All this for the price of just closing your eyes twice a day for twenty minutes.

Transcendental Meditation is a critical tool in Nancy's consulting toolkit. It helps break down the barriers to success. Nancy wrote the book Work Zone Madness (Amazon.com) to shed light on the types of dysfunction in today's workplace and to offer practical tools to help employees and business owners overcome them.

Source: Enlightenment: The Transcendental Meditation Magazine

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Global Good News comment:

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'Vedic Economy thrives through the principle of do less and accomplish more.'

—Maharishi

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