May 14

[Meditation] is directly related to improving skills essential to a lawyer’s work. And of course, mindfulness helps lawyers deal with the problem of stress and anxiety that overwhelms many of them and saps spontaneity and happiness from their professional lives.

~Charles Halpern

Being trained in logic and reasoning, many attorneys shun the idea of the healing power of meditation. We picture meditators sitting with legs crossed and hands in the Jnana mudra position and think of it as billable time wasted. Many of us not only did not buy into meditation, we viewed it as a sign of weakness—its healing powers elusive and unexplained, the proof of which would never survive the Rules of Evidence.

In recovery we’ve learned that it is the setting aside of time for silence, stillness, prayer and, yes, meditation that keeps us grounded and in close contact with our Higher Power. In our law practices we learn something every day, and the experience and wisdom we gain make us better lawyers. In our lives, we need to learn spiritually every day with the same discipline we apply to trial prep or keeping abreast of developments in the law. Mindfulness allows us to deal with our challenges and transform our angers, fears, and resentments into peace, joy, and fulfillment.

Of course, we typically don’t leap into meditation; we ease into it slowly. We are mindful when we’re still and alone, regardless of where we are. For some it will be a quiet beach, a massage, sitting in a hunting stand, in church, or simply walking in the woods. Mindfulness is the key to our ongoing contact with our Higher Power and will give us immense power to achieve another daily reprieve no matter what life throws at us.

Today I will be conscious of my quiet time and take in the healing power my mindfulness brings me.