



Feature

Attorneys and Relaxation: How You Can Focus and Be at Your Best

This article talks about attorneys and relaxation. These two words almost seem contradictory at first sight, but actually they are not. Many attorneys are learning to relax to combat the stress that is the legal life. These are the lawyers who like to gain control of their legal lives as opposed to their legal life controlling them.

Good things are happening in the legal profession. Studies have shown the stress levels in the legal field are some of the highest because of the nature of the profession. But things are turning around for many lawyers. Recently a former attorney, turned meditation Guru, American style, has written a book called 8 Minute Meditation which has received accolades from Time Magazine and the best selling author of Don't Sweat the Small Stuff. The author Victor Davich has a seminar called "Eastern tools for Western Results" and teaches his 8 minute meditation to attorneys and corporations. Davich worked as an attorney himself for Paramount, Universal TV and Y&R. Victor Davich has become an expert in meditation and received training from America's best, Shinzen Young and Sharon Salzberg.

Training 400 attorneys in one room to meditate is a big step towards less stress for California attorneys who went to Victor's seminar at the Westin Palm Springs Hotel in the Grand Ball Room. The two top cities who employ the most attorneys in the nation are New York and Los Angeles. Victor Davich is himself a native of Los Angeles, California where Paramount and Universal are located. He schedules his seminar, "Eastern Tools for Western Results" for any organization interested in his presentation. He has done training for the healthcare profession, civic and church organizations and life change groups.

Meditation is one very big tool for stress and Victor Davich is getting responses to his book from readers who have said it is the best meditation for Americans who are used to quick fixes. Can I learn it fast? Can I do it in 10 minutes or less? Victor has brought meditation to a country that needed to fit meditation into a time schedule. His book says no more

excuses, it takes 12 minutes to learn and then you are ready for your first 8 minute meditation. The book coaches you through 8 weeks of meditation. Most people claim having seen results before the 8 weeks are through.

What are the Benefits of Meditation?

- Meditation is taught to many who need to reduce stress.
- Meditation does not belong to any religion but it used by almost all religions
- Studies show Meditation can be helpful for stress, insomnia, backaches, headaches
- Meditation teaches you to focus
- Meditation is the opposite of multi-tasking
- Time is needed to learn to tune out the chatter around you and find a quiet environment to focus.
- Gaining focus gives you inner spiritual strength
- The table of your mind that was cluttered with lots of "things" is cleared off
- You think clearly, you focus at work, you are better able to respond to stress

Many of us are not in tune to doing just one thing and you will be surprised to learn it could take several weeks to go a place in meditation where other thoughts do not creep into your mind during the quietness. This is why people who do meditation often work with tapes that provide music conducive for focus.

EmploymentCrossing is the largest collection of active jobs in the world.

We continuously monitor the hiring needs of more than 250,000 employers, including virtually every corporation and organization in the United States. We do not charge employers to post their jobs and we aggressively contact and investigate thousands of employers each day to learn of new positions. No one works harder than EmploymentCrossing.

Let EmploymentCrossing go to work for you.