

Kaye Bender Rembaum takes time out from billable hours to meditate

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Pompano Beach attorney [Michael Bender](#) had been a practicing attorney for years when he noticed stress was getting to him.

"There was a lot of running around between our home life and work. My wife and I found that we were taking it out on each other sometimes, reacting to each other," Bender. "Around that same time, I heard about the benefits of transcendental meditation, on the Howard Stern show."

He discussed solutions with his partners at Kaye Bender Rembaum. An associate researched local meditation training. They found [Naomi Greenfield](#), a certified instructor in Sunrise. After several training courses, the firm established daily meditation sessions at 4:30 p.m. Seven of the firm's 45 employees regularly participate by sitting in a room silently for about 20 minutes daily.

"Overall, I feel a much more relaxed state," Bender said. "The stresses don't go away, but I find I'm physically and mentally able to tolerate them more."

The firm's managing member, Robert Kaye, 59, who has temporomandibular joint disorder (TMJ) is also convinced.

"I used to have constant throbbing and headaches," Kaye said. "But, a day after starting to meditate, the throbbing went away. I still have headaches sometimes, but they come and go quicker now."

Kaye said he is more relaxed in general.

"We turn off the phones and close the door, and it's actually quieter than at home – where the puppy is barking, the phone is ringing, etc.," he said.

After the first free session, the firm paid for Greenfield to come to the office for regular group training, which she still does monthly.

Bender said he and most of the attorneys meditate twice daily, starting with a 20-minute session at home in the morning.

The meditation practiced at the firm is a global technique trademarked under the name Transcendental Meditation. It was started by the late [Maharishi Mahesh Yogi](#), who achieved fame in the 1960s as the guru to the Beatles and other celebrities.

The technique includes the use of a personal mantra – a positive phrase or saying that each person develops with the coach's guidance. When meditating, Bender thinks about the mantra over and over to himself. When his focus or attention wanders, he lets it happen, then comes back to saying the mantra.



Mark Freerks

Donna Wasylik,
Kerstin Henze, Deborah Sugarman, Robert Kaye and
Michael Bender meditate at Kaye Bender Rembaum in
Pompano Beach.

Asked if it gets boring after a while, Bender said: "I start hearing the mantra as soon as I close my eyes and begin. Thoughts come and go, and that is actually letting go of stress."

He said he feels more relaxed throughout the day, which helps him with multitasking and "allows me to go home and have some energy still."

THE DETAILS:

Certified Transcendental Meditation

[Naomi Greenfield](#) became a meditation coach in 1978 with Transcendental Meditation program founder [Maharishi Mahesh Yogi](#) in Switzerland. She has taught in several cities, and is currently director of the TM program in Broward County. She and her husband run Transcendental Meditation of Broward County. For more information, go to [www.tm-florida.org](#).

The Greenfields charge \$1,500 a person for a training course, and \$750 for an additional spouse. A corporate rate is available for businesses with 10 or more people learning. [Naomi Greenfield](#) said studies have shown that Transcendental Meditation results in increased productivity.