Meditating Lawyer No Oxymoron

Group Brings Zen To Boardroom

By Matt Masich
LAW WEEK COLORADO

DENVER — The image of workaholic lawyers slowing down to silently meditate strikes many people as incongruous.

Eric Bentley, litigation partner at Holme Roberts & Owen's Colorado Springs office, would like to change that.

"Last year, when I went to a meditation retreat for lawyers, I got several laughs," he said. "A very typical response is that meditation for lawyers is an oxymoron."

In April, Bentley and about a dozen other meditating lawyers held the first meeting of the Colorado Contemplative Lawyers Society. Their goal, Bentley says, is to give lawyers a place to discuss the unique ways meditation can help lawyers practice law, as well as spread the word to those who don't currently meditate.

One of the first things the Contemplative Lawyers emphasize is that lawyers who meditate do their jobs better.

"It's not just a New Age fad," said Stephanie West Allen, Contemplative Lawyers' co-founder. "It's very much a mechanism for improving your professional skills and your professional performance."

Allen is a professional mediator (one "i") and also a strong proponent of meditation (two "i's") for lawyers. She sees signs that meditation is becoming more accepted in the legal profession, though she acknowledges that most lawyers are still wary.

"One of the reasons lawyers are often resistant to meditation is that they think it..."
Jeffco DA Playing It Safe
First Judicial District Attorney Scott Storey is hosting the Community Safety Awareness Fair from 8 a.m. to noon Saturday at Red Rocks Community College.

“We don’t believe anything like this has ever been done,” Storey says. “There is something for everyone: free document shredding, safety presentations all morning long and a complete range of safety services. We’ll even run your credit report, and a bank officer will be there to go over it with you.”

Other News Involving Lawyers
Denver’s Sherman & Howard represented Arcadis, an international consultancy, design, engineering and management services company, in its merger with White Plains, N.Y.-based Malcolm Pirnie. Karen Chapman led a team of attorneys including Jeff Kesselman, Scott Dill, Joe Davis, Maxi Lyons, Mike Dubetz, Kathy Odle, Aubyn Krulish, Mike Borchlewicz, Cyndi Stovall, Victoria Chenault, Nicole Brennan, Paulina Proper, Jon Lien, Taylor Dix and Jake Spratt. That reminds us: Law Week Colorado’s deadline for reporting 2nd Quarter Big Deals is Friday. See www.lawweaksurveys.com for details. … Faegre & Benson’s Peter C. Schaub earned the Leadership in Energy and Environmental Design Accredited Professional designation from the U.S. Green Building Council. … Holland & Hart’s Paul Schlauch has been named Mining Lawyer of the Year 2009 in the Who’s Who Legal Awards for the fifth straight year. … Neil M. Goff, a Brownstein Hyatt Farber Schreck shareholder, was recently named to the Global Down Syndrome Foundation board.

Submit items for this column — anonymity guaranteed — to legallowdown@circuitmedia.com.