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## ISSUE 2

Today, at age 77, José has 18 members of his extended family practicing the Transcendental Meditation technique with him. With so many close family members practicing the TM program, he has lots of turning points to share.



## MY STORY

In this column, meditators share their stories\* of how they started the Transcendental Meditation technique and what kinds of positive changes have occurred in their lives.

## Sharing the TM technique with my family

BY JOSÉ GUTIERREZ AND LINDA EGENES

It was 30 years ago when a TM poster in an El Paso store window caught the eye of José Gutierrez. “I went to the introductory lecture, and that was it,” he says. “I found what I was searching for. From the first meditation, I experienced unbelievable energy, and it just kept getting better and better.”

José said he had been looking for something to help relieve the stress and pressures of his business. Starting out as a door-to-door vacuum cleaner salesman, he had worked his way up to become the company’s distributor for the city of El Paso. His job involved motivating and training younger sales people.

“I found that the TM kept me in a state of calm even when there were a lot of demands on me,” he says.

“There’s a lot of stress in this world—I can’t do much

José also says the daily meditations helped him turn around his health. “In that type of business, you attend a lot of conventions, the whiskey flows freely, and I was nipping too much. After learning to meditate, I got control of the drinking. I



**MY STORY ▶**  
José Gutierrez



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about that, but I can help  
our own children.”

—*José Gutierrez*

also suddenly stopped smoking one day. You just make better  
choices.”

José is not the kind of person to keep a good thing to himself.  
Soon he had his wife and seven kids meditating.

“As time went on, our kids got married and had their own kids.  
I thought, ‘There’s a lot of stress in this world—I can’t do much about that, but I can help our own  
children.’” So in characteristic fashion, José paid for his grandchildren to start the TM® technique.

Today, at age 77, José has 18 members of his extended family practicing the Transcendental Meditation  
technique with him. With so many close family members meditating, he has lots of turning points to share.

“One of my sons, who had stopped meditating years earlier, was diagnosed with paranoid schizophrenia,”  
says José. “Lo and behold, he went back to meditating, and in just a short time, within a year or two, he  
was able to come off his medications. He got married, has four kids, and runs a small construction company.  
He’s a happy person, laughing all the time, and he doesn’t drink, doesn’t smoke. He attributes the  
turnaround to TM.”

José relates how one of his daughters-in-law suffered from high blood pressure. “In the first week after  
starting to meditate, she went to see her doctor, and he cut her medications in half. By the third week, he  
took her off her meds altogether. He told her, ‘Whatever you’re doing, keep on doing it!’”

José’s wife passed away five years ago, but the family remains close. “As a family we have always tried to  
watch out for one another, to encourage one another. Recently, I hosted a TM lecture at our house, and  
most of the people there were ours.”

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