

# DEEP REST FOR THE BEST

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## Advisory Board

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## Indianapolis Initiative Seeks to Bring Deep Rest to Firefighters Through the Transcendental Meditation® (TM) Technique

**“Deep Rest for the Best” aims to provide TM instruction and lifetime support for 10 percent of the Indianapolis Fire Department**

**INDIANAPOLIS, Indiana** — May 24, 2026 — A new Indianapolis-based initiative, Deep Rest for the Best, is seeking community support to provide TM instruction to approximately 130 members of the Indianapolis Fire Department — about 10 percent of the department.

The program is spearheaded locally by certified TM instructor **Paul Wilson**, who has practiced the TM technique for more than 50 years and has instructed nearly 700.

“Firefighters spend their careers running toward the worst moments in other people’s lives,” Wilson reports. “Deep Rest for the Best is a way for Indianapolis to give something back: a simple, practical tool for rest, resilience, and recovery.”

The initiative has gained support from **Doug Abernathy**, retired Indianapolis Fire Department Battalion Chief of Wellness and Support, who describes the TM technique as life-changing.

“Immediately that first night, I felt like I slept for the first time in many years,” Abernathy says. “I realized this is already working for me. And it was easy.”

Abernathy, who served nearly four decades in the fire service and helped advance IFD’s peer support and behavioral health programs, said firefighters face repeated exposure to trauma, sleep disruption, and stress.

“We deal with a lot of stress and anxiety on the job,” Abernathy reflects. “You can’t forget what you’ve seen. You carry that pain inside yourself, and then you bring it home.”

He calls TM “a game changer” and “a powerful tool,” adding: “With TM, you can actually chill.”

Wilson says the program is designed to meet first responders where they are.

“The TM technique does not require belief, concentration, or a lifestyle change,” Wilson explains. “It is learned personally, practiced privately, and supported for life. That makes it especially well suited for firefighters, whose schedules and stress loads are unlike almost anyone else’s.”

The initiative, thinking big, seeks to raise **\$100,000** to cover instruction and lifetime support for IFD members at no out-of-pocket cost. Existing donations through a charitable, tax-exempt 501(c)(3) organization have already made **\$3,120** available, enough to train four additional firefighters. Wilson has instructed 15 IFD members at various organizational levels to date.

Abernathy says the importance of rest cannot be overstated.

“The power of a well-rested mind is almost unrecognizable in our culture because we don’t allow ourselves to fully rest,” he said. “If I can get my brothers and sisters more rested, I guarantee you we can change the fire service for the better.”

Senior Battalion Chief **Dudley Taylor** has been delighted with his results.

“One of the most profound changes is how grounded and centered I feel after each session. Whether I’m dealing with stress, brain fog, or just a hectic day, this practice helps me reset.”

For more information, visit [TMIndy.org](http://TMIndy.org).

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Transcendental Meditation has been covered in local news:

An article and short video interview from the Indianapolis NBC affiliate WTHR *13Sunrise* show:

<https://www.wthr.com/article/life/wellness/transcendental-meditation-stress-holiday-indianapolis/531-df10dfa8-6842-483b-9064-a1ce398b761b>

Another article and short video interview from Indianapolis’s WISH-TV *Finding Faith* show:

<https://www.wishtv.com/lifestylelive/finding-faith-with-randy-ollis-learning-about-transcendental-meditation/>