



LIFE  
AFTER  
TRADING

MIND OVER MARKET:  
Matthew Schojam finds calm  
amid Wall Street's clamor.

## MEDITATION MAN

How Matthew Schojam traded his long positions for the lotus position and equities for inner peace BY CRISTINA VELOCCI

**NAME:** Matthew Schojam

**AGE:** 30

**LOCATION:** Nepal, Southeast Asia, Tibet

**LIFE IN TRADING:** 1996: NYSE runner; 1996–1997: equities trader for Midwood Securities; 1997–1998: equities trader for boutique firms; 1998–2007: equities trader for Bank of America on the NYSE floor

**LIFE AFTER TRADING:** Nomadic yogi and meditation instructor

**THE STOP-LOSS:** After the 9/11 attacks, Schojam got involved with the nonprofit organization September Space, teaching

meditation to victims and their families.

Over his two years with the group, he gradually reevaluated his priorities: “I no longer have a passion for [trading], and it’s time for me to start giving back.” While he’s happy to have exchanged stocks and bonds for yoga and Zen, he doesn’t regret his time on Wall Street. “It was so good to me. I’ve led such a good life for so long that it was time to offer that to others who really need it.”

**THE PATH TO ENLIGHTENMENT:** Schojam turned to meditation nine years ago for sobriety’s sake. “I needed something due to

the constant job pressure — and partying wasn’t working.” He taught himself meditation by reading books on Zen and studying under instructors in the U.S. and India. His involvement with September Space stemmed from his desire to teach meditation to traders. “Looking around on the train every day, it was pretty obvious that people weren’t happy.”

**THE LONG POSITION:** Having recently left New York to wander through Asia, Schojam plans to found Small Fortunes International, a nonprofit focusing on microcredit lending and holistic health. “There’s so much fulfillment in service to others. Trading becomes very monotonous if we don’t accept change and look for something to be more passionate about.” ■

