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Meditation at NLP workshop

Mind power and its curative value

In a way hope died for Murlu Menon when he met with a road accident four years ago. The accident left him totally paralysed on the left side of his body. He was told by doctors to get used to a life in a wheel chair.

But today he is back on his feet leading a hectic life of a management consultant — thanks to his earlier exposure to Neuro Linguistic Programming (NLP). "NLP works on three kinds of programming depending on the predominant trait of an individual — Visual, Auditory and Kinesthetic (touch)", says Murlu Menon who now conducts NLP workshops for individuals and corporate sector.

"All of us have our own mental maps in our unconscious mind, a visual person will be attracted to colour, an auditory person to sound and kinesthetic person to touch", he says.

In NLP, neuro is derived from nerves, which represents behaviour, linguistic is derived from language, which means structure and programming is borrowed from computers, which means creating change. Thus, NLP creates structured behavioural changes in our attitudes using techniques like meditation, creative visualisation and auto-suggestion depending on the person's unconscious mental map. In healing, visuals respond best to colour therapy, auditories to music therapy (songs and mantras) and kinesthetics to writing therapy.

Further elaborating Murlu says, "The therapy-cum-cure for kinesthetics like me involves writing. So in my case it was writing poetry which helped me to

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recover from paralysis." A nurse at the hospital where he was undergoing treatment was supportive and kind enough to write down every alphabet of the poems he composed during his illness. There was no way he could write or speak but she worked out a code. A single bar of the eyelid was 'a', a double blink 'b' and so on.

Through NLP any disease can be cured by using and upgrading mental power. NLP helps people to improve their inter-personal relationship, level of efficiency and cure chronic health problems.

For people suffering from traumas of accident or death of near and dear ones NLP offers help. For many two-wheeler riders who have met with an accident, the very thought of driving can be frightening. But Neuro Linguistic Programming (NLP) techniques help people overcome such fears.

"According to NLP if you have

a negative memory you have to programme it out of your system. This you do by closing your eyes, sitting in yoga position, listening to special mind power music and visualising the same event again like watching a movie", he says.

"The hardware and the software of the brain is so good that we can again visualise the same accident. So one has to close his eyes and visualise a vehicle running and hitting his vehicle. Then he has to open his eyes close it again and visualise the scene again. This time — the other vehicle going backwards and his vehicle returning to normal. Something like a rewind of the film. By the rewind process, all the negative energy associated with that particular memory go into the trash can as you programme the experience out of the system", he explains.

"Attending the NLP workshop was a stimulating experience. It helps us to understand fellow human beings in a more meaningful way. It helped me to remain cool even while I was handling a very tough situation at my workplace", says Shreedhar, lobby manager in a hotel in Bangalore who alongwith his colleagues attended Murlu's NLP workshop for sharpening their inter-personal skills.

NLP maintains that each one of us accumulate some kind of energy — positive, negative or neutral. By NLP meditation, one can vibrate with the energies of the universe.

Murlu has an interesting theory which links NLP with the practice of Islam. "At a particular time all Muslims have to face the east and look towards the Kaaba. That is visual. Then comes the auditory

part of the azaan, or the... the Mullah, and during prayer all of them touch the ground. All the three vital factors of NLP — the visual, the auditory and the kinesthetic — are involved in this daily ritual of Islam. The scientific concept behind this is that when millions gather together and bow down and touch the ground in prayer, it liberates a tremendous amount of cosmic energy."

A unique proposition about NLP is that if one person can then anybody else can. He advocates that the entire family should meditate together for a few minutes every morning at sunrise. "They can either bow down together or just clap their hands. When you do that a support develops and family life becomes happy. This happiness and harmony gets reflected in one's professional life too."

"After attending the NLP workshop now all of us sit together in our pocha room and meditate for half an hour. Apart from writing as an anti-stress measure it has instilled a sense of discipline in my school going children", says Geeta Nair, a housewife staying in Dondur.

"I always had problems of concentration but now thanks to NLP I have overcome this handicap. By practising regular meditation and yoga nidra my productivity has increased", says Subrat Kumar Bheera, an executive.

The origins of NLP can be traced back to the Rig Veda — one of India's ancient texts. Taking advantage of the giant strides made in the fields of computer technology, animated translation and digital cameras, our ancient texts have become the focus of in-depth research by western scientists.

The Rig Vedic code throws new light towards energy dynamics. And NLP meditation and exercises teach one the subtle art of chanting mantras to enable oneself to vibrate with energies of this universe. After discovering the unconscious mind, one can proceed with specialised meditation. Visuals can liberate positive energy by chakra meditation, auditories by sound vibration and kinesthetics by dynamic meditation.

However, people practising NLP techniques have to follow a certain diet pattern. "What you eat also programmes the brain and certain kind of food interferes with the brain. NLP works best with a vegetarian diet. For practising NLP one has to give up non-vegetarian food, smoking and drinking", says Murlu Menon.

Whether it's a question of coping with the death of a loved one, stress of having a demanding job or a phobia — NLP can help a lot by "energising your mind power."