

To beat the blues corporate sector turns to 'Zenlp'

BY DEEPIKA SAHU

Bangalore, Jan. 5: After treating itself to a host of techniques from yoga to aerobics, to music therapy to stress management sessions, the overstressed corporate sector has been offered yet another option to beat the blues — Zenlp.

Zenlp or neuro linguistic programming promises to multiply brain power and overcome personal handicaps through positive suggestions that propel an individual to perform better and achieve professional goals.

Targeting middle and senior level managers in the corporate sector, Zenlp works on three kinds of programming depending on the predominant traits of an individual — visual, audio, or those based on the sense of touch, says Anthure Murli Menon, who conducts Zenlp training workshops here.

"All of us have one of these mental maps in our subconscious mind. A visual person will be attracted to colour, an auditory person to sound and kinesthetic person to touch," says Mr Menon.

Age - 6.1.98
Zenlp works through visualising techniques and certain auto suggestions including chanting of *Gayatri mantra* and selected shlokas from the *Bhagavad Gita* and vedas such as closing your eyes and repeating: "Divine energy flows through me, divine energy flows through me."

This is auto suggestion, which would help in overcoming handicaps. "Whatever you want, you keep stating in the present tense and repeating it, so that it becomes actualised," says Mr Menon.

And managers who have attended such programmes are already feeling the difference. "The programme gave a lot of stimulus to my mind and the workshop gave a boost to my confidence level, says V. Akash, an executive from Chennai adding "in future I am going to conduct the same workshop for all my company executives."

According to Zenlp researchers, in India 35 per cent of the population are visuals, the same per cent are auditory and the rest are kinesthetics. (PTI)

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