

A lie can travel halfway around the world while the truth is putting on its shoes
MARK TWAIN



Watch out

HOW DOES STRESS DIFFER IN MALES & FEMALES

Demand vs Energy: Male self-esteem is often built around adequacy of performance, and female self-esteem around adequacy of relationships. A woman allows other people's needs to determine her limits, while her own needs are ignored. Self-sacrifice in relationships is how many women enter stress. Men, on the other hand, are often at risk of letting challenge and competition set the pace. Achieving a winning performance at all costs is how many men enter stress.

Method of facing a stressful situation: Females are more likely to deal with stress by tending and befriending. Tending involves nurturant activities designed to protect the self and offspring that promote safety and reduce distress. Befriending is the creation and maintenance of social networks that may aid in this process. Men on the other hand face stress situation by boiling up or fighting back.

Hormonal difference: One of the most important reasons why men and women react differently to

ZeNLP cures phobias, fights tension

SWATI NITIN GUPTA

Educated scientific mind may pronounce it as ridiculous and sheer wastage of time, however if given a thought methods used by Murlī Menon, are ancient tribal meditations which combat stress.

Menon, who was in Delhi to release his new book *ZeNLP The Power to Relax: Tribal Meditation for Stress Management*, said, "ZeNLP is the science of creating structured change in behaviour using the language of meditation."

Menon who has done a certified course in Neuro Linguistic Programming (NLP) explained, "NLP is basically the programming of the brain with positive vibes and thoughts, which when combined with Zen meditation makes ZeNLP."

Speaking more about ZeNLP, Menon said, "NLP was created by psychotherapist John Grinder and mathematician and psychologist Richard Bandler in association with Dr Erikson in the research labs of University of California in the late 90s. Whereas, ZeNLP was invented by Indians in 1995".

A biochemistry graduate from St. Xavier's College, Ahmedabad, Menon combines scientific knowledge with ancient methods of meditation to beat the stress that the present generation face due to hectic schedules and tight deadlines. Comparing the human mind

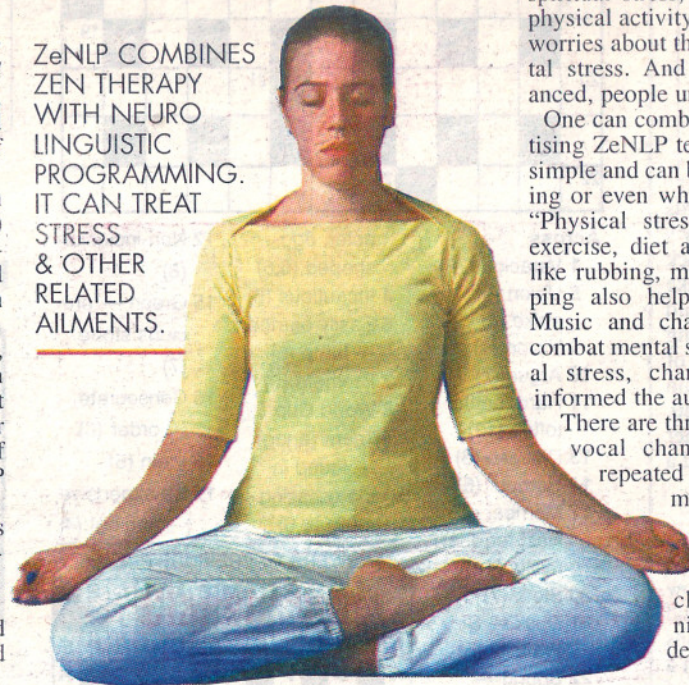


to a computer, Menon said, "Just like computers are programmed using software, human mind which is a powerful super computer can also be programmed using ZeNLP. It also acts as a software for relaxing body, mind and soul."

Apparently ZeNLP therapy can cure severe phobias, "which conventional psychotherapists used to take months to cure in the past."

He further added that there are basically

ZeNLP COMBINES ZEN THERAPY WITH NEURO LINGUISTIC PROGRAMMING. IT CAN TREAT STRESS & OTHER RELATED AILMENTS.



three types of stress — physical, mental and spiritual. "Stress is the body's natural mechanism to cope with excessive demands of one's body, mind and soul", the author informed. Giving a simple explanation for stress, Menon said, "Our mind, body and soul have been conditioned by evolution to prefer a state of perfect balance or equilibrium and when there is a slight disturbance in this harmony, person comes under stress."

Citing the reasons for physical, mental and spiritual stress, he said, "Lack or excess of physical activity can cause physical stress and worries about the past and future causes mental stress. And when soul becomes imbalanced, people undergo spiritual stress."

One can combat all the stress-types by practising ZeNLP techniques. The techniques are simple and can be done while travelling, waiting or even while working on the computer. "Physical stress can be managed through exercise, diet and fasting. Other techniques like rubbing, massage, acupressure and clapping also help in beating physical stress. Music and chanting are effective ways to combat mental stress. And for fighting spiritual stress, chanting is the best therapy," informed the author.

There are three type of chanting, *zuniya* or vocal chanting, where the *mantra* is repeated aloud, *eniya* which involves miming the mantra with only lip movements and the third being *neniya* which is chanting in mind with eyes closed. Other ZeNLP techniques that beat stress are garden meditation and Zen stories.