

Life's in your hands, don't give up, says Murli Menon

EXPRESS NEWS SERVICE

Bangalore, Sept 22: Murli Menon tells a favourite story that sums up his life and in fact all human lives. The story is of a little, vain child who goes to Buddha with a butterfly in his palm and asks him, "Is this butterfly dead or alive?" The child is sure that he will get the better of the wise man because if Buddha says "Dead," he will let the butterfly escape and if the seer says, "Alive," he will crush it to death. Buddha looks at him, smiles and says, "It's in your hands."

That is all we need to learn about life, says Menon. That it is in our hands. And he should know. When he was flung into an abyss of hopelessness by a truck on the night of Jan 1, 1995, he knew even as paralysis struck his body and took away his speech that he would claw his way back into life and normal living because it was upto him. That it was in his hands to accept a wheel-chair as part of his life or to reject it and claim full-bodied life instead.

He quotes another Zen saying "Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measures." He was



certainly not afraid to acknowledge the power of mind over pain because a few years later, he sits before hundreds of listless people from all walks of life who want to know why they get no joy from living, why addictions, big and small run their lives, why life has become a tunnel with no light at the end? He speaks of Zen, Neuro Linguistic Programming (ZeNLP) and counsels others to get in touch with their higher-selves and stand in their own light.

Murli Menon has come a long way. He can not only walk through life (without a wheel-chair) but is eager to share his journey with all those who despite their able minds and bodies feel handicapped by inner-demons. "When I was bed-ridden, I recalled American doctor

Dr John Kennedy's workshop in Zen Neuro Linguistic Programming (ZeNLP) that I had attended before my accident. I recalled his theories about human-beings and how they can be categorised as earth, fire or water people. I am an earth person and find writing very therapeutic and so decided to write even though I could not move a finger! With the help of a nurse, I formulated a vocabulary based on the number of times, I blinked my eye-lids and was even able to dictate an entire book of poetry to her," he recalls. What is even more incredible is that his book won him the National Library of Poetry Award, instituted by an American body. He was not surprised by the award because by then, he had discovered the power of self-belief. He had recovered by now and attributed his well-being to Neuro Linguistic Programming (NLP), which he now recommends as a wonderful system of healing.

For Rs 1,000 for a three-day workshop, he has helped many to realise that life is little about what happens to them but how they react to it. And as his favourite Buddha saying established earlier, the answer is indeed in their hands. Murli Menon can be contacted on e-mail: fenomenon@usa.net