

...sounding voice's failed to cure himself of diabetes, and his changing over attitude by understanding one's mental systems, seems improbable. It need not be so, says Dr Mark Memon, CEO of Almediasa based www.almediasa.com and President Phasidemon Consultants, who through the technique of NLP (Neuro Linguistic Programming), a school of psychological thought, combined with Zen (meditation), cured himself in no time after being paralysed on the left side.

The near fatal head injury diagnosed brain haemorrhage, caused when a speeding truck hit him while he was driving a two-wheeler had left him paralysed on the left side. The doctors at the Manipal Hospital, Bangalore declared he would be confined to the wheelchair for the rest of his life. He had also gone blind in the left eye. This was on the January 1, 1992.

Mastering courage and gathering his expertise on NLP with ZEN, that he had evolved in his past several visits from Australia, he rose back on his feet in four months.

There then, he is leading a

MULTIPLY mind power to get CURED

ZenNLP - a technique that combines meditation with Neuro Linguistic Programming for drug free healing

lects life conducting workshops, seminars and talks across the length and breadth of the country.

In an interview with TOI, Dr Mark Memon, shares with our readers the secrets of drug free healing by identifying your mental map.

Every individual is characterized as a Visualiser, Auditory or a Kinesthetic. This is identified by the learning methods. If the learning is best by visualising or watching, then he is a visualiser. If it is through listening then the person is an

auditory and if the response to learning is best through touch, then he is a kinesthetic. The healing power also varies accordingly.

Visualiser: They respond to chemotherapy (colour) and

GRAY CELLS

chakra meditation. The body is divided into seven chakras and each chakra is identified with a particular colour.

1. Violet-Jeluzera (the crown)
2. Indigo-Agnya (temple of the forehead)
3. Blue-Vasudha (throat)
4. Green-Anudata (heart)

5. Yellow-antara (navel)
 6. Orange-Swadisthana (abdomen)
 7. Red-Mulakra (belly)
- Prak and other chanting mantras cure headaches.

The medicinal treatment is to identify the chakra that is blocked. Light a Diamond candle of that particular colour (approximately the colour of the flame is also of that particular colour). Ask the patient to look at the flame for a definite period of time. In advanced cases, special paper may be used and the light passed through to the affected areas. The diseases are identified as fire, earth and water based.

Auditory: They respond to music and mantras or recitations. Music and ragas are also categorised according to time and the hour (fire, earth or water). The Hindus must chant

the mantras (Om Namah Shivaya, Hare Krishna and Vishnu Sahasranama for fire, Mahanarayana for Water and Shivalaya for Earth), the Muslims must recite the Kalmas and the Christians the Pater, Inconsciously afterwards, was suggested that the particular disease is getting cured should be repeatedly said.

Dr Memon, an auditory could not speak and used non-verbal communication and would think to convey a message. One blank sheet the letter A and two was B etc.

Kinesthetic: Painting, writing,

massage and mud bath are the best therapies. For fire diseases, folkways are used or it managed in someone's circle.

The latest ZenNLP technique is relaxation meditation or shanti meditation where in all the parts of the body are made to relax and write off success testimonials for positive attitude are memorised and recited. Importantly the diet during medication should be strictly vegetarian without milk and milk products. The mind, Dr Memon, says has the innate ability to identify and produce that bio-chemical response.

The only Asian to be certified ZenNLP trainer, Dr Mark Memon, is the recipient of several international awards and is listed in "International Who's Who of India/Worldwide" by the International Biographical Institute, Cambridge besides being awarded the International Award for Distinguished Leadership by American Biographical Institute, USA. He can be contacted on tel. 022-26121001 or email almediasa@rediffmail.in

Chitra Ramash 3

