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Business News › Mind matters

## Mind matters

By Rajeshwari Sharma, TNN • Last Updated: Aug 08, 2004, 12:05 AM IST

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**Synopsis**  
Nine years ago, Murli Menon had a crippled brain. He tells ET how he got to train management types and write a book, since then.

They say everything comes at a price. No one would agree with this more than Murli Menon, author of *ZenNLP – The Power To Succeed*. Nine years ago, doctors had written this cheerful management guy off when he met with a near-fatal accident. It was a miracle of sorts for Menon to have emerged out of a paralysing brain injury. The accident actually proved to be a blessing in disguise. It led him to discover his neighbour, a Zen master. Then on, began a life-changing course.

This Japanese guy, who was associated with Rajneesh ashram, helped Menon tap the limitless power of mind. It was a new trip to the unknown and unexplored world of the mind and little did he know that his crippled brain could be healed with the power of mind.

“Life has changed since,” declares Murli. He got into a strict Zen diet, began to meditate for long hours to harness the infinite power of his mind. “Before the accident, I was just a regular pub-hopping management exec smoking around 40 ciggies a day.

With mental resolve, I quit smoking and started on a diet, free from animal products. No milk or milk products either! I quit eating after sunset and just have one meal a day. I began to meditate for long hours and this gave me incredible energy,” he says, all of which is written in this autobiographical book.

Back from a recent trip to Kailash Mansarovar, a dream this avid chess player and music buff has been secretly nurturing ever since he lay paralysed in the hospital bed, Menon animatedly talks about this experience. “My goal was to trek up to Kailash one day and I guess this dream kept me going even when

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things were not in my favour," says Menon. Currently, he runs a company called PhenoMenon Consultants and conducts workshops for stressed corporates, jawans of the Indo Tibetan Border Police among others.

But it wasn't a cakewalk for Menon who had a tough time convincing people. "Initially, people were sceptical of me. They would not take my premonitions, survival story or for that matter even ZeNLP (the concept I developed combining the power of Zen and Neuro Linguistic Programming) seriously. It took me a while to get people to try out ZeNLP. Today more than 5,000 people have been benefited from our workshops," announces Menon.

A jaunt to Simli Park in Orissa opened another door for Menon. Spending time with the tribals of Simli was a unique experience.

I spent about six months learning tribal meditation and studying their way of living. I have implemented these techniques into my courses. Often my clients ask me, "How do I get more sleep?" I give them tribal music which they can play while working. It not only soothes frayed nerves and minds but also helps them sharpen their focus and concentration," says Menon.

For the trainer and the author, life got a new meaning after the accident. He never knew he would take up the pen or touch people's lives in many ways. Menon made his debut as an author from his hospital bed with Environment Friendly Poetry, which is more like a wanderlust's wish list. ZeNLP "The Power To Succeed is his second book and the third one, called Stress Management "The Power To Relax, is in the wings.

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