

Fight stress through tribal meditation



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 **The Times of India** 2012-10-26 : [Stress](#) is increasing in everyday life due to multiple social and economic factors but an expert assures a remedy through ZeNLP - the science of creating structured change in behaviour using simple "tribal meditation" techniques like clapping or chanting. Internationally acclaimed ZeNLP trainer Murlī Menon, a stress management guru, believes economic stress is increasing due to price rise while people also suffer from physical, mental and spiritual stress. Menon imparts tribal meditation technique for relieving mental stress. "There are various simple techniques to manage..."

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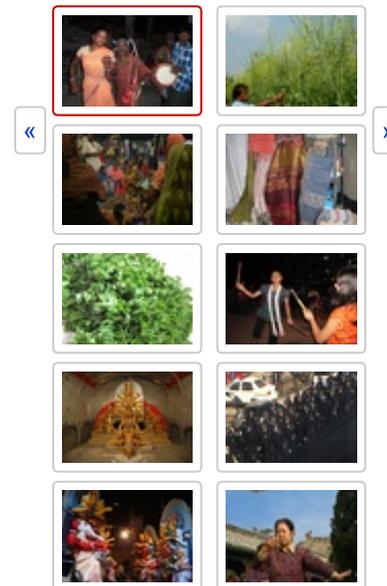


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Soul*Full Tribe - Ed Fox 4 minute clip



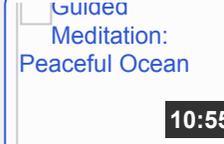
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southern [India](#). He is originally from the Kham region of [Tibet](#), and has been on a cultural tour...

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