

HEARD
ABOUT
TOWN

Zen + NLP Is Cool Guy



A wavy coffee shop, with a guitar strumming ceaselessly in the backdrop, did not quite seem the appropriate

haunt for a seeker of the soul, or even keeper of mental equilibrium. ZeNLP teacher and (patent owner), Murali Menon, seemed perfectly at peace though, sipping his infusion with the tranquility of a sage beneath a Peepul tree. But isn't that what his ZeNLP mantra is all about, a state of stress-free bliss?

The humid July weekday was his day out with the Press ("Sage wanted a cocktail party or something for the book launch, but I said if there is alcohol, I'm not going to be there...") and Menon seemed determined to let his publishers have every penny's worth of noise.

The bad car accident in 1995, that sent him into a coma and partial paralysis, has left its traces and fatigue showed through the enthusiastic prattle. "Zen evolved in India," he said, "It went to China with Bodhidharma."

Zen meditation and a mishmash of psychology, linguistics and computer sciences that Richard Bandler and John Grinder in the United States called Neuro Linguistic Programming, Menon believes, pulled him out of paralysis. Now he spreads the word among stressed out managers, defence personnel and any one who cares to come.

In between, he writes a book or two. The sequel to *ZeNLP - the power to succeed* will be *The Power To Relax*, made up of techniques of meditation gleaned from tribals in Simlipal, Orissa. ♦