

- **Which genre can you credit the best?**  
I've written about 20. My favorite is fiction.
- **What is your favorite literary character?**  
None of them. Not. Walter. When I read James and Pausanias, especially, I feel I'm more about a genre of text and the nature of text and place it occupies.
- **Which is your favorite children's book?**  
The Jane Yolen books series. I believe they are amazingly rich in visual and literary content and I think that they should be included in our curriculum.
- **Which is the funniest book you have read?**  
Nothing that I can mention. But, I guess I had a lot of fun reading Laurel and Hardy.
- **Which is the most exotic book you have read?**  
Lust: Chaucer's I Chaucer by D.H. Lawrence.
- **Which book would you make compulsory reading?**  
It all depends on the individual. Though Proust's works and Balzac's works and Tolstoy's works are a must read.
- **Which is the book that has changed your life?**  
I am inspired by people and not books. And this is a continuous process. However, Michael Katz's book did help me a lot.

(As told to Anandika Niveda Shree)

# To zero in on zen

## PROFILE

MURI MENON

By ARUNA RAGHURAM



**Y**ou're offered some advice, that Kenneth can go writer Muri Menon and promote with Zen and NLP. They're vague. Menon says no. It's all part of believing Zen/NLP, a word coined by her, which is a combination of Zen meditation and NLP (neuro-linguistic programming). Her book titled *Zen/NLP: the power we never published* by Sage has just hit the stands.

Writing happened by accident — literally. Menon had a serious accident in 1992 and was bed-ridden. He passed his first book *Environment Family Party* as he was recuperating.

The accident also changed his life dramatically. Menon had leave the Zen form of meditation while he was doing an MBA in Paris. A few years later the Tata group company he worked for sent him to the US for a workshop on NLP. Faced with the possibility of being in a wheelchair for life after the accident, he combined Zen and NLP and "programmed a miraculous recovery."

The book took her seven years to write. *Zen/NLP* is a unique perspective on how success at work and in life can be achieved by self-realisation and introspection. According to the young writer, it is a method by which an individual can improve himself through meditation, self-awareness, visualization and self-empowerment. "The book is not about success, but about the steps of successful living that lead the person to success," she writes. "It is a combination of meditation, visualization, focused inner eye, and the power of words and place to influence."

Menon, who is based in Bangalore, is a former journalist, an entrepreneur in Bangalore, and a former director of the book in an Indian alternative to traditional education. She has written two books on the power of the mind, *Self-empowerment* and *The Power of the Mind*. She has also written on the power of the mind in her writings, such as *Self-empowerment*, *Visualization*, *Self-empowerment* and the search for self-empowerment, education, religion and business.

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