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ZeNLP — The panacea for modern-day ills

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Written by [Debabrata Mohanty](#) |
June 16, 1999



BHUBANESWAR, JUNE 15: January 1, 1995, is etched in 32-year-old Murli Menon's mind. It was the day the world of the product manager with a Swedish pharmaceutical company in Bangalore turned turtle, after a speeding truck hit his two-wheeler. The accident left blood clots in the temporal lobes of his right brain, paralysing the left side of his body.

Now recovered, Menon recalls a time when doctors at the Manipal Hospital said he would be confined to a wheelchair for life. Yet, he refused to give up. Lying on the hospital bed, Menon started writing poetry, not with his hand, but by blinking his right eye, as he could neither speak or write.

A nurse at the hospital used to take down his ideas by counting the number of times he blinked. A single bat of the eyelid meant the letter 'A'. Similarly, blinking 26 times meant the letter 'Z'. Within four months, Menon completed an anthology of 32 poems titled, 'Environment-friendly poetry', though he had never written a poem before. The collection won him the National Library of Poetry Award, instituted by an organisation in the United States. The poems are on the Net at wecaretoo.com.

By the time the book was over, Menon had recovered from paralysis, thanks to the Zen Neuro Linguistic Programming (ZeNLP), a system of healing which included meditation based on scientific analysis of a person's unconscious mental map. Menon was introduced to NLP when he attended a three-month training programme conducted by Dr John Kennedy of California. He improvised on it by incorporating the Zen method of meditation.

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Menon says every person has a preferred mode of thinking. Around 55 per cent of our thoughts are unconscious, 38 per cent sub-conscious and seven per cent conscious. The power of the mind can be increased by unleashing unconscious

thoughts, he says.

People have three basic methods of perceiving the world – visual, auditory and kinesthetic (touch), says Menon. He cites Brazilian football player Pele as a visual thinker, saying he could visualise the trajectory of the ball more accurately than any other player. Similarly, Russian pole-vaulter Sergei Bubka could feel the world record breaking every time he touched the pole, he adds.

Menon, who has started PhenoMenon Consultants Incorporated, conducts workshops on ZeNLP. Besides curing diseases, ZeNLP can also help develop a particular attitude. To strengthen the visual map, patients are asked to practise *Chakra* meditation. For the auditory map, they are asked to chant *Om*, *Amin* and *Amen*, if they are Hindus, Muslims and Christians respectively.

For the kinesthetic map, patients are asked to put their thoughts on paper. Menon claims ZeNLP can cure backache, stress and psycho-somatic ailments like amnesia, paralysis and anorexia nervosa. Organic disorders like [cancer](#), diabetes and asthma can also be controlled. To date, some 1,000 people have benefitted from his treatment, he adds.

However, Menon says those practising ZeNLP should abstain from non-vegetarian food, cigarettes, alcohol and milk. The treatment works best with fruits and vegetables, he adds.

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