

# Bust stress. Do Tribal Meditation!

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**Y**oga, meditation, natural healing -- you may have experienced it all.

Now you have another option as a new form of relaxation technique promises to check the rampaging stress levels among the urban population.

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Based on the lifestyle practices of three primitive tribes in Orissa, Ahmedabad meditation expert Murli Menon claims to have come up with a new way of dealing with stress.

"There are several primitive tribes in India who live in close proximity with Nature. Their unique lifestyle practices can be an inspiration to the urban folks to deal with stress effectively. My method seeks to provide relief to the urban folks utilising the knowledge of the tribes that they have gained over centuries through close affiliation with Nature," he says.

The new 'relaxation method' is the result of research, says Menon.



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The research covered the Kadia, Mankadia and Kohl tribes of Orissa. These tribes live in the protected forest areas in Mayurbhanj district of the state.

"People usually have the notion that tribal people have a very simple life and they do not have any stress in life. But their life is full of challenges and stressful situations. But they have their own ways of handling the stress," says Menon.

After observing the lives of the three tribes closely for nine years, Menon has come up with a complete 'package', which he thinks will be able to deal with stress.



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There are a few vital components in the way the tribals live, says Menon. They are:

- Diet
- Dreams
- Dance
- Harmonised day-to-day activities.

"All put together, it can work wonders as a stress buster," says Menon.

Unlike most other tribes, the tribes Menon observed are vegetarian. He says their food habits can prove to be beneficial to the urban people.

"They are completely vegetarian. They even abstain from taking milk and milk products. They survive on different fruits naturally available in the forest area.



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They also consume a lot of fluid in the form of black tea, which enables them to beat the heat and humid weather," he says.

"Dreams are another vital component in Tribal Meditation, which can be used to predict the natural phenomenon if analysed properly," says Menon.

The Kadia, Mankadia and Kohl tribes **discuss their dreams together**.

People of these tribes assemble in their respective villages during the mornings to discuss their dreams.

Another stress-busting measure they practise is to **dance together**. The young and old get together during the evenings to shake a leg to the rhythmic beats of the drum.

"Synchronised body movements to well composed music helps do away with the stress. Tribal Meditation requires practitioners to dance in the evening for a some time," says Menon.

They sleep early, for eight hours a day usually, and rise early. Laughter and clapping are two important practices in their lives. They have rituals where they clap with both hands and laugh out loud.

Tribal Meditation combines all such practices to give a healing touch to stressed people.

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