

Programming your mind to handle stress

An NLP practitioner and author explains how the technique helps in managing stress...

Murli Menon

NLP is an acronym for Neuro-Linguistic Programming. It is the science of creating structured change in behaviour using creative visualization, autosuggestion, trance meditation, learning through stories, prayer, tree plantation, and mind power exercises.

Stress is created when inner balance is lost. Stress can be compared to a person riding a bicycle who loses his balance and has to keep his foot on the ground to prevent the bicycle from falling. NLP is the proverbial foot which prevents the bicycle from toppling over by helping the person gain inner balance.



ZeNLP is our patented brand of NLP and is a software for the mind. It is based on the belief that inner lives can change outward events and that the human mind is like a computer which can be programmed.

The solution for all stress-related problems is sought to be found after the mind map psychometric test, followed by stress level finder psychometric test, which can be taken online at our website <http://www.tips4ceos.com/estress/test.php>.

During the lockdown, we have seen an increase in people taking these tests and seeking remedies for management of physical, mental, and spiritual stress.

A person suffering from physical stress or lifestyle diseases like diabetes, high blood pressure or psychosomatic diseases can be helped by 'tribal clapping' meditation, 'chakra' meditation, and/or music therapy.

Mental stress caused by anxiety about an uncertain future can be overcome through 'tribal trance' meditation followed by chanting

Neuro Linguistic Programming (NLP) is the practice of understanding how people organise their thoughts, feelings, language and behaviour. NLP originated in the early 1970s and the people responsible were an Associate Professor from the University of California, John Grinder, and an undergraduate Richard Bandler.

A key element of NLP is that we form our unique internal mental maps depending on how we filter and perceive information absorbed through our five senses. Practitioners say NLP is effective for personal development and success in business.

Source: www.nlpacademy.co.uk

the Gayatri Mantra. A person suffering from spiritual stress and depression can benefit from listening to tribal music and soothing sounds of fire, water, and earth.

The ZeNLP Rewinded Movie Technique for overcoming Post-Traumatic Stress Disorder (PTSD) enables the mind to delete the traumatic impact of the event on your unconscious mind permanently. This is equivalent to deleting a virus infected document from your hard disk, putting it into the recycle bin and emptying the contents of the recycle bin.

About the author: Murli Menon is the author of ZeNLP - The Power to Relax, ZeNLP - Learning Through stories and ZeNLP - The Power to Succeed, among other books. For details of the therapies mentioned above, he can be reached at zenlp@rediffmail.com.