

Therapy with a difference

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JANUARY 1, 1995, is etched in 32-year-old Murli Menon's mind for ever. It was the day the world of the product manager of a Swedish pharma company in Bangalore went upside down 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 fully 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 not speak or write.

A nurse at the hospital used to pen down his ideas by counting the number of times he blinked. A single bat of the eyelid meant the letter 'X'.

Similarly, blinking 26 times meant the letter 'Z'. Within four months, Menon completed an anthology of 37 poems titled 'Environment-friendly poetry', though he had never written a poem before. And it was no ordinary collection.

It won him the National Library of Poetry Award, instituted by an organisation in the United States. The poems are on the Net at www.wccartoo.com.

By the time the book was over, Menon had completely recovered from paralysis, thanks to 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 program conducted by Dr John Kennedy of California. He improvised on it by incorporating the Zen method of meditation.

Menon says every person has a preferred mode of thinking. Around 55 per cent of our thoughts are unconscious, 38 per cent subconscious and 7 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 kinesthetic, saying he could visualise the trajectory of the ball more accurately than

any other player. Similarly, people-sucker Sergio Batista had the world record for every time he touched the ball.

Menon, who has started Madmen Consultants Limited, conducts workshops on ZeNLP. Besides curing depression, ZeNLP can also help deal with particular mental ailments, strengthen the visualisation and get asked to practice Christianisation.

For the wedding program, he asked to chant Om (for H. Anis (Muslim) and Anantim).

For the kinesthetic students are asked to put thoughts on paper. Menon says ZeNLP can cure backache and psychosomatic ailments, arthritis, paralysis and aneurysms. Organic diseases such as diabetes and asthma also be controlled. To date, 1,000 people have benefited from his treatment, he adds.

However, Menon says practicing ZeNLP should be done with vegetarian food, fruits, almonds and milk. The most works best with fruit vegetables, he adds.