



# THE TIMES OF INDIA

## Zen and the art of healing

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**Bhubaneswar:** A major accident in 1995 changed his life forever. The then Tata Group executive became an epileptic with doctors prescribing medicines for the rest of his life. Yet, thanks to a workshop on natural healing, he stopped taking medicines for the last two years and gained control over himself. He is now promoting the concept of drug-free healing. That's Murli Menon, an Ahmedabad-based expert on Zen meditation, who was here recently to conduct a workshop for corporate house Nalco.

"To promote the concept of drug-free healing, I have evolved ZenLP, that is neuro-linguistic programming with Zen meditation," claimed Menon.

He added that Dr Prem-ananda Deva's workshop had impelled him into the



Murli Menon

### PASSING THROUGH

art of drug-free healing. Menon said that he had all along been intrigued by how tribal societies were protected from diseases without using medicines.

"But modern-day physicians reject the tradition of treating ailments through rituals as baseless and superstitious," remarked Menon. In fact, this was the very reason that inspired him to visit the remote and

inaccessible terrain of Simlipal Tiger Reserve (STR) in November-December 2002 and study the tribal rituals therein.

"In the core area of STR, I came across the most primitive tribal communities, who cure malaria through a system of collective chanting," stated Menon.

He also added that every tribal community has its own deity in the groove inside the forest, where no one else is allowed; and when a person falls ill, the priest summons villagers to the spot by beating drums and consequently all of them start chanting. "Though they do it unconsciously, it is this system of meditation that connects them to cosmic consciousness, also known as Kundalini," recounted Menon. He said drug-free healing was similar to the way tribals place copper coins on their foreheads to overcome sickness.

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