

The Indian EXPRESS

Zen Neuro Linguistic Programming can not only cure a person of diseases like cancer but help him develop a particular mental attitude, says Murl Manon

Therapy with a difference: Unleash your unconscious mind, and get cured

DEBABRATA MOHANTY
BANGALORE, INDIA

JANUARY 1, 1995, is etched in Dhanraj Murl Manon's mind forever. It was the day the world of the product manager of a leading pharma company in Bangalore went upside down after a blood-splurged hit by two bullets. The accident left him lying in the hospital bed of Sir Ganga Ram, awaiting the last rites of the body.

Now talk recovered, Manon recalls the time when doctors at the Manipal Hospital said he would be confined to a wheelchair for life. But he refused to give up. He wanted to experience a type of therapy un-

known to him by an American doctor. Lying on the hospital bed, Manon started writing poems, not with his hand, but by blinking his right eye, as he could not speak or write.

A name at the hospital used to read down his lists by counting the number of blinks he flicked. A single blink of the eyelid means the letter 'A', and another, showing 25, says mean the letter 'Z'. After two months, what Manon got was an anthology of 32 poems, though never before he had composed poems. The first poem was titled 'Poetry', the anthology was for the National Library of Poetry Award, initiated by an organisation in the United States. Now, the poems are on the

Net at www.manson.com.

By the time the book was over, Manon had completely recovered from paralysis, thanks to Zen Neuro Linguistic Programming (ZaNeLP) — a system of healing which included meditation-based exercises to unlock of a person's unconscious mind. Manon had been introduced to ZaNeLP as a three-month training programme conducted by Dr John Kenneth at California. He jumped on it by incorporating the ZaNeLP method of medicine — which is communication with the energy of the universe.

Manon also says people see a preferred mode of thinking. Around 25 per cent of our thoughts are un-



Murl Manon, ZaNeLP practitioner

conscious, 30 per cent sub-conscious and 45 per cent conscious. The power of the mind can be increased by un-

locking subconscious thoughts, he says.

According to him, people have three basic methods of perceiving the world — visual, auditory and kinesthetic (touch). He cites Brazilian football player Pelé as a visual thinker, saying he could visualize the trajectory of the ball more accurately than any other player. Similarly, Russian cosmonaut Yuriy Gagarin could feel the world around him every time he touched the pole, he adds.

Manon, who has created Personalized Circuits incorporated to provide information to pharmaceutical industry through Internet, the first office of which is based in

Ahmedabad, also conducts workshops on ZaNeLP as his prime vocation. Besides curing diseases, ZaNeLP can also help develop a particular mental attitude, improve communication skills, and help concentration and memory power by creating visualization, auto-suggestion and dynamic meditation.

To strengthen the visual map, patients are asked to practice Chakra meditations. For the auditory map, they are asked to chant Om (or Huh), Ahim (Mudra) and Aham (Dhyanam). For the kinesthetic map, patients are asked to pin their thoughts on paper.

Manon claims ZaNeLP can cure backache, stress and psychosomatic

ailments like asthma, psoriasis and women's nervous. Organic diseases like cancer, diabetes and ulcers can also be controlled. Till date, more than 1,000 people have benefited from his treatment.

Practitioner among the organisations to which Manon has conducted workshops on this mode of therapy include UNICEF, IIT, Petroleum Refinery, Indian Space, Central Park, NewLata.

Manon says those practicing ZaNeLP should abstain from non-vegetarian food, cigarettes, alcohol and milk. This mode of treatment works best with fruits and vegetables, he says. He is accessible on jmanon@vsnl.net.