

Creative visualization to overcome PTSD

Stress levels are zooming everywhere, particularly mass fear fuelled by external events such as terror attacks. Here is an antidote.

By Murli Menon

Stress levels are zooming everywhere, particularly mass fear fuelled by external events such as terror attacks. Inner balance gets lost. This is exactly the objective of the perpetrators of terror. The mass media is adding fuel to the fire by live telecasts and minute by minute updates. The immediate aftermath of such tragic events is felt by the victims' immediate family and friends. As the injured recount their tales, the psychological impact of the tragedy multiplies in geometric progression and within a few hours the whole populace is under severe physical and mental stress. However, as one is not even aware of the effects of such unfortunate events on the unconscious mind, one brushes it off as a routine event! This is not wise. Post Traumatic Stress Disorder or PTSD is the hidden and long term danger.

The consequences of PTSD can cause incalculable damage to the collective unconscious. This can push the mind to make irrational and biased judgments leading to further distress. The need of the hour is to



be calm, composed and united in the wake of this unfortunate tragedy. There is no benefit in playing the blame game as the past cannot be changed. But we should not let this impact our present and future. When you lose you lose but don't lose the lesson. The need of the hour is to learn from our mistakes so that history does not repeat itself at regular intervals! A simple visualization technique called

Rewinded Movie can be of tremendous help for all victims of PTSD.

The ZeNLP Rewinded Movie Technique

Sit in a comfortable posture in a place where you will not be disturbed. Play soft music in the background. Now, close your eyes, roll your eyeballs upwards and take three deep breaths. After taking

three deep breaths, you can allow your eyeballs to move downwards and visualize a blank screen.

- ❖ Now imagine you are watching a movie of the traumatic event in color.

- ❖ You are alone in the theatre watching the event unfold on the cinemascopic screen in full color.

- ❖ Now, repeat this visualization, three times.

- ❖ Next, rewind this movie like

a video player being rewinded till you are at the start of the event.

- ❖ Now, repeat this visualization, three times.

- ❖ Open your eyes.

- ❖ Switch off the music and repeat the whole exercise again without the music.

Outcome of this ZeNLP visualization exercise: Your mind has deleted the traumatic impact of the event on your unconscious mind permanently. This is equivalent of deleting a virus infected document from your hard disk into the recycle bin and emptying the contents of the recycle bin and encrypting the deleted file such that it can never be undeleted!

One can realize the tremendous power of one's mind by employing this technique. If all the traumatized individuals delete the event from one's unconscious, the impact of the event on the collective unconscious will be erased. This is the best strategy to defeat the objective of the perpetrators of the event.

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'Phulkari' takes me back to childhood: Gursharan Kaur

The accomplishment of a Punjabi bride, her mother and the affluence of the family were traditionally judged by the number of 'phulkari' and 'bagh' textiles - two ancient thread crafts of Punjab and what is now Haryana - they made.

Gursharan Kaur, Prime Minister Manmohan Singh's wife, said Tuesday phulkari took her back to her childhood.

"We had a trunk of phulkari. It was a tradition to give the bride a phulkari at the time of marriage," she recalled while inaugurating an exhibition, 'Phulkari - From the Realm of Women's Creativity' at the Indira Gandhi National Centre for Arts (IGNCA) on April 16.

"Every household had a spinning wheel and then would spin cotton," Gursharan Kaur said, adding that "phulkari and bagh were not just special from the point of view of handicrafts but also for its social, emotional and cultural values which were rare".

The exhibition is celebrating the legacy of the craft and the problems phulkari has been facing in recent



A Punjabi bride under phulkari fabric

years, with workshops, seminars and demonstrations of the craft.

The collection of hand-spun textiles embroidered with phulkari and bagh in rich colors of red, blue, yellow, white and gold has been curated from the archives of IGNCA. The center purchased the collection of more 50 woven textile dating to the 19th century and the early 20th century from a trader dealing in traditional northern textiles in 1994.

The embroidery traditions of

Punjab and what is now Haryana date to more than 500 years and have been battling to survive in the face of resource constraints, exploitation by middlemen in villages and competition from synthetic fabric and designer wear.

Embroidered with silk thread, phulkari is a shawl made by the mother for her young daughter and daughter-in-law. Phulkari literary means floral work and is sometimes known as "bagh", which

Prime Minister Manmohan Singh's wife inaugurated an exhibition in Delhi on the famed craft of Punjab

dense embroidery in which the base is not visible on the home-made 'khaddar' cloth. The "chhop" is made of double-darn stitch on a reversible red base with yellow thread. They are embroidered along the border and in the body of the textile as small triangles, Lal said.

"They did not make 'pallus' (shoulder drapes) in saris embroidered with phulkari for unlimited prosperity and wealth," he added.

It was not a commercial craft traditionally, Lal said. "The 'chhop' was draped around the girl by her grandmother during the 'chuda' ceremony. The Vari da Bagh - a heavily embroidered drape - was given to the daughter-in-law by the mother-in-law after the 'pheras'. Each occasion had a special phulkari drape," Lal said. Nearly 300,000 women are employed in the phulkari trade in Punjab and Haryana.

Award winning phulkari craftsperson Lajwanti, who was felicitated by Gursharan Kaur, said "the craft requires money to survive. The women do not make money. They are poor. But the craft is in demand worldwide," she said.

means a garden.

They are known for their geometric and figurative iconography.

"The earliest mention of Phulkari can be found in the Guru Granth Sahib in the 15th-16th century and in the popular Punjabi epic of Heer Ranjha by Waris Shah. Not many earlier phulkaris - more than 200 years old - have survived because of the perishable nature of the material," exhibition curator Krishna Lal said.

Phulkari is embroidered in two styles. The bagh or garden is a