

Meditation at NLP workshop

Mind power and its curative value

N a way hope died for Murli Menon when he met with a road accident four years ago. The accident left him totally paralysed on the left side of his body. He was told by doctors to get used to a life on a wheel chair.

But today he is back on his feet leading a hectic life of a management consultant - thanks to his earlier exposure to Neuro Linguistic Programming (NLP). "NLP works on three kinds of programming depending on the predominant trait of an individual -Visual, Auditory and Kinesthetic (touch)", says Murli Menon who now conducts NLP workshops for individuals and corporate sector.

"All of us have one of these mental maps in our unconscious mind,

NLP can cure diseases by using and upgrading mental power. It helps people to improve their inter-personal relationship. efficiency and in curing chronic health problems.

a negative memory you have to programme it out of your system. This you do by closing your eyes, sitting in yoga position, listening to special mind power music and visualising the same event again like watching a movie", he says.

"The hardware and the software of the brain is so good that we can again visualise the same accident. So one has to close his eyes and visualise a vehicle coming and hitting his vehicle. Then he has to open his eyes close it again and visualise the scene again. This time - the other vehicle going backwards and his vehicle returning to normal. Something like a rewind of the film. By the rewind process, all the negative energy associated with that particular memory go into the trash can as you see (2/5) me the experience out of (3/5) (1) m", he explains

m", he explains. (05 tording the NLP workshop mulating experience. It to understand

gs in a me lelped ile I tuati ,

part of the azaan, or the Mullah, and during pra them touch the gro. three vital factors of the visual, the auditory of kinesthetic - are involve daily ritual of Islam. The scientific concept behind this is that when millions gather together and bow down and touch the ground in prayer, it liberates a tremendous amount of cosmic energy."

A unique proposition about NLP is that if one person can then anybody else can. He advocates that the entire family should mediate together for a few minutes every morning at sunrise. "They can either bow down together or just clap their hands. When you do that a rapport develops and family life becomes happy. This happiness and harmony gets reflected in one's professional life too!"

"After attending the NLP workshop now all of us sit together in our pooja room and meditate for half-an-hour. Apart from acting as an anti-stress measure it has instilled a sense of discipline in my school going children", says Geeta Nair, a housewife staying in

"I always had problems of concentration but now thanks to NLP I have overcome this handicap. By practising regular meditation and yoga-nidra my productivity has increased", says Subrat Kumar Behera, an executive.

The origins of NLP can be traced back to the Rig Veda - one of India's ancient texts. Taking advantage of the giant strides made in the fields of computer technology, automated translation and digital cameras, our ancient texts have become the focus of in-depth research by western scientists.

The Rig Vedic code throws new light towards energy dynamics. And NLP meditation and exercises teach one the subtle art of chanting mantras to enable oneself to vibrate with energies of this universe. After discovering the unconscious mind, one can proceed with specialised meditation. Visuals can liberate positive enby chakra meditation,

hy sound vibration and

- mic medita-

V157 //	Sell initial	AN 10 71	3 minomis	5P 1 15E D	- American and an	1	4
4 77	Bala Auto	02,1(1)	SIM BLOWC	(5,60) 3	Beat En	walgrain ??	A BHUNE
		1,65) 42,60	SWOODS E		111 5 1010d	2 (-) 3	30(0) U
(-)	A S & Pills	(31,50) 30		90:1/(-)	Patel Road	7 11	
- / 199	Avery Indi		Switch Tec	(2) 1'60	1 mmues	(2) 10	npu) η
1 4.51		08.8 (08.7)	Swills G	(2.75) 2.40	- Inmaning		IQ gnda
19 S (S6 t)	Autond.	(-) 3	Swastik Ru	(2.50) 2 10	Pas Acry	01.13 (27.8)	
P.S (252.2)	Indoine	(2,25) 2,05		50,261 (205)		01 (9+0)	UI 100
971 (11)	Automobile	(1,50) 1.30	ave Supe	20 201 (206)	und schod	(4) 3 20	נ וַכְּיִּטְּטָׁנִ
(SR'80) 27.6		12.70) 12.95) JOS LUBAS	92.10 95.10		(13) 15 22	
(12,60) 12.	Mulomati	3) 3 25		127 (-)	OTEA YTEA	t (05 %)	iM.J.IM
G1 (((f) G1)	Autolite		Syadeshi M	05,5 (-)	Parker Agr		
(40.10) A		Br.ff (39.8)		(20,10) 21	Parent.Dru	28 € (-)	ni nadi
E (09,8E)	Autoloc In	927 (88.8)	upapaling	28.1 (SP.1)	Parent Day	2 (-)	ID herit
1 (91)	Auto Cor.G	(4.50) 3.50	Suryalyo	(14) 13	mouspind	03.1 (-)	SPIEMEN
2 (08,82)	seixA oluA	(2,30) 2.25	,		Innomera9	28.81 (BT)	Durink Syn
3.01 (11)	Austra Eng	(2 30) 2	Surya Agro	20.01 (-)	Pantaloon	43,75) 42,10) ni nsic
P (90'211-)	ned misuA	S0 91 (pt)		(8.05) 23.10	Pantaloo	11(-)	
1 (30 617)		2 (02.2)	La En Eus	36.7 (04.7)	Panion L	5 (9)	9912 111
Ct (05 SLt)	obnidotuA	3 100 31	Suprama Or	£ (06.4)	Panchshee		luold near
(05.71)		(5,55) 3	Supreme Ho	SI' > (SO +)	Dandadaned	28.10) 29.50	J.War (
(SZ ZL)	Atul Ltd.	87.8 (8)	Superhouse	02.1 (25.1)	Panch.St	20.1 (-)	TITIS IN PITT
(48.35)	SALL FORD	S1 (S1)	Supply Tann			3Z.1 (-)	19VO RB1
(42 20)	Allas Cycl	(3) 3	Super Sync	Shir (r)	Panch.Ceme	05.4 (4)	10 Hotel
.ê (01.ê)		(2.65) 3	20012	2 (-)	189 Smans4	56'2 (09'11)	-M destill
12 101 21	Atlantic	(2 50) -	Quantum day	53.25) 142,50	7)	-(9)	
(-)	litx9T IIA		Super Forg	- (06,58)	Hanacea Bi		ilbum En
71 (9821)		21,8 (38.7)	Sunstar	61.5 (-)		(2,55) 2,25	unqu
(17 05) 16.	Aico Ind	(3.45) 3.85	apisung	28.I (08.I)	Pan Electr	28.11 (24.11)	bn),bon
1 (28.1)	uj usnje	7 (08.7)	Sunshield	1 (1)	pisy und	Of. r (-)	mah bash
The Publishment	at dentity	SELZ (09:Z)	Dennie		Pan Asia G	(52) 52	iT nat an
		71121421		neint Insiel	midaritup	20 (20)	T apt pri