THE HINDU

way to succeed

BARODAH PISHAROTY meets
on, the author of "ZenLP –
Power To Succeed".

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Also, with his own example by his side, Murli now runs workshops with the banner of PhenoMenon Consultants for stressed corporates in many metros, jawans of Indo Tibetan Border Police, besides others.

Conductor of workshops

"I often find my clients asking me, 'How do I get more sleep?' I give them tribal music which they can play while working. It would not only soothe their minds but would also help them in gaining concentration," says the trainer. Sticking a coin in the middle of his forehead, he goes on to describe meditation with the same logic that describes the original purpose of putting a bindi up your forehead in Hindu shastras.

Taking up the pen on a hospital bed to roll out his first book, "Environment Friendly Poetry" based on the places he had never seen and would like to go, "ZenLP" is his second offering. "The third one would be called Stress Management – The Power To Relax," he informs. A Zen follower to the core, he has indeed rolled out an appealing book on the subject which, in its very first line promises to "change your life." But somehow, somewhere, you lose contact with such a mind. And at times, you feel if a better life is in sticking to so many strict rules, isn't life without rules easier?

Murli Manoh... 'Ze...
Photo: Sandeep...