

# 'Tribal meditation' for Govt. officers

By Our Staff Reporter

**BANGALORE, JUNE 6.** They sat cross-legged on the floor and listened to instructions on the PA system. All of them carefully obeyed suggestions such as "breathe deeply, exhale... keep eyes closed."

These were not followers of some esoteric cult, but senior Government officers attending a class in "tribal meditation", an event spread over three days in the City, which concluded on Friday.

While the modern medical system is now taking seriously alternative healing therapies such as yoga and meditation, the age-old tribal tradition of treating ailments through certain rituals appears to have a scientific basis. This has been the finding of a study by an Ahmedabad-based expert on the Zen meditation system, Murali Menon, who claims to have evolved ZenLP, a combination of Zen meditation and neuro-linguistic Programme, to promote the art of drug-free healing.

The main aim of the work-

shop was to improve the participants' team-building skills, synergy, and coordination.

All aspects increasingly required when Government organisations are fast catching up with the corporate culture of successful private enterprises. Officers representing all districts participated. "The workshop was conducted from 8 a.m. to 9 p.m. with yoga and exercises for the body, meditation for the mind, and non-sectarian prayers for the soul," Mr. Menon said. According to him, Zen meditation prohibits consumption of animal meat and participants have to follow a strict diet of vegetables and fruit, preferably raw.

"Modern medical systems often reject ancient tribal rituals as superstition, but there is a need to study the scientific basis of rituals on which communities have total trust and dependence over the ages by which they have survived," he added.

Mr. Menon has conducted more than 300 workshops all over India, and more than 3,000 participants have benefited from them.