

Sujata Garimella

FLASHBACK: 1995 — At 28 it looked as if his life was over. He had been sentenced to a life of paralysis and immobility after an accident. Muri Menon was

Zen & the art of drug-free healing

declared a veritable vegetable.

Fast forward: 2000something — Muri Menon stands tall addressing groups of people with numerous problems, and cures them without medicines!

Does that sound too fanciful? Muri believes this and is a proof of this faith. "I had a serious head injury, and anybody with head injury has to take medicines to guard against epileptic fits. But I took medicines only for a year. After that I haven't taken a single tablet and am perfectly fine thanks to NLP (Neuro-linguistic programming)," he says.

A biochemistry graduate, Muri was working with a pharmaceutical company when he attended a workshop on NLP. "Pharmaceutical companies had heard a lot about alternate healing therapies so I was sent to this workshop to find out more about it."

And he was a convert. John Kennedy, a proponent of NLP was the conductor of the three-month course that Muri attended. When Kennedy was 42 he was diagnosed as suffering from prostate cancer and was given the limited years that a cancer patient has. But using NLP, the gentleman at 87 is hale and hearty.

"His example was what gave me the faith to stop medicines and depend on NLP for my cure when I was paralysed," confides Muri.

Just what is this NLP? The practi-

tioners of NLP have designed a mental software. They give a structured questionnaire to the subject. The questions ask self descriptions and personal choices. There are 15 questions with three choices for each answer, the subject has to choose one answer for each ques-

Kalpana Dutt



tion selecting the one that best describes them or the way they feel. The answers are fed into the computer and the subject analysed as a visual (responding best to visuals), auditory (responding to sound) or kinaesthetic (responding to touch).

Once this mental map is charted out, NLP guides the person towards achieving whatever they set as their goal. In Muri's case, he was found to be kinaesthetic, and his treatment was to write. As his therapy progressed, he could feel sensation returning slowly from the tips of his fingers onwards. "It was miraculous," he enthuses.

Adding a further dimension to NLP, Muri developed ZenNLP. "There are fire, earth and water personalities. Zen sees the elements of the universe in everyone," he says. He has attributed earth to kinaesthetic, water to auditory and fire to visual people and advises meditation as part of the cure.

"The world is heading towards a day when medicines will be redundant," he opines. "I hold a lot of workshops for various pharmaceutical companies and they are aware of it. There is a theory of collective consciousness. Almost everyone everywhere has had some bad experience with medicines. When the loss of faith in drugs reaches a certain stage, there will be a shift away from all drugs. And alternative therapies will be tried and they will work." Just like in his own case. Given up as incurable, today he travels all around the country holding workshops helping people reach the best that they can be, and curing the hopeless.

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