VIEWS

Inner life can change outward events

By MURALI MENON

It all started one lazy Sunday afternoon in a small village named Karripode, near Pallakad in Kerala. Two school-going friends had a crazy idea. They rounded up three goats from the neighborhood and painted the number 1, 2 and 4 on their sides.

That night they let the goats loose inside their school building.

The next morning, when the authorities entered the school, they could smell something was wrong. They soon saw goat droppings on the stairs and near the entrance and realized that some goats had entered the building.

A search was immediately launched and very soon, the three goats were found.

But the authorities were worried, where was goat No. 3?

They spent the rest of the day looking for goat No.3. Gradually there was panic and frustration.

The school declared classes off for the students for the rest of the day.

The teachers, helpers, guards and canteen-boys were all busy looking for the goat No. 3, which, of course, was never found.

Simply because it did not exist. Time is the greatest healer of all.

In a few weeks or months or years, the Coronavirus scare would be a thing of the past. Life would continue as it was during the good old days before this virus appeared from China.

Who are the beneficiaries of this lockdown? Who will benefit in the post Covid era?

Well the first sector that will benefit from this lockdown is the software industry. The reason being that companies where people to people interaction is minimal will be benefited. By people to people meetings I mean services like restaurants malls, supermarkets and hotels

Hardware sales will be impacted as people will repair and extend the life of their existing gadgets. Software sales will continue as anything that can be downloaded will be downloaded on the internet and mobile will have a market. So This includes companies who are into software services,

email dabase selling, WhatsApp database marketers, database management companies, digital marketing companies besides YouTube video makers and Video editing software makers. Digital

Filmmakers, video conferencing, webinars and creative digital advertising professionals will be highly valued. The other companies that will benefit are the pure software providers. who provide video conferencing software.

Also support services provided to develop all the applications listed above will flourish. Any service which can automate any of the above will be sought after. Giant corporations like Google, Microsoft and Intel will give way to nimble upstarts which put both sISkype and dIDuo in museums. Too big to fail will be replaced by too small to fail.

The other sector which has gained the most during the lockdown is the online training industry. Conferencing on Zoom or Google classroom or Microsoft Teams has taken the trainer. who was digitally enabled into the homes of millions of managers who would twiddling their thumbs at home during the lockdown period.

Thereisnogreaterbeneficiary during this lockdown period other than Trainers who could successfully deliver training programs online and who had all their training material including documents, presentations

Among the trainers Certain kinds of trainers are at much greater Advantage. For example, you can train a person how to swim on Zoom. You have to jump into a pool to swim and any amount of theory will not help. Well You can do teach.

Aerobics on Video conferencing

But one cannot correct the micro muscle movements of the trainees and participants could sprain their ankles if they twist incorrectly. Among the training industry,the greatest benefit has been to Neuro-linguistic programming based trainers. NLP already is a bigger brand name than hypnotherapy and psychotherapy combined and has several variants which are better than only NLP like new code NLP, ZeNLP and pure NLP.

Now as ZeNLP works on the visual, auditory and kinesthetic. video conferencing attracts the visuals through colour, auditories through autosuggestion and Kinesthetics through clapping meditation and coin meditation.

Managers who falls in one of these three categories get attracted by the presentations, music for meditation and dance meditation.

Secondly ZeNLP works on mental visualization and Auto suggestion and simple indoor exercises like clapping, the chances of making a mistake is extremely negligible. For example, you can imagine if a person is being taught to do sheershasana on video conferencing or the headstand in yoga and that the trainee can even twist his neck while watching the video upside down and could even hurt his or her neck unless physically supervised physically by a Yoga Master. Whereas, the mind is the laboratory where ZeNLP creativite Visualization exercises are practised, so accurate instructions can be given on audio video and Through typed chats.

The simplest example of this is the movie music technique. Now, you will find that after the lockdown there is tremendous amount of need for meditation and ZeNLP in order to Return the society to the normal.

HZuman volunteers who were who in experiments were put in confined spaces for long durations of time on the assurance of monetary rewards refused to take part in the experiment any further as by nature man is a social animal. He does not like any kind of bondage.

The Bhagavad Gita says mind is the reason for liberation and mind Is the reasonfor bondage! Now what happens If freedom is in the mind. I am reminded of a Chekov story which I read in my school days where a Russian lawyer voluntarily undergoes imprisonment for a number of years on a bet with a banker.

And loses the bet by coming out to the prison earlier. Because he enjoys his imprisonment and has lost attraction to materialistic things like two million roubles. But this can only happen in stories.

Humanbeingslovecompany, love interaction and are social animals. They love the family life. They love interactions and social distances is an anathema to all humans.

The attudy of human behavior in confined spaces show interesting results.

Humans long for bonding humans long for hugs and endearments. Now if a prolonged period of isolation can cause psychological withdrawal symptoms and to recover a steady mind is needed.

The Bhagavad Gita says the person who has conquered is mind becomes very serene. He does not know the difference between heat and cold. He does not know the difference between honor and dishonor and he does not know the difference between happiness and unhappiness.

There are two Zen LP exercises which play a very important role. In helping mankind come to terms with this prolonged isolation during the lockdown.

The first exercise is the backward movie technique, whereby bad memories are reound and thrown into the trash can of the brain.

The second exercise is the swish pattern' technique where the future is visualized in color on a giant Cinemascopic scene on the right side of the mind and the and the drab memories of the past which may affect the future are made are seen in black and white and in smaller size and sent further and further away till it disappears from your life. Then a sparkling dot is seen instead of the small black and white picture and this sparkling dot becomes larger and comes closer and then you see a life-sized picture of the future in color. And the future is vibrant. The future is positive and the future is more colorful than ever before. Attitude adds upto 100 numerically if you count A as 1 and T as positive attitude generates positive results.

Well If I can easily guide you through this NLP exercise by writing this powerful visualization in a short paragraph, its a hundred times more easier through video conferencing.

You can practise this NLP visualization after reading this short article and you can do this sitting in front of your laptop or mobile, you by taking a two-minute break and closing your eyes and visualizing this swish pattern technique.

Now the difference between ZeNLP and other forms of NLP is the words Zen is taken from Dhyana which is the sixth chapter of the Bhagavad Gita, which talks about yoga through the path of meditation and so once you meditate and then when you are in a relaxed state of mind in deep meditation if you do our visualization exercises like the swishbpattern or the backward movie, it has a much greater impact on the mind.

Now it is a fact that NLP researchers have cured phobias in minutes, which conventional psychotherapists used to take years to cure. That is because NLP works on the way the brain has been designed and NLP is nothing but software for the brain.

And ZeNLP is NLP plus meditation, which is software for the brain 2.0. So combining the effects of Zen meditation and neuro-linguistic programming, we have developed a webinar which can be delivered through video conferencing either on Zoom or on Teams or on Classroom and everyone from the young to the oldest should attend this progra, because all we are going to do is experience sharing and guide you through the visualizations and meditations.

Now if you think meditation very difficult and meditation means to go to the Himalayas and sit in a cave, you are wrong as mass media feeds you stories of caves.

No, meditation is as simple as closing your eyes and keeping a 10 rupee coin on the forehead at the agnya chakra. Now, what does the coin do?

The coin puts pressure on the pineal gland which is situated on the point where the eyebrows meet. So by sticking the coin and putting a pressure on that spot stimulates the pineal gland to secrete endorphins like DHEA dihydroxy epiandosterone and this hormone creates a sense of calm and peace and which will relax the body.

As long as the coin sticks to the forehead you are meditating and by any chance if it slips and falls, you will hear the sound so you take it and put it back in the same place again, so then you have briefly broken your meditation. But once the coin is on your forehead again, you are still in deep meditation.

Now this sets the stage for the NLP exercises be it the movie music or the swish pattern or the backward movie.

Of course you can do the other visualizations too. NLP does not offer you a rigid solution. You can be your own creative self and do your visualization how you want it.

This may include having a mission, having a vision of living the future as if it was happening now and sky is the limit. ZeNLP teaches each and everyone of us that learning from home during lockdown can be fun.

If you continue to do the things you have been doing, you will continue to get the results you are getting now. Its time to upgrade your mental software from

NLP 1.0 to ZeNLP 2.0.

When the so called guru and his disciples began their evening meditation, the cat who lived in their ashram made such noise that it distracted them. So this fake guru ordered that the cat be tied up during the evening practice.

Years later, when this guru died, the cat continued to be tied up during the meditation session. And when the cat eventually died, another cat was brought to the monastery and tied up. Centuries later, learned descendants of this fake guru wrote scholarly treatises about the religious significance of tying up a cat for meditation practice. Mind is the charioteer of the senses, and enlightenment is the goal of elevated souls, says the Bhagavad Gita.

Murli Menon is the author of ZeNLP- the power to succeed, ZeNLP- the power to relax, ZeNLP- learning through stories and 20 more ZeNLP- Travel Storytelling Guides on Amazon books worldwide. He continues to conduct ZeNLP sessions on Stress Management, Travel Storytelling, Creativity and Innovation for corporate sector through videoconferencing. He can be reached at zenlp@rediffmail.com