

“Everybody has fears, even the most confident people. Ninety-eight per cent of the people in top positions are affected by fear,” says Lucile, disclosing the names of some of her celebrity clientele—percussionist Feed Ferbac, violinist with Opera of Paris Doriane Gable, French politician Pierre Verges, French ambassador Gelita Hoarau, Broadway music director Geraldine Boyer-Cussac and Harmonica player Fred Yonnet, who plays with Prince and Stevie Wonder.

Lucile first came to Rajasthan 17 years ago to learn puppetry and was attracted to and impressed by the Indian way of life. In 1999 she brought a group of artistes to Kerala to learn Yoga, Ayurveda and Kathakali. Smitten by the way of life professed in these ancient sciences she delved into studying them along with learning Kalaripayattu. She did so for the next ten years. Her Kalaripayattu guru was Sivan Gurukkal. She initially studied Ayurveda under Anupama Krishnan and later under Raju Mahesh.

Lucile, who is from Paris, is a theatre actor trained under drama-art professor Jean-Laurent Cochet. She also studied under a renowned ENT (Ear, Nose and Throat specialist) Alfred Tomatis, who developed a method based on the balancing of the inner ear for achieving psycho-corporal balance. She learnt methods of NLP (neuro-linguistic programming) and the importance of mental visualisation.

“Western techniques are knowledge-based and eastern philosophy addresses both body and mind. I wished to take a holistic approach.” Lucile drew from the two and charted her programme.

A part of her programme consists of working on vital points (*marmas*) in the body, which is the main tenet in Kalaripayattu. “If you work on your body energy then you can improve yourself,” she says.

Some of the western tools that Lucile uses are ‘Zero Point’, ‘Muscular tests’ and ‘Affirmations’.

One of her clients, a marathon runner who had run the Rajasthan marathon and was preparing for the Alaska marathon, wished to improve. “He is already a powerful athlete but was unsure of his upcoming run. I helped him unlock some thought processes of the brain that were hampering his motivation.”

Mental visualization

The technique of mental visualization is a tool used effectively by Lucile. “By visualization your muscle can remain energized as if performing physical activity. I try this with athletes all the time if they are recovering from injury.”