

The Zero Point tool works on the mind. “It’s a bit complicated. Coaches generally work on the positive side of a client. But if the negative is overlooked and not addressed, it builds up. We all have negative energy. One has to start thinking binary so as to cancel the negative with the positive and find the right balance.” As example she offers the line – I still have energy left though I am tired – One may be tired, which is negative but one still has energy left, which is positive.

A muscle test points to a time when the muscle was tensed and the tension carried on to the present. “The brain can invoke that tension even later. These can manifest as physical ailments,” she says from experience. And so she works on ‘memory of emotions’. With all this she compounds the goodness of Indian traditional art and life science. Energizing at *marmas* or vital body points, *sudarshan kriya* and Ayurvedic living is advocated by her.

“I am not a Yoga teacher or an Ayurvedic doctor or a Kalari fighter, but I use that knowledge in my programme as a coach. I am not a healer. Indian techniques work from the inside of the body and hence its goodness is far-reaching,” she says.

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