

THE ULTIMATE ADVENTURE

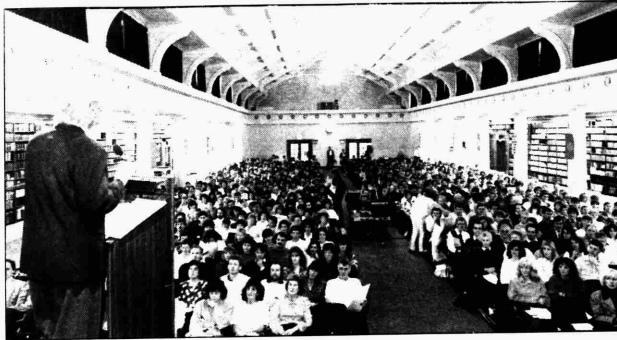
Seminar Booking Form

Name (Mr/Ms): _____
 Address: _____
 Telephone: _____
 Tel. Nos. Home: _____ Work: _____
 Occupation: _____
 Please send me _____ tickets at £85.00.
 I enclose a Cheque or a Postal Order for £ _____
 crossed and made payable to Central Fund Account or please
 charge my Credit Card. Visa or Access
 Credit Card telephone bookings can be made at (01) 304211.

Expiry Date: _____
 Are you attending a Tony Quinn Health Centre (Yes/No) _____
 If Yes then which centre? _____
 SIGNED: _____ DATE: _____

Post to Tony Quinn Health Centre, 66 Eccles Street, Dublin 7
 before Friday, October 9th at 5pm.

Go on the Ultimate Adventure at the R.D.S. on Saturday 10th and Sunday 11th October. See booking form.



Success for Life.. the simple philosophy

Last year's Educo Seminar

The theme at last year's Tony Quinn Seminar was EDUCO - The Educational System of the Future - Today. It certainly lived up to its name as Tony lectured and then demonstrated some of the possibilities of a crystal-clear mind for experiencing increased

awareness, gaining insight and understanding of self and life not achieved by the normal educational process. The forthcoming seminar, The Ultimate Adventure, has something for everyone and will further tap into the potential we all possess for increased life, success, happiness. Tony's simple philosophy will allow you to begin your own Ultimate Adventure.

Ireland's first successful channel swim

Some thoughts on channel swimming... by Mike Kelly

Mike Kelly was the first Irishman (26 counties) to successfully swim the English Channel. The swim took place on Thursday 23rd July covering a distance of 22 miles in 14 hours 23 minutes. Blueprint for Living would like to congratulate Mike on his wonderful achievement. Here in his own words are some of his thoughts.

(Extracts from personal diary)

Managed 2 hour's sleep before beginning final preparations for the swim. Everyone is very tense but equally excited.

We set out for our Channel swim boat 'Aegean Blue' but can't find it at the agreed location. It is still in the marina and can't get out until the lock gates open - this is not going too well.

All aboard and we head for the official departure point on Shakespeare beach just outside Dover harbour. Motoring towards the beach we are being tossed about in a very rough sea - is this why the other pilots called off their attempts? I'm suddenly very afraid but say nothing to my support crew, Mick Kennedy and my son. Stephen are encouraging me and through the darkness I can just make out Rita and the kids.

Entering the water now to swim the 50 metres or so to the beach for the official start. I kiss Rita, Sínead and Irene, shake hands with friends, re-enter the water and at 4:10 a.m. I

start out for France 22 miles away.....

It's still dark, the water is very choppy and it is much colder than I expected. Without any warning a wave of panic and a terrible feeling of loneliness sweeps over me. It seems as if the tension, the tiredness and the conditions are all conspiring to stop me before I even begin. Immediately I switch my thoughts to Rita and the girls and the hugs and the kisses we exchanged only half an hour ago. I force myself to hang on as I know these feelings will pass and I pray to Jesus to help me.

As I toll to my left to breathe I can just see the faint glow of dawn and I fix my eyes on it. I'm still cold but the fear has begun to subside and I quietly thank Jesus, Rita and all those who sent me their love and support.

My purpose in sharing these most intimate thoughts and feelings is because I know that many of you reading this article will have experienced similar fears, the same loneliness and perhaps even the same overwhelming sense of despair that I felt at various times during my swim. It was not that I had failed to prepare myself for this attempt at the English Channel. On the

contrary, to cap off what was a very rigorous physical and mental training programme I was fortunate enough to have been able to pay a special visit to Tony Quinn even though he was in the middle of one of his seminars. Through my wife Rita, who is one of Tony's healing therapists, I found out that he was doing some unique work in helping people to learn how to focus their energy for achieving personal, business and sporting objectives. I was aware that he had also carried out extensive research into the important field of controlling pain and discomfort.

From my own background as a



Setting the watch before take-off triathlete I was personally aware of a number of athletes who regularly used mental techniques for overcoming pain during competition. As I was about to embark on the most physically challenging venture of my life I



Mike with wife Rita and children Irene, Sínead and Stephen checking their journey map.

considered that this additional knowledge and training would be most valuable. Within a very short time Tony showed me how to quickly isolate an area of my body from any feeling of pain. I had explained my fear of being badly stung by jellyfish, an ever-present threat, and even though the concern of being stung remained the confidence of being able to reduce the effects was very encouraging. As it turned out I encountered very few jellyfish during the swim. Obviously they too had heard of Tony Quinn's techniques and perhaps considered that they would be wasting their time and energy stinging me, so they went off in search of easier prey. Seriously though, my experiences during the swim reinforced a number of things for me.

1. Fear is only a thought and as such needs our help to do any harm. The real damage is done only when we strengthen the fear by giving our valuable energy to it, thus turning it into reality.

2. The old maxim, 'This too will pass', is very true. When things are so bad that there appears to be no solution and no way out then just

focus all your attention on the dawn and hang on.

3. None of us is an island, nor can we hope to survive as one - we all need friends and loved ones, people we can turn to who will listen without judgement and give their support. In time, if we have chosen wisely and if we let them, they will

best for you.

Finally, each of us has the capacity to be a 'Channel Swimmer' - and I don't necessarily mean that in a literal sense. However, whilst we may have the capacity, unfortunately, very few are willing to pay the physical and mental price required to nurture and fulfil that



Mike in the water beside support boat.

help and encourage us to grow and develop in all manner of ways.

4. You don't have to be a very religious person to suddenly find yourself praying. All you really need is to know that the One to whom you are praying is listening and will help in whatever way is

potential. Thorough preparation and careful planning are indeed necessary for the achieving of any objective but never forget that unless success is first of all sought after and achieved within one's own mind then the real chances of victory are greatly reduced, if not impossible.