

# Success, Health, Healing, Self and Life Improvement

## Self Healing Concept

By helping the person towards self-realisation, fuller self-expression and focusing on this as the goal rather than the complaint, (whether it be physical, mental, social, spiritual), I have found that in the process there is often a "cure" which extends to every area of that person's life. I have many thousands of remarkable case histories as proof. Even the person who considers himself/herself "well" will benefit while those seeking success and excellence will have found the means with this approach.

Tony Quinn

### Life... my new-found special friend

I all began in March of this year. I was going through a bad patch in my life. I had just broken up with my boyfriend. Work, family and friends were all going downhill. I heard about the Tony Quinn therapy classes and I went along. After crying my way through the first session I came out a new and changed person with a different understanding of life. I felt so good. It all continued from there. I went along to the therapy each night and gradually my life began changing in all aspects. I didn't feel alone anymore. I had found this special friend - life - a friend who would never leave me. My family and friends all changed for the better. I became more confident and more outgoing at work and socially. I saw people like I never saw them

before - as if I were seeing them for the first time. My reflexology clients didn't know what hit them as they were getting amazing results. I felt when working with them that I was passing on this special gift of life. I also was getting a lot more clients and even started to have to turn clients away. I continued to go to the therapy and was constantly finding different roads and pathways in my life always opening up to me. I would feel this brilliant tingling sensation all over my body. It felt like my body turning into a sea of energy. I felt I was nothing but yet everything and with that I could do anything. Life continued to look after me and the question arose about what I was to do for my holidays. I was supposed to be going away with a friend but that fell through. I was mad at the time but then I heard about



Lucia Byrne  
the Tony Quinn seminar. I jumped at the chance - a whole week of relaxation would be something else and that's what I got. It was the best week of my life. It was like stepping onto a new planet where everyone loved everyone else. During the seminar I experienced so much love. It was so powerful nothing could get in its way. I got a great understanding of life and people during the

week. The week was all so simple in a way and yet so effective. The therapy for me has changed my life. It has given me a different outlook. I know I can move mountains. It has been a wonderful experience for me and for anyone that has anything to do with me. It doesn't end here, it only begins.  
Lucia Byrne  
Mullingar

### Confidence boost

I started attending the healing therapy in Eccles Street last November. At that time I was feeling low and had been for some time. I suffer from cystic fibrosis and I felt it had taken complete control of my life and was preventing me from doing everything I wanted to do. When I went along to the healing I found the relaxation great. I could feel an energy coming up inside of me and it began to flow into all areas of my life. I first noticed I was becoming more confident in myself, my work and meeting people. I'm now more outgoing and a happier person. My health has also improved to a greater extent. I don't get as breathless as before and I don't feel the same need for all of the treatment that I've been taking for all of those years. Life is great now and I'm enjoying every minute of it. I also use Postal Requests and

get great results. I make a request and forget about it. They always come true in the most perfect way.



David Kellaghan  
Co. Offaly

### My greatest wish has come true...

Since I started attending healing classes my life has changed completely. My greatest wish was to have my own house. I have now got my own site and house. My home life has improved. I can now cope with any problems that come my way. I had asthma. It has gone completely. I also had a very bad back - if I bent over for too long I could not straighten up. My son, Kenneth, was

also a very bad asthmatic. He hasn't had an attack since I started going to the sessions. This is something I have been waiting for all my life. Now that I have found complete happiness within myself I no longer feel the need to reach out to other people for love and understanding because I know that I possess all of these qualities within myself. I would like to thank Tony Quinn for giving me a new lease of life.

Josephine Ivers

### New switched-on way of living

Dear Tony,  
This is just to say thank you for the change that has come about in my life. Before attending the healing therapy I was very nervous, very unsure of myself, very self-conscious. I was very inattentive, unable to concentrate on what was happening around me or on what people were expressing. Now my life is changed around completely. As a result of attending the therapy all that insecurity has gone and the real me has come to the surface - strong, vibrant and alive. I realise now that I am not just a bag of bones and skin struggling and dragging myself through life. I feel so loved, so protected, so looked

after. Nothing worries me. Nothing is a chore. I have become very outgoing. I just feel brilliant, energised and wide awake to life. This 'switched-on' way of living is



available to anyone who chooses it. My family - husband, sons and mother have also availed of the healing therapy with very positive results. Gratefully,  
Kit Fay, Dundalk



Maura O'Rourke

### Arthritis cleared up

Since I have attended the healing classes I have received brilliant results. I had arthritis in my shoulder which was so painful it was unbearable. It has now cleared up. Also I had a very stiff knee which I could not bend or it became very sore. I no longer have a problem with it. For years I had a bad habit of pulling my hair out and I was getting a bald patch on my head. Since I started the classes I have stopped, thank God, without any effort. I also feel fantastic in general and I have not attended a doctor since I started. I am going to the classes for four months now.  
Maura O'Rourke, Naas



Josephine with son Kenneth.