

Blueprint

FOR LIVING

West & Midlands Edition

The Newspaper dedicated to helping you get the most out of yourself and life

Tony Quinn Healing Centres in Dublin, Eccles St. (Head Office), Clonsilla, Castleknock, Dundrum, Dun Laoghaire, Lucan, Raheny, Rathmines, Swords, Nationwide in Armagh, Ashbourne, Bray, Carlow, Cork, Dundalk, Galway, Limerick, Mullingar, Naas, Navan, Waterford, Wexford

Human Potential

TONY QUINN PURSUES RESEARCH IN LONDON

Tony moved to London recently to undertake further research into human potential. He sees tremendous expansion in this whole area and believes the next stage in our development involves the proper understanding and use of the mind. Tony will continue to be involved with the organisation in this country through his articles in the Blueprint for Living newspaper and through his residential and two day seminars. The following interview with Tony gives an insight into his personal quest.

Q What made you move to London?

Tony... To pursue my studies in Psychotherapy, Clinical Hypnotherapy and Human Communications. For some time now I have been trying to find a University which was prepared to work with me in expanding this whole area, essentially breaking new ground. Around September, 1992, a university indicated that they would be willing to look at my proposal so I spent about three months working out the details with them after which they agreed. So I began the work in January.

Q In what way would you see your studies breaking new ground?

Tony... Well, as you know I am mainly interested in human potential and, in particular, in our capacity to change for the better. So I am interested in discovering new ways people can use their minds to bring about the type of life, and indeed world, that they want.



Q It sounds pioneering!

Tony... Yes, it's about exploring inner space and as far as we know the particular areas I am working in haven't been scientifically studied before.

Q Is there much interest in general in London in these fields?

Tony... Vast - A few weeks ago I went along to a promotional evening for a seminar in this field. It was very interesting to sit in the audience listening to the speakers and hearing the audience's reactions. There was certainly great enthusiasm which didn't

even dim when they were told that the weekend would cost £250. I couldn't help contrasting it with the £85 I might normally charge for a weekend in Ireland.

Q What type of people are interested in these seminars?

Tony... It seemed to range all across the board from young people to heads of business corporations who were there to arrange seminars for their various businesses.

Q You obviously see great scope for this type of training!

Tony... That whole area of how we use our minds is the future. It is really the leading edge at the moment because it has been found that the education of today doesn't do anything to help us succeed at the business of living or solve the world's problems. So the emphasis is no longer on just learning knowledge 'parrot fashion' but instead on using more of our minds to solve our problems.

Q More of our minds?

Tony... Yes, for years now scientists have been

saying that we have only been using ten per cent or less of our mental potential so the search is one to harness something of that other ninety per cent and to put it to use for us.

Q Could you give an example?

Tony... For one thing your mind records everything that ever happens to you throughout your life, for all the world like a videotape. If you have ever seen any of my seminars I demonstrate this with people where I take people from the audience and say to them, 'Do you remember when you first learned to walk?' I have yet to meet anyone who says, 'Yes, I do.' Then, I help them to access that part of their mind. I call it changing mental gears, by the way, because it is like changing gears in a car, you can only go so far in first gear then you have to change into second gear and the mind works rather like that. By helping them change gear, they will suddenly become aware in great detail of learning to walk and even, believe it or not, being born. Now that sounds hard to

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FOOD IRRADIATION

Imagine being able to buy food that didn't go off. Strawberries that looked perfect weeks after you had bought them, potatoes that would never sprout, sterile chicken that didn't go off even when not frozen. Well, the technology to do this and more has arrived and it's being used. It's called Food Irradiation.

Intrigued? Well we certainly were when we came across some of this food recently and began an investigation of this new process. Food irradiation is a process of stopping food decay and rendering it sterile by exposure to a radioactive source. The process was first developed in 1916 in Sweden

but was not used commercially until the 1950s. The use of food irradiation as a food preservation technique is being actively promoted by the United States. Our research reveals that there is little public awareness of food irradiation and its implications. It would appear that in many

instances consumers do not and will not know whether they are consuming irradiated foods. [see inside...]



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Healing Therapy Centres at Galway 091-53114 - Mullingar 01-304211 - also Yoga and Body Sculpting Classes