

# Human Potential

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believe yet I have had people check this out with their parents - sometimes they didn't know both parents were present at their birth but when they went through this whole process of remembering they could see their father or whoever was there and it turned out to be right.

Also, you can take someone who is studying and say to them, 'What was your worst subject?' They may say, 'History'. I remember one particular case regarding the Spanish Civil War and the chap concerned couldn't remember about it. When we changed mental gears he could recite it - everyone was laughing listening to him because he could just ream it off.

**Q** Would this be like having a photographic memory?

**Tony...** Exactly, it is just that normally we can't recall it. Again, on seminars I like to say to people that it is possible to reach a point of 2000 per cent expanded awareness. Now, of course, that is just a figure I say for

example, we can experience euphoria or we can use the mind to stop pain or to bring about healing.

**Q** These, of course, are the areas you have been interested in for years.

**Tony...** Yes, for me the beauty of it is that science is beginning to map these processes of how the mind can be used in these ways. It's like making a model of it so it can be passed on to other people.

**Q** And this is what you are involved in?

**Tony...** Yes. My only problem I feel is that I have always been about ten years ahead of my time. He laughs and says: And I don't suffer from excess modesty either!

Seriously, I have always felt I have been ahead of my time. For example, I was interested in Yoga from the time I was a child when people thought that it was something you ate (yoghurt). I saw Yoga become popular where it was a huge scene in places like England. Now every community centre in

the Arnold Schwarzeneggers and the Sylvester Stallones. Bruce Lee came along and karate became super-popular. Then, of course, I was always involved in nutrition and health foods - again I saw that reach the point where now everyone is aware of the things I was talking about many years ago such as low-fat diets, food supplements, fruit, salads, complex carbohydrates etc. Now they are commonly accepted. People are frightened or challenged by something new and will often hit out at the originator. Then the new becomes acceptable. Of course, if you stick your head above the crowd you are in very real danger of having it lopped off. (Laughing and holding his head)

Seriously, I have always been interested in the power of the mind and I can tell you now that that will be the thing of the future - and of the very near future. I have seen everything that I was interested in become immensely popular.

**Q** Do you feel you have been successful in Ireland?

**Tony...** Maybe by Irish standards you could say yes. I would say I have been successful at sowing the seeds. Much of what I started becomes more successful every day. For example, I originated the Blueprint for Living so that has helped make people



*"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** And, of course, many of the people who were originally with you went off and set up for themselves in all these areas.

**Tony...** I often think that anyone who is anybody in the health field at some stage was involved with me and are mostly using my material. So, in that sense, I do feel that I have been involved in doing something of real value, not to mention helping to give employment to a lot of people. I still maintain - and I have tried to interest people at Government level in this - that there is vast scope for

**Q** Will these areas continue to grow?

**Tony...** Absolutely, the more people realise the benefit of something like Ki-Massage the more interest will grow and the more capacity there is for employment in that field. I can find it quite funny sometimes. I was looking at a programme on a videotape - a programme made in Ireland about holistic therapies. They went through all the different therapies saying how beneficial they were - including Ki Massage. It was interesting that all these other therapies originated outside of the country and they didn't mention the fact that Ki-Massage was the only one that had originated in Ireland. Equally, you know, our organisation was approached some time ago by one of the newspapers who wanted to do a series of articles on the benefits of Ki Massage - on condition that they didn't mention my name!

**Q** Has your whole philosophy been misunderstood in Ireland?

**Tony...** No, not really. It is one of those situations where there are people who are very much into what I do and other people who are very much against it. Why they would be against it I don't know because quite frankly I feel I have done an immense amount of good in the country and benefited a large amount of people and that is something of which I am very proud.

**Q** Do you see yourself then no longer working in Ireland?

**Tony...** Not at all. I see myself continuing to do seminars, particularly the two-day seminar that I have been doing for the last few

years around September/October or I love getting together with people to do a few week-long seminars and I train them to use more of their minds. It is always a very fun and exciting time for me.

**Q** Do you see yourself working in England?

**Tony...** Yes, definitely. I would like to be involved in working in England, and indeed in America. I am interested in writing books, making audio tapes, videotapes and doing seminars and, of course, research.

**Q** Do you intend ultimately leaving the organisation as such which up to now has been called the Tony Quinn Group?

**Tony...** No, not necessarily. It is just that I feel that all of the things I have been involved in starting are now being looked after by other people quite successfully and are continuing to grow. So I see my main task as providing new material and to act in an advisory capacity where necessary. That doesn't necessitate living in Ireland and, of course, I am not certain in the future that it will be called the Tony Quinn Group but in a sense it has become a trademark so I guess it will depend on the people running it.

**Q** So you really see yourself as someone who comes up with concepts and gives them to other people to run with.

**Tony...** That is exactly. I have always considered myself an ideas person, like an inventor. You come up with an idea; other people and, of course, myself benefit from the ideas. So that is my contribution to life.

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*Tony addressing participants at the Education Seminar in the R.D.S. in 1991*

**"My whole life has revolved around one basic principle that if I had my way I would put it into the hands of every man, woman and child in the world. That is why I am pursuing research in this field - to prove that it holds up scientifically".**

fun yet most people can reach a point of expanded awareness just by learning how to change mental gears. I assure you that everything looks different. Problems look insignificant or very easy to solve. At that point we can use our minds in so many interesting ways. For Ireland has its Yoga class. Again, I was involved in bodybuilding, jogging, karate. Of course, the bodybuilding reached a point where nearly everybody at some stage lifts weights and works out - top stars in Hollywood like aware of many of the things we are talking about. I started the Irish Health Culture Association, the Irish Association of Holistic Medicine, things like Ki Massage and Therapy Centres where you learn how to use your mind for success and healing etc.

employment in this whole field whether it be in the area of Ki Massage or giving Yoga classes, health promotion etc. It is very inexpensive to train people in all of these areas. They are doing real good in the community and they can make a good living.

Tony G

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After attending seminar I just how happy and for having been there, and mo anything for across Tony G philosophy for It's absolutely know and be a that there is a which is mean every aspect o make it better ever imagine v It's wonderful there is absolu struggle or ma try to work th our mind. It w for you, once enough in you go! Just from about this, fro atmosphere at and from the practical exper carried out du seminar, there in my mind, th any doubt abo the reality of v