

...Healing, Health, Career, Relationship, Fulfilment, Self and Life Improvement.

Teenage Classes

My association with the Tony Quinn Centre has spanned most of my life, but my first personal connection began with a Teenage Group. I felt motivated to go from hearing and seeing the brilliant results that were being obtained in the groups. I feel now, in looking back, that this was one of the greatest steps I have ever made.



Colin Cowman... one of our teenage healing therapists.

I feel that the wonderful life that I have now is as a direct result of what the group allowed me to do. I was allowed space to express the very best part of me to discover the immense potential, fun, creativity, confidence, joy, health, intelligence and love that was inside me.

Fred Smyth (Age 80)
I just really like the Teenage groups. I feel that they have helped me cope with various major problems that I have come across. I have learnt why I kept putting myself in situations that I really did not want, and now I have learnt how to avoid them.

John Palfam (Age 14)
In the group I feel I can express my own feelings completely and openly. As a result of the group I feel very self-confident and very much myself. Before it was all

hustle and bustle and everything just rushed by. Now I find myself stopping just to look at things and they all seem so new and fresh. Nothing is boring anymore. I feel brilliant.

Colin Thompson (Age 14)
I like going to the group because I feel it makes me much clearer in myself. It is like I am building a tower and everytime I come to the group the tower gets higher in every way towards perfection.

Margaret Brady (Age 16)
I really enjoy the group. Since I started coming my life has

great in all areas. There is nothing I cannot put my mind to and succeed in. But above all I have found my very best friend, that is myself.

Having trained as a therapist with Tony Quinn, I now find myself able, in the Teenage Groups, to offer that brilliant opportunity to others that was offered to me. The Teenage Group is a group that works with the very best part of young people, bringing forward their natural potential and ability to heal themselves, learn, be creative, healthy, happy, successful and basically be the incredible people that they are. I look forward to seeing you.... Colin Cowman (Therapist)

got much better. I have much more friends and I feel that this is because of the group helping me to live more in the present than I used to. I enjoy the feeling of energy, and the atmosphere in the group is really good. Everyone can just be themselves.

Sarah O'Brien (Age 18)
The Teenage Group makes the difference between who you think you are and who you really are, because this group is so full of great energy that makes me enjoy life and feel brilliant every day.

ECZEMA

My daughter Aine, now aged three and a half, had eczema since birth. This condition progressed. She was unable to sleep at night. The usual preparations hadn't worked very well.

In September '92 I decided to take her to the therapy centre in Bray. I had been to the centre myself and knew of the excellent results.

Aine was seen by a healing therapist, Tom, who gave me excellent dietary advice. He then did healing on her. As we were leaving the centre, my husband John and I both noticed the redness leaving Aine's legs. A few more visits to the centre and she is now clear of eczema. My only regret is that I should have taken her along sooner! C.W.



Duane Fagan with his Mum

Special Notes

Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a useful addition to any form of therapy.

DUANE FAGAN

My name is Duane Fagan. I have Cerebral Palsy. I've been attending the centre in Armagh for four months. When I first went I could

just about stand and now I can walk around the house on my own. Every day I get better and better. Duane Fagan, age 12.

ARTHRITIS COMPLETELY DISAPPEARED

I have been coming to the healing therapy in Naas for one month now. Since coming down my arthritis has completely disappeared. I am pain-free, and the cracking in my joints are gone. I have loads of energy and I feel great in myself. Mary, Naas.

ASTHMA

My eldest son Mattie (age 4) developed asthma two years ago and because I was concerned about the side-effects of the drugs prescribed to treat his condition, I began to seek alternative treatment for him. I spoke to various people offering aromatherapy, homeopathy, etc., and about the same time I read a copy of the Blueprint.

On December 5th, 1992, I attended a seminar in the centre in Galway and agreed to take Mattie to see the therapist a couple of days later.

We have attended meetings every week since then and can describe the improvement in Mattie's condition as remarkable. His medication has gradually decreased and for the last few weeks he has had no medication whatsoever.

I know that your system has worked for my family and am convinced it will continue to do so in the future. Thank you sincerely, Richard Monahan, Galway.

Videos Worth Seeing

We know you are amazed when you read some of the testimonials and maybe you feel they are too good to be true or are isolated cases. That's why we are now recording them on video. Some of the people, who through the formula/philosophy have achieved a richer life and/or overcome illness, have kindly consented to tell their story in the hope that it will help and encourage those who find themselves in similar situations. They truly make inspiring viewing. For times of showings call any of our centres. You will be most welcome.

18 MONTHS OF BACK PAIN CLEARS

Four years ago I had the misfortune to hurt my back. I spent the next eighteen months and a lot of money wading through a maze of therapies, conventional and alternative, looking for relief, a cure or even an acceptable explanation for the condition I found myself in. I tried medical specialists, physiotherapy, osteopathy, chiropractors, reflexologists, spiritual healers, cures; all of these did help somewhat, but none made any lasting difference. Then I discovered the healing therapy. This therapy which is based on relaxation was effective for me overnight and within two weeks I was back to my old self. Indeed I felt better as a person than I ever did before in my life, and gradually my back condition resolved itself. I was so impressed with the results which I was getting from this therapy that I began

to study it and take a real interest in Holistic Medicine. Over the past three years my life has taken a completely new direction. I have changed my job and I now work full time as a Ki Massage Therapist and Holistic Dietitian. I still attend the healing therapy, not for healing any more but for self- and life-improvement. Through this therapy I feel that I have found my true role in life. I get immense satisfaction from my work and more importantly, I get real results for the people who come to me for help. Life for me now has a child-like sense of adventure about it and every day is a joy to live. This therapy has to be experienced to be believed and I strongly recommend it to everyone.

Yours sincerely, Margaret Short, Armagh.

PAINFUL WRIST PROBLEM DISAPPEARED

I have had difficulty with my right wrist for about ten years as a result of an injury. Recently it had become very painful and any movement caused this pain to increase. I put it down on my request

and the following morning, while washing my hair, I realised I was using both my hands and had no pain at all. I have had movement in my wrist again and can work away pain-free.

I am delighted with this result, and indeed countless other results I have had from the healing therapy.

Yours gratefully, Josie O'Reilly.

Tony Quinn Healing Centres Nationwide

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Green Isle Hotel
Tel: (01) 304211
- DUBLIN CENTRAL**
66 Eccles St. Dublin 7
Tel: (01) 303717, 304211 or 301154
- DUN LAOGHAIRE**
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Tel: (01) 280-9891
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