

The Magic and Potential of You

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Two very different roads... but you have the choice!

Self-defeating Thoughts

Self-defeating thoughts that solidify and become part of our personality are what prevents you from expressing your Self. They can take the form of loneliness, insecurity, inferiority, poor self-image, conditioning, wrong education but, above all, any self-limiting beliefs that tell you that you have to become something other than your Self. These thoughts ultimately fool you into believing that you don't have the ability to be the perfect you.

In the seminar we are going to examine the true nature of these self-defeating thoughts, how

they cause our problems on a personal and global level. You will discover that they are anti-change, anti-growth, anti-life. As you discover their true nature and the problems they cause they will begin to dissolve fall away from you.

Love

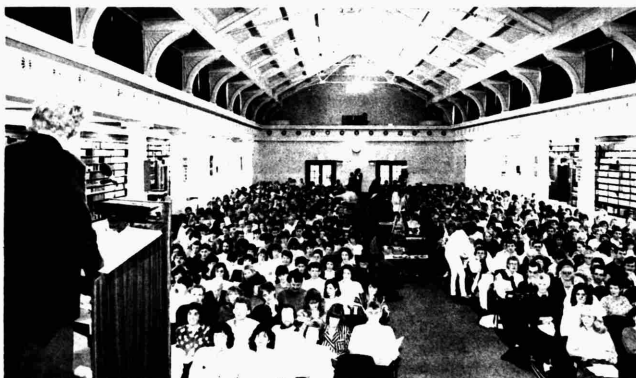
Discover the great potential you have for love and how it can be realised. See how to really love. See how to start immediately. Learn how important it is to love yourself, to be your own best friend. You can learn to touch like you never have touched before, look like you have never looked before, hear like you have never heard before, feel like you have never felt before, be like you have never been before. After

you have done it there is more and more to come. Above all, learn how when you really love one person - YOU, your Self, you are free to love everyone. Then you will begin to know the wonder of walking into a room and making people happy because you are there. An aura comes with you that lights up the whole house. Know that feeling. Don't miss it.

Choice

Do you feel that life is passing you by? Together we can end all that and get you back into living life to the full. You really can decide on what type of you you are going to be, what type of life you are going to live, what type of world that it is going to be. You have the power. You can literally choose

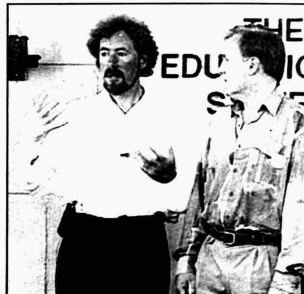
heaven or hell. You have much more say than you ever realised. Let's exercise that say. Cast your vote. Discover how understanding can open up a whole new life to you, how you can really be responsible for choosing and defining your own life. You have a choice. You can select joy over despair, happiness over tears, action over apathy, growth over stagnation. You can select you and you can select life. I am here to tell you that you are not at the mercy of forces greater than you. For you indeed are the greatest force for you. Be that force that is you. And in this way you are going to find out that there is no end to you. Your potential is limitless.



Dr. Tony Quinn addressing the audience at his 1992 seminar in the RDS

Dr. Tony Quinn's qualifications include:

- Doctorate of Clinical Hypnotherapy as approved by the Californian State Board of Education. Clinical Hypnotherapy is defined as the use of hypnosis, psychotherapy and counselling to facilitate suggestion, re-education or analysis by means of hypnosis.
- Four diplomas in mind science as approved by the American Department of Education (one of which is in healing and pain control). Further qualifications in Mind Programming, Psychotherapy, nutrition, exercise etc.
- Presently pursuing research and a third degree with a London University exploring how the mind is programmed and how to install new programmes, new ways of learning and using more of the mind's potential and, in particular, behavioural modelling. (Behavioural modelling is taking peak achievers in any field i.e., sales, sports, business, therapy etc., making a mental programme of how they do it, installing that programme in others to achieve similar results.)



Some of the subjects covered at the RDS Seminar will be:

- The Holistic Mind.
- Business.
- Healing.
- Health.
- Inferiority.
- Depression.
- Relationship.
- Parenting.
- Human Potential.
- Energy
- Loneliness.
- Love.
- Thought Programmes.
- Self-Confidence.
- Education.
- Success.
- Age.
- Self-Realisation.

Three ways to get your Seminar tickets:

1. Call in to any Tony Quinn Centre. (centres list page 11)
2. Book by telephone using any major credit card.
3. Complete the booking form below and post.

SEMINAR BOOKING FORM

Name (Mr/Ms/Ms) _____
 Address _____
 Telephone (home) _____ (work) _____
 Occupation _____
 Please send me _____ tickets at £85.00 each
 I enclose a Cheque or Postal Order for £ _____
 which has been crossed and made payable to 'Central Fund Account'
 or please charge my Credit Card Visa or Access

 Credit Card Expiry Date _____ / _____
 Telephone Credit Card bookings can be made by calling 01-304211
 Are you attending a Tony Quinn Centre? (Yes/No) _____
 If yes, then which centre? _____
 Signed _____ Date _____
 Post to Tony Quinn Health Centre, 66 Eccles Street, Dublin 7.
 Tickets are subject to availability.

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