

# 1993 Summer Seminars Report

In June and July of this year Tony conducted a series of one week residential seminars.

These were very popular indeed, judging by how quickly all six were booked out. Everyone who attended was more than pleased with themselves by the end of their week.

For most of last year Tony has been living in London pursuing a post-graduate degree and research into various aspects of human potential, expanded awareness etc. The results of his years research away were immediately apparent on the residential seminars. Even people who have long been familiar with Tony's work and approach were struck by the

difference - or maybe by the progress he had made personally. Tony himself seemed to have taken a huge step forward, difficult to describe exactly, but the effect on people listening to his talks or doing the various relaxation and mind-training techniques were immediate. Everybody seemed to find it very easy to do.

**The truth of what he was saying about life, success, happiness, etc. was compelling and simple to understand.**

It wasn't just for the gifted few. The philosophy and approach he was outlining was accessible and of use to all. Tony worked personally with everyone who attended. One of the major features of

the seminar was getting people to the point where they were very clear about what they personally wanted out of life. Tony taught how to get a goal or personal success picture super-clear with no vagueness or doubt about it.

**When people could see where they wanted their life to go so clearly that it was almost tangible to them...** at that point it was very easy for their subconscious mind to accept this new goal and begin to bring it about. This and many other features of the seminar were excellent and everybody without exception got tremendous personal benefit from being there.

Since these seminars the atmosphere one felt almost anything was possible. **The barriers and differences between people melted away.** Since July Tony has been preparing new material for his forthcoming seminar in the RDS. Given the quality of insight, understanding and



Group of Cork people with Tony as they finished their week seminar this July.

reports back through our centres and the letters of thanks received have been exceedingly positive. Many people described the seminar as the best week of their life. The friendliness, openness and atmosphere among people at the seminars was quite moving. In that positive

atmosphere one felt almost anything was possible. **The barriers and differences between people melted away.** Since July Tony has been preparing new material for his forthcoming seminar in the RDS. Given the quality of insight, understanding and

humanity displayed by Tony during the summer seminars combined with an approach that appeals to everyone, the two-day seminar at the RDS in September will be something to really look forward to.

*Imelda Farrell*

## Could this be you ?

Two years ago Conor Dolan, then 18, attended a two-day seminar given by Tony Quinn at the RDS. This is his story.

**"At 18 I knew how I wanted to be. I was living exactly as I wanted to. So I didn't understand why that started to slip away. Why was I suddenly afraid of life? Nobody seemed able to give me what I was looking for. When I first heard Tony Quinn talk at his seminar he had it. He had discovered life in the same way I had but he had gone further with it. He had continued to progress and had opened up to life to a greater degree than I had. Most importantly, he could show me how to do it too."**



"Playing rugby with UCD last year"

**What did you actually learn?**

That the dream was possible - the dream I had begun to realise at 16 - and that to make it possible I had to

continuously let go.

For me that meant letting go of the past, no matter how good it was, and throwing myself into what was taking place right now.

I learnt how to focus better on what I was doing, how to focus in a relaxed way. Tony also showed me how to use believing as a means of achieving - which is his basic success principle. This is a completely different way of using your mind. Instead of worrying or trying, you picture yourself succeeding at what you are doing believing that it will come about. It's like you become success-oriented, not problem-oriented.

There was actually so much I learned in those two days - it's kind of difficult to describe. It was firstly a strong realisation of being able to achieve what I really wanted - then experiencing a level of wellbeing like a very strong high at the seminar which I will always remember and getting the instructions on how to make it all possible in everyday situations. Everyday situations could mean simple things like washing the car or coping with girlfriend hassle, or exam pressure and still staying with yourself, focussed and alive.

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Conor Dolan

At that point, I wasn't happy with myself. I was doing well at school, good at sport and into everything like all my friends at the time. But I based everything on achieving. I felt I had to deliver results and have status to count and to be liked. I saw friends around me who lived in a different way, who seemed happy to be themselves, who seemed to give life and put that above status and achievements. I realised I wanted to be like that too. I wanted to live more

from myself - I wondered what I would be like if I didn't resist life - if I left myself open to things I wanted to experience and shared life in the way I saw others do. When I accepted myself I

started to tighten up and become afraid. Afraid I suppose of moving on and losing this new way of being myself. I found myself getting more and more closed in and I felt my life couldn't go any further, that this was it. Then came the seminar with Tony. This was the second turning point for me and I started to open up to life again.

**Was this change long-lasting?**

Yes. Absolutely. I was able to use myself better in everything I did so that I had a kind of a love for what I was doing. I noticed it first playing rugby. I was just playing instinctively, moves were happening before I thought about them. I trained harder and I loved to train. It felt good being out there, playing better than ever.

**Were there other areas you did better in?**

You bet! I just had a good time in college, loved being there and enjoyed everything about it. Then, when it came to studying for exams, I felt myself staying away from the usual graft and slog of studying. I felt this had to be natural, had to come easily, just as everything else had become easy. If I couldn't do it in that way I wasn't interested. I found myself really getting to the point of what I was learning. I was more aware as I studied and I knew exactly what I needed to understand. There was nothing else as I studied - just me and what I was learning. I found myself learning subjects I had never thought I'd like. I seemed to find interesting things in them.

**Where do you go from here?**

Well, since that first seminar I feel excited about where life will take me and what I will do with my life. I don't feel forced to come up with what to do myself. The right things to do keep coming up. At the moment, I have a year of Civil Engineering left at UCD and I'm considering doing Medicine when I graduate. I would like to be involved in bridging the gap between conventional and Holistic Medicine - to combine the conventional and holistic approach. Tony Quinn has pioneered Holistic Medicine in Ireland, and I would like to be part of the whole movement.

**What is the single most important thing you have realised for yourself?**

I find myself agreeing with Tony Quinn in that the ultimate thing you can give people is themselves - that is, their true self. It seems incredible that in life in general there is very little awareness of this. People seem on the whole to be trapped or caught in ideas, ideals, images which are more like masks hiding the essential person. Sometimes it is not just hiding that is going on. The person can get lost behind the illusion and yet within everybody there is always life, happiness, intelligence, the true self which can be experienced and drawn upon for guidance, success etc. That fact to me is greater than any belief system and I believe it is what everybody is actually looking for.

*Conor Dolan in interview with our reporter Brendan Clifford.*