

# Blueprint

## For Successful Living

The Newspaper that brings you only good news, helping you to get the most out of yourself and life.

# Start a New Life Today!

You can begin the moment you finish reading this article. Taken from a recent discussion in London between Andrew Moore and Tony Quinn.

### Andrew Moore...

On your last seminar you talked about a simple approach which could be used to get more out of any area of your life. I have been getting good results and I am wondering if I can apply the basic principle even more. I would like to go through it with you again and I feel that others would also find this of benefit.

### Tony Quinn...

I believe that there is a division in most people between thinking and experiencing. The more the person becomes trapped in thought the less of them is available to experience and this can reach a point where thought seems to close in over the person and they are literally cut off from life.

### Andrew...

If I remember correctly, on the seminar you talked about the person who has an inferiority complex and that when they are speaking to another they are paying more attention to their thoughts than to the other person. Consequently they only have a small part of them experiencing or relating to that other person. You also said that you preferred to use the term 'thought-conscious' rather than the usual term of 'self-conscious'.

### Tony...

Most people will agree that as children we seem to experience everything deeper, we are more spontaneous, free and can really laugh. As we grow older we become trapped in our so-called personalities and indeed we can



Here Patricia McNally is awake and painlessly suspended between two chair backs. As Tony stands with his full weight on Patricia, she continued to maintain this posture with no effort or strain.

reach a point where it is difficult for us to be spontaneous or even to be free enough to jump around the place and laugh with delight. Sadly we may not even see this whole process of becoming trapped within our thoughts.

### Andrew...

Most people realise that their lives aren't going the way they want but don't know how to change. Can you

give some further examples of how these thoughts close in on people?

### Tony...

Have you ever watched a film in the cinema where the film slips out of the gate and it begins to slide and you never quite see the picture, it just becomes a blur? For example, it is like taking a trip in your car and you are rushing to get from point A to point B. Consequently, you don't really enjoy the drive, or the scenery, or the feeling of being alive. Instead your mind is racing, you are tense and uptight, you are focused on the thoughts of where you are going. Or, you may go out for a walk and if you are aware of what is happening you will realise that you spend very little time seeing what is around you and a lot of time in your head caught up with your thought problems. It can seem to me that people spend most of their lives doing this.

### Andrew...

How can knowing this help a person who may be working in a job they don't particularly like, who may feel unfulfilled or unhappy with what they have achieved in their lives and find themselves continually looking for something better?

Continued on page 2.

## Read this first...

The aim of this newspaper and the organisation that publishes it is to research human potential and to make the resulting information available to the public. Each of us has unlimited potential which, in the main, lies dormant. We have devised a system which we believe will enable a person to mine more of that potential. This system we call Educo and forms our basic philosophy.

The word 'Educo' means to educate or to draw out - the understanding being that you draw out the life and the world that you want from within. Details to enable you to use this system are contained in our lead article beginning on this page. On following pages we outline five different ways of learning how to apply this system in your own life.

(Pages 10 & 11) At present we are mounting a campaign for a healthier Ireland. (Page 14.)

### Body Sculpture

This Exercise System is for people interested in getting themselves into their best shape. (Page 17.)



Yoga for healthier living - Page 3

1 If, having read the article, you wish more in-depth information then we recommend the new Educo audio tapes. (Back page for full details).

2 If you would like to be trained in how to use Educo while working on some specific outcome for yourself then contact any of our centres listed on page 9, where you can also read some letters detailing recent results.

3 Alternatively, we can work with you by post as you will see from pages 18 & 19 and we will also send you some further information to enable you to use this approach.

4 For those who would like to train with Tony Quinn we regularly run 2-day or 4-evening video seminars where, on video, he takes people through the Educo process. These have proven very popular and are great fun -page 13.

5 Tony Quinn in person will run six week-long residential seminars in Summer '94 covering all aspects of the Educo System. Later in the year he will run a 2-day seminar in the National Concert Hall, Dublin, September '94 (Details: phone 01-830-4211.)

### Yoga Classes

We first introduced Yoga to Ireland in 1971 and it became very popular. Now Yoga classes are readily available throughout Ireland. We consider Yoga the perfect complement to modern life. Our classes consist of a complete programme of breathing, exercise, diet, relaxation. (Page 3.)



New Ki Massage Therapy Training Course begins May '94 - Page 7

### Note

Last and certainly not least we only bring you good news because according to our Educo philosophy whatever we dwell on we become.

### Nutrition For Health

We also provide information on health foods and food supplements and have health stores and agents throughout the country

## Exclusive Interview

The legendary Steve Reeves gives his Blueprint for Successful Living - Pages 4, 5 & 6.

