

Start a New Life Today!

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Tony...

It would start them on the process of observing how they live their lives. As you know I have dealt with many people in therapeutic situations and I find without fail that in some way they have become so caught in their thoughts, that they are living a very narrow existence. Their lives may revolve around their depression, their inferiority, their arthritis or even that life is passing them by. This is true because they can no longer see out through their thoughts. Often it seems to me that they are literally losing touch with reality. Only by beginning to see some of this does the person come to a position to do something about it.

Andrew...

On the seminar when I heard the part about losing touch with reality it really gave me quite a shock. It suddenly dawned on me how true this was, that people get lost in their thoughts. How had I never seen this before?

Tony...

Indeed, yet it is possible to open the doorway of thought, step through it into life itself and then deliberately experience life as deeply as possible. There is just so much out there for us to enjoy.

Andrew...

I have been using this successfully in my hobby which is bodybuilding using weights but I haven't been so successful in other areas.

Tony...

Yes, weight-training is a particularly good example and would serve as a model for other situations. The ideal approach is to make sure that you are actually doing what you are doing. Normally you may spend some time concentrating on doing the movement and lifting the weight, the rest of the time is spent thinking - daydreaming, thinking about problems or whatever may be going around in your head. But here you would deliberately take all of your awareness out of the thoughts and place it firmly on the weight training, staying with each movement.

Andrew...

I used to train for an hour and a half six days a week. Now I train for an hour three days a week and I feel that I am in my best shape ever and am continuing to improve. I am pleased with the progress I have made in that particular area but I find that in other situations my mind continues to race on, out of control. When I am doing things I am thinking of what is ahead and I don't

think I am getting the full benefit of what I am actually doing. I am often worried that if I don't keep an eye on what is coming next or what is happening in the future it might not work out for me.

Tony...

I would feel that it is a great problem for people. When they get older they may either become caught up in the past or worries about the future. This obscures the present which is of course the only moment we can be truly alive in. To move towards that maximum aliveness involves doing things for their own sake. You have to let

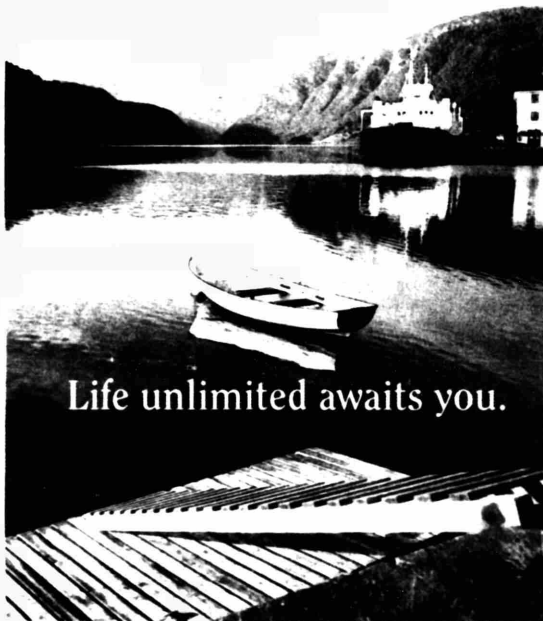
Andrew...

That is really fascinating. Could it really be true that problems such as loneliness only exist in our heads? But surely they must be real?

Tony...

No, it is just that the person identifies so strongly with those thoughts where they say, 'I am lonely' as opposed to their thoughts of loneliness. If you really begin to see this then there is a choice where you actually split off from the thoughts, then you can continually widen this split. I see it as the thoughts and you being one, you split off from the thoughts and

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yourself relax into what you are doing. You have to create a separation between your thoughts and what you are doing.

For example, a person may say that they are lonely and actually live a life of loneliness. They will sincerely tell you that they are experiencing loneliness and it is very real. The truth is that it is impossible to experience loneliness except by living in your thoughts. If you were really to experience exactly where you were - to see everything around you, to feel everything, to hear or, when appropriate, to taste or to smell and really absorb yourself in where you are - you would begin to experience life. You would then see the truth - that to experience loneliness you have to go back into your thoughts.

then the gap becomes wider and wider as you go further into life, leaving loneliness behind.

Andrew...

I am still not sure that I really see this clearly.

Tony...

Look, imagine your life as a swift-flowing river. It is clear, sparkling in the sun, unpolluted. If you were to split a piece off from this and it became still, then over a period of time the water becomes a stagnant pool which stinks. In the same way your life can become trapped in thoughts and become stagnant. You can live in that stagnant pool for the rest of your life and life will really stink.

But, once you understand this whole process you can move back into the stream of life and because



Tony Quinn (left) with Geraldine Leggett and Andrew Moore. Here Tony demonstrates mind control for increasing physical strength. Even Andrew, a bodybuilder, cannot now separate Geraldine's hands.

you have gained the necessary understanding you see the danger of being caught in these stagnant thoughts. Therefore, you can avoid them for the future and live the most amazing, free and fulfilling life.

Andrew...

Well that sounds great but just say I am sitting there in my loneliness what exactly would I do?

Tony...

Originally when I gave yoga classes in Dublin people who had moved to Dublin from the country would come up to me and say, 'I am taking this class because I am very lonely. I am living in a flat on my own.' I would say, 'That's great. There are so many people here who are looking for new friends. Just talk to the person beside you' and they would say, 'No, I couldn't do that.' I would say, 'Why not?' They would again say, 'No, I just couldn't.'

That is exactly what I am talking about. The person becomes caught in these thoughts of loneliness and this cuts them off from everything around them, building a thicker and thicker wall till eventually they can't reach out to another person. They become lost in those thoughts. These can be thoughts of inferiority, of failure, of sorrow, their personality, the past. It is endless. Once you begin to see this the next step is to start deliberately joining with life again. You already can see the future if you stay in the thoughts - you will become more and more isolated.

Andrew...

So you step out of thoughts by identifying with where you are?

Tony...

Yes. Initially when you are trying to do this you must realise that these thoughts have become a habit and you have to deliberately take yourself out of them. You recognise that life is not your thoughts. This is so worthwhile. It is the most valuable thing you can do. If you were out walking you might deliberately hear the birds singing, really see the trees, the grass, the flowers, become aware of the air. It's a joining with life. At

first your thoughts may say to you, 'This is boring.' Even the loneliness thoughts may somehow seem more familiar. Life can seem almost alien to you - like landing on a foreign planet which holds little interest for you.

Andrew...

I know exactly what you mean there because when I tried what you are talking about at first I found it boring. But the deeper I seemed to connect with what was around me the more I began to get these feelings of happiness and even at times a little euphoric for no apparent reason.

Tony...

That's it exactly. I believe there is you and thoughts and you can live either from your thoughts or from your Self. By using that Self you get to know it. You will find out then that the true nature of your Self is that it is perfect, loving, intelligent and highly aware. Quite frankly, I believe that you can go right through life without ever knowing your Self. Often I say that the purpose of life is to give birth to your Self. By doing what we are talking about here that is exactly what you can do.

Andrew...

That is tremendous. I am beginning to see that there is so much out there for me to explore and enjoy and, in the process, I get to know my Self.

Tony...

The beauty of this approach is that you can start a new life today. You can literally cast off the shell of the old, leaving behind all of the past you don't like/want. Life unlimited awaits you.

SPECIAL NOTE:

For those who may want further information, this approach to living is explored fully on Tony Quinn's Educo tapes. (See back page.) He also conducts week-long residential seminars in Dublin in June and July and a 2-day non-residential seminar in September in the National Concert Hall, Dublin. For information contact our Health Centre at... 66 Eccles Street, Dublin 7. Tel: 01-830-4211 / 830-3717.