

thinking and into the realm of prayer. I get most opposition from people for maintaining this. Obviously these are sceptics who can't make up their minds in one direction positively enough to try this approach for themselves. Yet if you are prepared to invest even a fraction of the life energy that you would have put into your depression or your complaint you can cause what is just a thought request in your mind to come about. You can literally create your future in this way.

For me it defies logic that most of the sceptics are religious people. For some reason they have difficulty with the concept of praying with a totally made up mind. I find when working with people that once I can get their minds out of their problems and into life itself, then into thoughts of what they want, the results begin to happen. I always say the same thing to people, "All the sceptics will end up with is their scepticism". The more I can convince you to take this approach the closer you will come to the life of your dreams.

Come on! Dare to dream! Go for it one hundred per cent. IDENTIFY with these positive thoughts. You can never know the possibilities of thought until you do. Here you are with this life-shaping ability and all it takes is for you to realise it. Then your thoughts become one-directional. The percentage of the positive part goes up, the opposition falls away and your requests come about.

## In A Nutshell

- **Decide what you want (request).**
- **Dwell on it one hundred per cent.**
- **Don't dwell on any negative thought that tries to oppose it.**
- **God/a creative power/energy (your choice of terms) seems to respond to such a strong clear request.**

Please use this approach - it's pure magic!  
**TONY QUINN**

## 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 at the National Concert Hall, Dublin. For further information contact our centre at 66 Eccles Street, Dublin 7. Phone 01-830-4211 / 830-3717. See also pages 8 & 9 and 18 & 19.

# 2-Day Educo Video Seminars In Your Local Area

Tony Quinn demonstrating mind training techniques at the RDS Seminar September 1993



The Tony Quinn Educo System is being used to achieve results by thousands of people throughout Ireland. This weekend seminar will give all the information you need to bring about the life of your dreams.

We are pleased therefore to be able to present the Educo System to you in a 2-day video seminar format so that you too can use this system to bring about results in your life.

### Some of the subjects covered at these Seminars

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

### Format of the 2-Day Video Seminars:

The 2-day video seminar is made up of four sessions - mornings (10.00am to 1pm) and afternoons (2.30pm to 5.30pm) on both days making 4 sessions in all. You will be given information that can be used by you immediately; shown practical demonstrations of the power of pure thought and how it can be used; shown techniques that when used properly can help you to use more of the power of your mind.

### Booking Details

For further details on when the seminar is coming to your area call to your local health centre (listed on page 9) or telephone 01-830-4211.

Cost of Weekend Video Seminar.. £35

## Forthcoming Seminars

### APRIL

9th & 10th - Mullingar  
9th & 10th - Waterford  
16th & 17th - Ashbourne  
16th & 17th - Kilkenny  
23rd & 24th - Naas  
23rd & 24th - Sligo

### MAY

7th & 8th - Ennis  
14th & 15th - Enniskillen  
14th & 15th - Cork

More seminars are being arranged all the time so call 01-830-4211 for further details

# The Right to Choose

In the U.S. filmstar Mel Gibson is joining the fight against the Food and Drug Administration's attempt to restrict the sale of



vitamins and food supplements. His latest move is a hard hitting video showing what life would be like if vitamin supplements were banned. Vitamin C could become available only on prescription.

The controversy is also being played out in Congress with Senators Orin Hatch and Bill Richardson demanding the passage of Bills protecting the public's right to choose.

The European Commission have made similar moves to regulate and license the sale and availability of vitamins, minerals and food supplements. In Ireland the Irish Health Culture Association (I.H.C.A.) has represented the Irish consumer's right to choose at government level. The I.H.C.A. are in favour of proper labelling, education and quality control on all nutritional products. They are not in favour of red tape, restriction on sale or creating monopolies for sectional interests. So here's hoping you can continue to take your Vitamin C without looking over your shoulder.

# The Hundred Monkey Effect

In the 1950's on the island of Koshima researchers observing the local macaque monkeys used to put sweet potatoes on the beach for them. The monkeys ate the potatoes sand and all. One day a monkey genius discovered she could clean the potatoes by washing them in the sea. This was a real breakthrough. Soon others followed until all the monkeys (100 of them) adopted this new technique.

On nearby islands researchers conducting the same experiment reported that all their monkeys started to use this same technique. To the scientists this was quite remarkable and has become known as the '100 monkey effect' meaning

that as soon as a certain number of a species learns a new behaviour there is a tendency for it to become available to the species as a whole

To understand this type of phenomenon some scientists speculate that each species has a type of informational web that operates across both space and time to which individual members are tuned in. This notion of the interconnectedness of living things is not new. Great religious thinkers, the Greek philosophers like Socrates and

Plato, modern thinkers like Jung and Einstein believed that all of life was interconnected. Jung believed in a Universal mind that all were part of or connected to.

Seeing and believing life to be one interconnected field and not made of totally distinct and separate pieces would mean that phenomena like telepathy, precognition, thought transference, prayer etc would not be unusual but normal and necessary

