

**Centres for Successful Living**

**DUBLIN**

• **DUBLIN CENTRAL**  
66 Eccles St. Dublin 7  
Tel: (01) 830 4211, 830 3717

• **CASTLEKNOCK**  
10 Park Drive Grove  
Tel: (01) 830 4211

• **FIRHOUSE**  
Carol's Health & Beauty Clinic, Unit 3  
Firhouse Inn Centre, (beside Morton's Pub)  
Tel: (01) 494 6588

• **DUN LAOGHAIRE**  
96 Lr. George's St.  
Tel: (01) 280 9891

• **LEIXLIP**  
Castlevew. Lr. Main St., (Beside Garda Station)  
Tel: (01) 820 4125, 830 4211

• **RAHENY**  
316 Howth Road, Killester  
Tel: (01) 833 9902

• **RATHMINES**  
2 Wynnefield Road  
Tel: (01) 497 4234

**COUNTRYWIDE**

• **ARMAGH**  
41 English St.  
Tel: (0861) 525742

• **ASHBOURNE**  
Tel: (01) 830 4211

• **BRAY**  
9 Quinsboro Road  
Tel: (01) 286 9311

• **CARLOW**  
The Rising Sun  
26, Mountain View  
Pollerton Big (off Dublin Rd.)  
Tel: (0503) 41878, (01) 830 4211

• **CORK**  
20 Academy St.  
Tel: (021) 276364

• **DUNDALK**  
18 Jocelyn St.  
Tel: (042) 38097

• **ENNIS**  
Tel: (021) 276364

• **GALWAY**  
St. Nicholas' Parochial School, Woodquay

Tues. & Fri. 7.00pm  
Tel: (091) 753114 anytime

• **LIMERICK**  
St. Michael's Church Hall, Pery Sq.  
Tel: (021) 276364

• **MULLINGAR**  
Greville Arms Hotel  
Tel: (01) 830 4211

• **NAAS**  
Tony Quinn Centre over Sheila's Hairdressing Salon  
Basin Street  
Mon & Thurs 6.30pm-9.30pm  
Tel: (045) 67139, (01) 830 4211 anytime

• **SLIGO**  
Tel: (091) 753114

• **TRALEE**  
Tel: (021) 276364

• **WATERFORD**  
25 Catherine St., (Beside Kelly's Garage)  
Tel: (051) 76279

• **WEXFORD**  
86 North Main St. (Opp. White's Hotel)  
Tel: (053) 47011, (01) 830 4211, (01) 287 5879

**Special Note**

Under no circumstances are we suggesting or implying that this approach should take the place of medical advice or, where necessary, medical treatment. However, we do believe that it is a valuable addition to any form of therapy.

**A remarkable recovery from ME**

**Diane Walsh has attended our Successful Living Sessions. Here she tells her own story**

"I've been meaning to write this letter to you for ages but I've been really busy with my exams - I've just finished my Junior Cert. My name is Diane and I'm 15 years old. I used to have M.E. for nearly two years. I was completely exhausted, had no energy, got headaches every day and I was very depressed. This was when I was 13 and 14 years old. For a year, I could only go to school maybe once or twice a week, and then it was only for a half-day. If I did a full day, I was thrilled, but it knocked me out for about a week. I would stay at home all day, with only the dog to keep me company mostly and I felt out of touch with school and my friends. While everybody else was in school, having fun, I was at home in bed, sometimes hardly able to move with exhaustion. I saw no way out of this situation and I even thought to myself



Diane before (right) and now (above)

if it would be better if I was dead. My doctor thought I was imagining all these symptoms and I think he thought I only didn't want to go to school. But I have

always loved school and I'm very good at school. I would have preferred to go to school 24 hours a day than have M.E. It hurt me that some people thought it was all in my mind. However, I changed doctors and I found one who was very supportive. I tried all sorts of medicines. I went to a herbalist, homeopath, bio-energy and other doctors. The homeopathy helped a bit, but he wanted to send me to a psychologist. I didn't go. I knew I didn't have to. My mother heard about the sessions and got a copy of 'Blueprint for Living' from someone. My parents went to the centre in Cork and watched an introductory video and talked to the teacher about me. This was in summer 1993. I went to my first session in Cork in September 1993. I talked to the teacher and she said I was going to get totally better. I believed her straight away. I knew I was going to get better. My first relaxation session was brilliant. I had never felt so special and relaxed in all my life. The day after, I was much happier and optimistic. I remember, I even took my dog for a walk - something I hadn't done for ages. I just got better and better all the time and it's still working. I feel the magic

inside me. I told my friends after my first session that soon I was going to be better. Now they see that I was right. I have a totally different way of thinking and a far more positive outlook on life. I'm extremely confident and happy. I've never felt as good ever. I know I did great in my exams. I wasn't worried about them at all. I got really good marks in my mock exam, even though I missed most of last year in school. I did better than people who have been in school all the time! People tell me I look great and I tell them that I feel brilliant. Thank you for just being there. I now love my life and myself. I'm getting better all the time. I have a photo of myself before going to the sessions and one after. There is a huge difference in my face. Now I am much brighter and happier. It's amazing. I hope to go to one of your seminars sometime. I will someday. Thank you. Love from Diane Walsh, Mitchelstown, Co. Cork. P.S. I don't need to put any effort at all into my relaxation. I just sit and let it work for me. "It works all the time."

**Teaching children the essence of successful living**

The success of our pilot project in a Dundalk primary school offers a new approach to education and self-development. By Margaret Forde

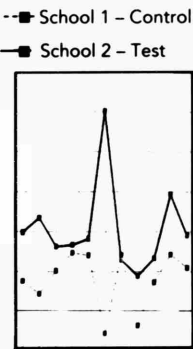


Have you ever come across a child, a colleague or a friend who has shown great ability but who doesn't believe in themselves? Even though you tell them how well they've done, they just shrug it off with "you're only saying that" or "sure, it wasn't hard" or "it's not as good as what so-and-so usually does". It's as if they have something inside them that assures them that they are useless - a voice to which they pay attention. We may even have noticed a similar tendency in ourselves.

**SELF-IMAGE**  
This results from the self-image we have. How we think and see ourselves is based on our self-image. This is formed early in life and is largely based on how our parents and friends react to us, and what they tell us about ourselves. The self-image is deeply ingrained, acting like a filter through which we interpret what

happens to us and psychologists have found that it is extremely hard to change it. In the last two editions of the Blueprint, we have reported on a pilot scheme that we have carried out at a school in Dundalk. Reactions from the pupils, teachers and headmistress were so positive that the scheme which was originally geared towards fifth and sixth class pupils has been extended to the second and third classes. The pupils were taught to relax and to tune into themselves at a very deep level by Georgina Dolan of our Dundalk centre. While they were relaxing, Georgina talked to them positively saying how brilliant they really were, how they had a source of perfection, life and intelligence inside them that they were tapping into more and more, resulting in

improvements in every aspect of their lives. **PUPIL'S COMMENTS**  
The pupils kept a "diary" of how they got on in the sessions and how they were progressing in their lives in general. Their comments were a joy to read and many spoke of the beautiful feelings they experienced, the new confidence they had in themselves, how problems they had (including health problems such as asthma, arthritis etc.) just seemed to get better. Many spoke of how much better they got on with their parents, how they were able to "let go" of hurtful and upsetting things that happened and tune into the "happy" side of themselves. The programme also included some Ki Exercises - a special form of movements developed by Tony Quinn based on total concentration - carried out by Kit



Fay, the remedial teacher in the school who was responsible for instigating the Dundalk programme (which is being funded by local business people). To assess the value of the programme, the pupils completed the Herbert Marsh Self-Description Questionnaire and after it was completed. Another school in Dundalk kindly agreed to act as a "control" for comparative purposes. Our hypothesis was that the pupils in the school

undertaking the programme (school 2) would show positive changes in their self-esteem. The preliminary results of this testing are shown in the diagram, with significant differences apparent in certain aspects of pupil's self-image. As a psychologist, I believe that this type of work is vital. If we can change the picture a person has of themselves, we can change their future. The principle we use in a school setting is no different to the principle we use in our classes in general: train the person through deep relaxation, to access that part of the mind that holds the picture or self-image and re-programme it from the inside. This training needs to be carried out by someone with holistic training who has passed through the process themselves and can reach that deeper level in others. The more that parents and teachers can be involved in using this approach, the more permanent and extensive the positive changes in self-image are likely to be. This really is education in the original sense of drawing out what is within. Note: Any schools interested in our schools programme should contact: Margaret Forde at (01) 833 9902. Margaret Forde is a registered psychologist and psychotherapist