

mind of Tony Quinn



□ TONY QUINN: 'I'm very practical. I'm not flopping around six feet off the ground. A lot of the New Age things leave me a bit cold'

(Picture: David Conachy)

ments. And the mental side of things. I do have a bit of a background in martial arts and I help him with the punches.

"We work out the combinations and then the ring tactics. How to fight the fight."

TALK of New Age consciousness is not encouraged. "There's an awful lot of nonsense," warns Tony. "I'm very result orientated. I'm very practical. I'm not flopping around six feet off the ground. A lot of the New Age things leave me a bit cold.

"Maybe when I was a kid I might have been taken in by it. When you get to know the people you begin to see them in a different way."

By now he's laughing at some of the more bizarre theories and practices being proffered by eccentric enthusiasts.

Yet Dr Quinn is the first to admit that he's frequently been viewed with scepticism. In fact he can recall a time when his lifestyle invited ridicule and suspicion.

"People very much misunderstood what I was involved in," he claims.

"It was like this cult idea. But I was never into anything that you'd say, 'Wow that's sick'.

"I was never into anything like that. People had all sorts of ideas . . . er . . . where I lived. I did live with a group of people, sure, in the very early Seventies.

"There were about 52 of us, like-minded. And we were raided by the police and they couldn't find as much as an

Aspro between the lot of us. We had a house between us in Templeogue. We were all interested in yoga and weight training. They had this raid and they were expecting to find this lot of unemployed people but most of them were employed in the civil service and the government.

"We weren't a lot of layabouts. We didn't run around taking drugs. So up to now people sort of have this thing, you know . . . they have a very strange way of viewing what I do."

This confusion frequently led to embarrassment. "Eventually many people came along to the sessions and would say, 'I don't want to tell anyone I'm doing this'," he recalls.

"I worked with people who were unwell and I persuaded them to change their mind and believe that they could be well. That's all I ever did."

Such narrow-mindedness is now history. These days Tony combines his studys abroad with a series of assignments.

"I get a lot of calls from people to do all sorts of things at this stage," he says. "There are certain ones I'm interested in. A lot of people think I live in Ireland. I don't live in Ireland at all. I spend my time between here, America, England and Spain."

HE CALLS his system Educo — The New Mind Technology. But when the wheels stop turning, or the mental microchips are switched off, does Tony Quinn have anything as mundane as a hobby to keep his mind off work?

"I have a joke, 'To rest is to rust'," he laughs before affording me a rare insight into his complex personality.

"One of my hobbies is to collect B-westerns. I'm not into wild violence. I like the black and the white, where the good guy wins.

"It's just very relaxing for me. I think it's conditioning because as a kid I used to watch them with my dad."

It's somehow appropriate that when he's in Ireland, Tony should reside in a renovated Martello Tower.

"I love old buildings, like castles and stately homes," he says. "From the time I was a kid I used to always have little toy castles and if you wandered around the place you'll find little models of castles.

"I like the atmosphere here. As a kid, when I came out to the beach, I used to stand outside and wondered who lived here."

It's been suggested in some quarters that the Irish soccer quad might benefit from a session or two with Tony Quinn.

He doesn't offer any views on the subject except to say that, even before his success with Steve Collins, he was approached to work with the entire Australian Olympic squad.

"The athlete of the future will be a mental athlete," he predicts.

"People don't understand what it is I do. They think I'm going to control someone's mind. People have the idea that you're swinging a watch in front of someone or they're like this robot or puppet that'll do everything you say. Both things are nonsense.

"The easiest way to understand it is you're getting the person to use more of their mind. That's all I'm doing."

B-westerns, where the good guy wins'