



■ Brendan O'Carroll with Karen Ward RTE's "Live at 3" Yoga Teacher

"lads, we are doing the play. We're going to turn a 'neggie' into a 'possie'!" The very next day I announced to the Press that the play had been rejected, but that we were going to stage it during the Festival anyway! The play was a tremendous success. It outsold all of the other productions put together, ran for a year and a half, sold out everywhere, and eventually finished up in the Gaiety. So here I am, a year and a half later, with a new play, still feeling like a champ!

You are a pal of Steve's?
Yes. I've known Steve for a long time. He's a fighter and a winner.

What did you think of Tony's work with Steve?
I think what Tony did was to bring Steve to where he felt at the peak of his mental and physical fitness, absolutely ready to fight that fight. After all, Tony couldn't get in the ring there with him, but he helped Steve achieve a state of mind where he felt invincible, and that belief seemed to make all the difference.

I've heard that what Tony does for people he works with is tailor-made. So what he did for Steve would be completely different to what he would do for anyone else. I know people who have had private consultations with Tony, who've had unbelievable changes in their physical and mental health, and their whole attitude to life.

Did you bring any particular state of mind to writing your new play?
Well, I tried to bring a really positive mental attitude to it. Most writers don't have this, but I love happy endings. Steven Spielberg said that you can do anything you like with an audience, you can have sharks eating people or aliens coming down from space, but give them a happy ending and they will forgive you anything. I subscribe to the same theory. I like everybody to win, except the baddies. So the new play is very much like that.

What's it about?
It's about a group of old people in a retirement home where their life is

humdrum, same thing day in day out. Then a retired sailor with a new philosophy on old age moves in. During the course of the play we discover a few surprising things about some of the people in the home, and the whole thing is very funny.

It's called 'Grandad's Sure Lilly is Still Alive!' and we're opening the 30th of June, at the Gaiety and then we go to Cork, followed by Limerick, then Liverpool, and London.

I notice you dedicated a recent book to the late Rita Fitzsimons, who was a well known and highly regarded Ki-Massage Therapist. Could you tell us how you first went to her for Ki Massage treatment?

Rita was known as the Angel of Ashbourne, and she's greatly missed! I first went to her about 5 years ago when I had two trapped nerves, one in my elbow and one in my shoulder. The pain would be so bad I couldn't drive. I had tried acupuncture, which was successful only up to a point. Rita gave me the first Ki Massage I ever had. I told her what the problem was, and she said 6 sessions would solve it. In fact we solved it in four! So I started going to her twice a week. She was great, if I was in the middle of writing a book or a play, I would ring her late at night, after drawing a blank, and go round to her clinic. She would work on me and then I would go home and be able to start writing again. I still use Ki Massage, and without any shadow of a doubt it has been responsible for my well-being during some of the busiest times of my life.

Do you find that the Ki-Massage has a positive effect on your energy levels?

Absolutely. Rita taught me a lot about how to relax. This helped greatly with my energy and my creative cycles. I now have more energy and less low energy periods.

The "Recharge for Research Day", where people get a Ki-Massage or Yoga class while contributing to charity, that's something you're helping to promote. Are you happy more people will get a taste of Ki Massage therapy?

Well, I have become a real convert to Ki Massage. At first I tried explaining to friends what Ki Massage is and what it does for you. I actually found it very difficult, so what I wound up doing was buying them gift vouchers for Ki Massage with Rita. You are not only giving them a gift of a Ki Massage, you are giving them a gift for life. Once you have Ki Massage, you want it every day. A good Ki Massage will put you into a state where you are actually able to achieve a good state of relaxation on your own. Yesterday, for example, I had an extremely tough shoot - 15 locations over a 12 hour period - and the moment I arrived on the set, I could sense the stress in the air. But I've found I can be pumped up, ready for a shot, and completely relaxed between shots. I'm able to pace myself well for the whole day, using relaxation techniques and with the Ki Massage.

You've an interest in Yoga as well?
Well I believe it's important to learn to relax the mind, which is a big part of Yoga. My wife, Doreen, goes to Yoga every Tuesday night. She has her week well balanced -Yoga on a

Tuesday and Bingo on Thursday!

Tell me about your work for the RBRF?

Yes, the Richmond Brain Research Foundation is a very worthy cause. It's a charity that hasn't got enough publicity. Cancer gets a lot of press, because everyone knows someone who's been affected by it. When my wife had cancer, for example, the Press were more than willing to cover the story. But other forms of illness don't get that much coverage. The Richmond Brain Research Foundation doesn't have that kind of high profile, but the work they do in Beaumont Hospital is magnificent, and needs funding from somewhere. They provide vital funds for research into diseases of the nervous system such as epilepsy, stroke, multiple sclerosis, Parkinson's disease and brain tumours. I'm delighted to lend a hand.

The idea of having a charity day where people would get a taste of Ki Massage is an unusual one.

Yes, and if you compare it to other fundraising events like a charity race night, or sponsored walk, people will get much more out of this. You'll give a small donation to charity and then simply lie down and receive a Ki Massage. For a lot of people, it will be their first experience of it. So you're giving to a good cause, as well as getting a gift for life in return.

Well Brendan that's been really brilliant. Thanks for your time. You're certainly a great advertisement for a positive mental attitude and Ki Massage.
You're very welcome Karen.

Careers in Holistic Medicine

FINAL ENROLMENTS THIS WEEK
for our
**Summer Concentrated
Ki Massage Therapy Diploma
Study Programme**

With our new Concentrated Study Programme, you can by Nov. '97 be practising as a Ki Massage Therapist. The programme runs from June 14 to Sept. and includes two weeks fulltime from June 28.

See page 10 for further details



RECHARGE FOR RESEARCH DAY

**HAVE YOU GOT
.....UNDER
PRESSURE!
15 MINUTES
TO SPARE?**

**STRESSED
OUT!.....**

We want you to **Relax and Recharge** your body for charity in aid of **The Richmond Brain Research Foundation on Thursday, 26th June 1997 from 7am till 11pm.**
At the **Tony Quinn Centre, 9/11 Grafton Street, Dublin 2.**

Why not treat yourself, family, friends, employees or employer to **15 mins. of relaxation for charity?**
For example: £5.00 for a half hour Yoga session
£10.00 for 15 mins. Ki Massage (Neck and Shoulders)
£15.00 for half hour Ki Massage (Back, Neck, & Shoulders).

Can't make it to the Centre?.....Don't despair!.....We'll come to you! Order a **Mobile Relaxation Team** for your company, your club, or have all your friends over for a coffee morning, and the Mobile Team will be whisked to your door or your place of work! Cost: £100 for 1 hour, which pays for 8 x 15 mins. Ki Massages plus 2 x 30 minute Yoga sessions.

You can **Recharge your Body** and help **Vital Research**. Phone us today at **6712791** and book your session!.....You won't regret it!

**This project is kindly supported by
FM104, the Irish Health Culture Association and Tony Quinn Health Centres.**

