

BLUEPRINT

For Successful Living

No. 47 • Autumn 1999 • Distribution Countrywide • Circulation 500,000

INSIDE: YOUR 16 PAGE HEALTH GUIDE TO HELP YOU GET INTO YOUR BEST SHAPE EVER



Unique information that can make a vital difference to the rest of your life...

TONY, we've caught up with you on one of your flying visits to Ireland and I've been promising myself that the next time you came back here we'd pick your brains and get a few articles from you for the newspaper.

As most of our readers know, you left Ireland a number of years ago and you're now based in the Bahamas, where you do seminars and work with private clients- your last public seminar in July was held in Monte Carlo. The seminars are called 'Blueprint for Successful Living' and I would love you to tell us about them.

Hello Tara, well, as we can see times really are changing. Nowadays, a 25 year old entrepreneur who has never even owned a suit seems to be able to make more money in six months than most people can make in a lifetime. You can see how the media machines, the instant brands, global telecom empires all seem to come from nowhere onto the world stage.

If we ask ourselves what's powering today's changing times and this almost instant prosperity, indeed confounding the conventional economists, then the explanation really is very simple: we're living in the information age and there's literally a revolution in information - if you can grasp that central fact you have the key to what's happening in the world today.

Unique

I'm involved with providing unique information to people which is not available anywhere else and I believe they can use that information to live more successfully.

Just look at today's technology and all that has come from the

human mind over the past 150 years. Take America for example: they've progressed from covered wagons on dusty trails, log cabins and smoke signals to automobiles, helicopters, aeroplanes, six-lane highways, skyscrapers and of course TV's, VCR's, satellites, mobile phones, computers, the information superhighway. All of this was drawn from people's minds - from the chairs we're sitting on to the latest wonder drug. What I'm interested in is the technology that underlies the technology, in other words the mind-technology. How are these people able to draw the world that we see out of their minds?

● Tara O'Donnell has recently returned from one of Tony's seminars in the Bahamas. Her previous activities include PR consultancy, ownership of Andrews Lane Theatre, one of Dublin's most successful theatres and co-founder of the Dublin Fringe Theatre Festival. She is presently involved in the financing of movies. Here she talks to Tony Quinn.

YOU pointed out on your seminar that what some of these people were doing seemed to defy logic...
Well, imagine in their day the Wright brothers telling the sceptics that it was possible to have



Tony takes his morning exercise encouraged by some of the seminar people.

metal flying carpets which would carry people around the world - or Thomas Edison telling people that he could produce minisuns that would light up a room, or the world, at the flick of a switch, turning night into day as in the electric light, yet these mind-masters worked their magic, gave life to their ideas and changed their world.

That's happening faster and faster today

because of the information we have. Yet for me the ultimate information must be that which tells us how these people use their minds to produce these results? What are the mechanics of this?

ALTHOUGH that's really only the tip of the iceberg for you, your seminars go much further than this. You say for example: "Learn, possibly in minutes, the most effective way ever devised of using your

mind" and in essence you say that in a few minutes one can make a complete psychological transformation of the human mind and open up a whole new dimension in living...

Yes. Almost a hundred years ago William James, regarded as America's most influential (and by many the greatest) psychologist who ever lived, believed that modern life made demands upon our minds that produce

what he called 'the over-contracted personality'. He maintained that there was a self-imposed psychological barrier that separates us from the rest of our mind and even from life itself. The solution, he said was to dismantle the structure of our narrowly focused mind and in this way, this would enable us to use more of our brain and our mind. Basically that has been my goal, to enable

■ TO PAGE 2



IN the Bahamas, you never can tell what you're going to find in the lake at the end of your garden!