

The most effective way

■ CONTINUED FROM PAGE 1
people to do this, to use more of their brain and mind.

YOU make a statement that I believe would astound most people and that is that "our way of using our brain and mind is completely outdated"...

Long-term research and studies have been showing this for over 160 years. Indeed there is literally a mountain of research to show how to use more of our brain and mind, but basically, until now, no one has taken it up. Our educational system is completely outdated. I've gathered many of these studies and put all the information together and it's all basically pointing to the same approach.

Over many years now, we have been researching this new way of using your mind in conjunction with a university. My concern is that this information won't become generally available. Normally it takes years for something like this to filter through - I've put it all together into a seminar and I teach people the basics, then afterwards, the people who come to my seminars continue to have meetings them-

selves and help one another to put the material into practice.

YOU believe, Tony, that it is now possible for anyone to achieve as the 'greats', the super-achievers, the world and history changers or business and spiritual giants have done...

Yes. Part of my training is in what's known as behavioural modelling. That means you can take anyone's behaviour, say that of a superachiever, and you can draw out that pattern and then install it in other people.

Again, I must point out that incredible studies have been done which support this, sometimes over as long as a 30 year period - If the average person used this information, well, they wouldn't be average for very long, so it's vital that this information is not lost.

YOU USED this behavioural modelling when you worked with Dr. Jack Gibson...

Dr. Jack Gibson, an Irishman living in Ireland - and in my opinion one of the greatest pioneers in medicine of our time, was able to do over 4,000 operations without any anaesthetic, just using the power of the mind.

When I brought this to the attention of the university, they found it hard to believe and it was decided that if we could get his permission, we would apply behavioural modelling to his methods and then see if it were possible for me to be involved in a series of operations without any anaesthetic.

As you know, this took place and they showed them on The Late Late Show (Prominent Irish TV chat show) and a number of doctors came forward to validate what was happening.

But here's a man with information that could have been lost to us, a man who has put his whole lifetime into acquiring that information - and yet up until then it was largely ignored!

SO THE person goes to your seminar and they learn what you call "the most effective way ever devised of using their mind". What happens then?

First of all, realise that what I'm teaching people is supported overwhelmingly by research and also by the studies I've done myself. I've gathered together this information and I present it to

a person - including this totally new way of using more of their mind.

What the research clearly shows is this: that the average person is only using one side of their brain, generally the left side - in particular when they believe they're a very logical person, that will confine them to that left side. However, take the Wright brothers, or the Thomas Edison's or the Bill Gates - these people are not just logical, they can also use the right side of their brain.

They have a vision which may seem impossible or totally illogical to the average person. If the world just ran on logic - think about this carefully - if that was the only way, we'd still be back trying to discover the wheel.

Holistic Thinking

So, one of the first things that happens using the approach I teach is that both sides of their brain switch on and this allows what has become known in research as 'holistic thinking' - one side of the brain can communicate with the other. You personally, Tara, have experienced the differ-

ence this makes - opportunities appear, everything in the world seems quite different, it's like being a different person in a different world. Limitations, problems literally seem to fade away.

Business Study

Another example is this marvellous study done by a man called Dr. Adler. From the Sunday Times Newspaper top 1,000 List of successful people - he took the top 150 and obtained interviews with them to find out what caused their success.

The conclusion of the study was that all of these people were able to use both sides of their brain and consequently were capable of 'holistic thinking'. He also was able to show that those on the lower rungs of the ladder were only using one side of their brain, mainly the left side. This seemed to hold true with everyone he interviewed.

So the vital difference between the two groups of people was that the 'super-achievers' were simply, as we say in Ireland, using more of the brains that God gave them. The study also showed that it is possible for anyone to learn to do this.

WHY then isn't this taught in our schools or universities?

Because at this point in time, education is only interested in cramming information in the hope that this will allow us to live successfully. The question it's not addressing is 'how can people become more aware, more intelligent?' If you can use more of your brain and consequently more of your mind - surely this would allow a person to live more successfully.

SO, let me understand this clearly. You're saying you're not interested in cramming information into people's minds, but rather in increasing the amount of the brain and mind that is used, and you're saying that this is the secret to successful living?

Exactly. **I'M SURE our readers would be interested in hearing about what you call the 'photographic mind'...**

For hundreds of years now we've known that it's possible to have the mind photograph an outcome or a goal. We've known since the time of Freud that these photographs or impressions are kept in

our unconscious mind. Freud believed that our whole life is basically dictated by these impressions that are in the deeper part of our mind - there's almost unlimited research to show this to be true.

Shocking Study

An interesting example is a study that took place in an old people's home in America. They were researching why some people were unable to care for themselves and were much more likely to be senile than others. The shocking difference they discovered was this - if you, as a young person, were exposed to older people who were senile and unable to care for themselves, this could cause you to end up the same, while if you were exposed to active older people who didn't become senile, it appeared that that was the mind-set that you formed and therefore that's what happened to you.

I've demonstrated this under university conditions. I took a whole business and got everyone to use all of their mind to photograph the goal of the business - increased sales - it took only one week for this to happen. Sales doubled. I have countless examples of this from people with whom I've worked.

WE'VE all probably read the books that talk about the subconscious mind which say that if we can get the goal or the outcome we want into that subconscious mind it will come about. So what you're saying is it's true!

Yes. That's the same approach we used with the surgical operations. The person photographs that they're going to have a pain-free operation and recovery and that they're going to be healthy and well without any anaesthetic whatever - then it seemed to happen. (As seen on The Late Late Show)

It's so vital that the average person realises that their own mind is working against their best interests - but with very little training that same person can photograph the outcomes, goals, lifestyle they want and the chances of this coming about are very high.

I KNOW personally of many people who have used your approach and did have life-changing results - in fact that's why I went to your seminar in the first place.

One of the greatest researchers in the field of the mind is Dr. Herbert Benson. He pointed out how you could use this photographic approach and more of your mind. He even went so far as to say on the cover of his book that if you use this approach he believed that 90% of all illnesses could be helped.

He also says that by using your maximum mind, not only can you improve your health, your healing, your fitness, but you can also increase your brain power and discover the enormous potential of whole brain thinking. Here is a man who has gathered research over a 30 year period to show this.

COULD you talk a little bit about what you call your true nature?

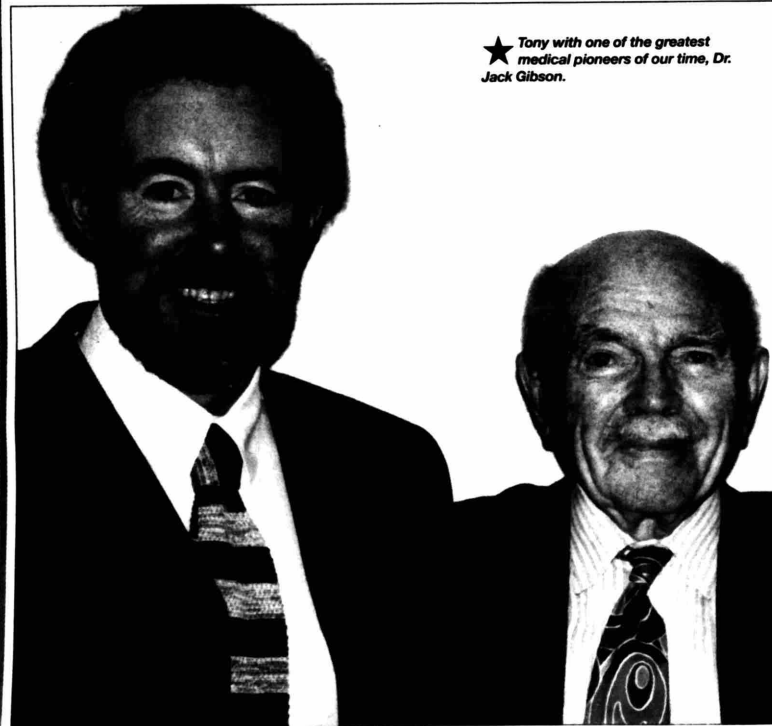
If we go back to William James, he maintained that when we used more of our mind we would awaken to our true nature, or what is often called in research 'the self'. We've already said that when you learn to use more of your mind - both sides of your brain switch on and you're capable of whole brain thinking and your awareness increases.

One of the researchers in this area, Dave Elman, went so far as to say that the increase in awareness could be as high as 2,000%, that is 20 times normal. I don't feel I could put it at a percentage but you, Tara, are aware that there is an amazing difference. So, when both sides of your brain switch on, that increased awareness allows you to know your own mind.

Genius

You discover that your own mind has its own true nature outside of what you're taught. It has a nature, a movement and a purpose of its own. (It's very difficult to tell this to a person who's only using one side of their brain because with that limited awareness they can't experience this fact.)

However, when you're using both sides of your brain and more of your awareness, more of your mind, you'll find that you're automatically more intelligent, frankly you may even conclude that you're a genius! At least you'll understand how a genius comes to be. You'll realise when you're using your brain and your mind in this way, you can photograph outcomes and



★ Tony with one of the greatest medical pioneers of our time, Dr. Jack Gibson.