

ever devised of using your mind!

they will come about. You'll be shocked when you are talking to the 'normal' person. You will see they are, as Freud has pointed out, programmed by these photographs in their mind. Consequently, they are not aware of their true nature, of themselves and they really don't know what they think. Such people are actually hypnotised, they're in a trance.

Self-Image

THAT'S possibly very difficult for the average person to follow, that they could be in a trance.

Really? Well, just say if you take someone who has an inferiority complex, or a poor self-image - if they go to do something, the poor self-image or the inferiority complex may tell them that's impossible for them.

They cannot talk to the person of the opposite sex that they really fancy or they can't go for the job they want, be the life and soul of the party or give a talk to an audience. If you take the person who is hypnotised by success, under that influence they could be absolutely ruthless. They don't care what happens to other people once they get what they want.

If you want to give an extreme sledge-hammer version of this you can see it in the last war where if I'm the Nazi who's hypnotised by that ideology, when I see the Jew, I immediately want to hurt, gas, kill, exterminate. Research shows overwhelmingly that the average person is hypnotised, is in a trance, is under the influence if you wish.

Harvard and Yale

YOU pointed out on the seminar that there was a very interesting study done on this at both Harvard (15 yrs) and Yale (12 yrs) on what they termed 'mindlessness versus mindfulness'...

Yes, mindlessness literally means what we're talking about - that the person is under the influence and therefore they're behaving in a mindless manner. What I'm

teaching people is how to awaken from all of these trances to their true nature, to their own mind and to live from that mind, with their full mental capacity or as much as possible. Then they would live in a totally different way, as I believe you've experienced.

I KNOW from being at your seminars that you point out that people generally are under the influence of what you call the 'somethings' and then they try to take action through them...

Yes, the 'something' could be an inferiority complex, it could be a success complex, a poor self-image, it could be self-imposed limitations, it could be creed, colour, race, the past. So you look through this 'something' and react to life. But what would happen if you didn't look through any of this?

Flow of Life

An incredible study which took place over 10 years at the Chicago University and also involved Milan Medical School in Italy, the University of Seoul in Korea, Murdoch University in Australia and the Tohoku university in Japan was able to show that when we awaken from the trances we got into the 'flow' of life and the researchers even claimed that this was the very secret of happiness. This was accompanied by mental efficiency and feelings of effortlessness and the mind functioning at its peak. To be able to do this made possible peak performances and even optimal experiences in every area studied. They just about studied every area you can imagine from surgery to dancing, business to daily life.

SO, to sum up what you're saying - the person can actually awaken from these trances which can be self-imposed or have been imposed by society, then they can use both sides of their brain, have more awareness and live in a totally different way?

Yes, and the key to it all is learning to use more of your brain and more of your mind. Indeed another highly



Tony with his good friend and inspiration Bill Hubner, owner of paramount fitness company aboard Bill's yacht 'The Mirage'.

respected study (conducted mainly at Yale) which has now been published in book form shows how using more of your mind was the key to having ultimate relationships and even euphoric sex.

20 Year Study

I find it fascinating to realise that you've only got to learn to use more of your brain and your mind and then you can just apply it in any area that you wish from becoming more spiritual to becoming richer. On the seminar I often point out to people about the 20 year study by Napoleon Hill of some of the most successful people in America - including the two richest men who ever lived, even richer than Bill Gates by today's standards - people like Andrew Carnegie and Rockefeller.

The Secret

Carnegie claimed he had the secret to how to become successful in any area and he invited Napoleon Hill to conduct a 20 year study with the most successful people of the time to find out how many people knew of this secret. As far as I remember they all claimed to, including

Thomas Edison who was possibly the greatest inventor of all time.

The secret essentially was how to apply all of your mind to the results that you wanted. Even then, they were talking about getting your subconscious mind to photograph what you wanted to come about.

YOU also talk a lot on the seminars about power...

Yes, suppose a person is looking through what I call a 'something', let me again use the simple example of the poor self-image or inferiority complex - then if you ask such a person to stand up and give a talk, they would react to the situation.

Now, if in some way (which of course is what I teach) the person can step out of that 'something', then that open or free mind can take direct action - the person is asked to give a talk, doesn't have an inferiority complex and can quite happily get up and do it.

Powerful

As people like William James (and in latter days people like Carl Rogers) have shown, the more 'somethings' are there, the less powerful the person is.

It only takes a small

switch in your mind to get into abundant living. That switch is out of damming up your power or your energy in the 'somethings' - i.e. stress, tension, worry, fears, problems, phobias, self-limitations. You can learn to take all of your energy out of this. Then your physical and mental energy comes up - and so does your awareness - you're a different person.

We can go back to the average person who's only using a very small amount of their mind - it's like there's this huge field and they're only choosing to use a very small corner and they're living their life through that very small corner. It's like trying to live your life 'through' the inferiority complex and there's really only a little bit of you coming out to actually live. If only everyone reading this could realise the truth of this. It's like trying to run your car with the brakes on and then you'll see what power you have.

Steve Collins

An excellent example of this would be the boxer Steve Collins with whom I worked, versus Chris Eubank. If

you ever saw that fight you would see that Chris Eubank was looking through the 'somethings' - he was certainly fearful. In fact, it took an hour to persuade him on the first meeting to even come out for the weigh-in.

In comparison, Steve was just totally focused on the winning. That's all he could see. He was just very one-directional mentally about it and consequently he had power. I remember in the second fight, where Steve literally rushed out and nearly knocked both himself and Eubank out of the ring. He just kept coming forward all the time because there was no 'something' in the way.

What a difference it would make to the average person if they could just take all of their energy and power out of these 'somethings' and into going forward in life.

THE seminars that you hold are quite expensive...

Yes, I want people who are really serious - people who are prepared to be all that they can be and live to their full potential. I can never resist saying that people spend fortunes updating their

computers - do you realise what we're talking about here is just the price of a small car?

I really only want people who put a value on what I'm teaching and on themselves. If you update your brain and your mind it would be easy to be successful in all areas of living. In addition, such people would begin to realise as I do that just about all the personal and global problems we are facing are simply the result of our minds not keeping up with our technology - we need a revolution, or an evolution in our mind. It is the next great frontier.

The problems personally and globally are arising because people are very immature, they are using just one side of their brain. So, not only could using all of your brain and mind make the vital difference in your daily life, but ultimately, it would bring about a change in society as we know it today. Indeed we would then live in a different world entirely. I don't believe there is anything that's more important than learning how to use all of your brain and mind.

● FOR Further Information, contact Colette Millea, 01 - 8303717 / 8304211.