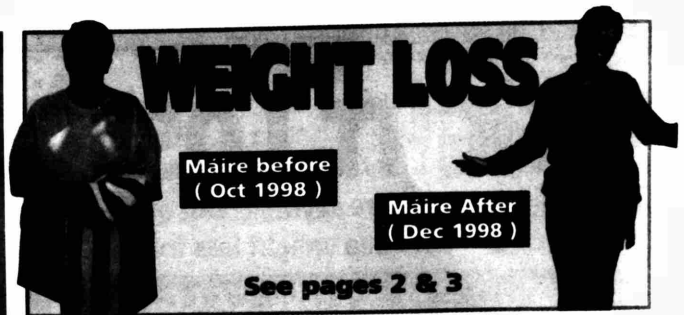


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For Successful Living

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'Why not live the life of your dreams'

All it takes is just a small switch in your mind out of limiting thought into life and your goals.

In this exclusive interview with Dave O'Connor, Dr Tony Quinn (Doctorate in Clinical Hypnosis and Counselling), brings us up to date with his latest work in the field of mind technology and talks about the exclusive seminars he is conducting in the Bahamas.

Dave: When did you first become interested in mind technology?

Tony: I first began to develop an interest in using more of my mind as far back as childhood. Then in 1972 when I decided, in true yoga style, that I would give up everything I was doing and go and sit on a mountain top. I wanted to learn all about how to meditate and achieve self-realisation and, bearing in mind that I was very young, this seemed to be the best way

to go about it. As I persisted with the meditation I began to awaken from my thoughts and be exactly where I was. Eventually I discovered that I could really be there with no thoughts in the way, so that if I saw a tree I actually saw it, or if I saw a person I actually saw them. It was as if one day I was sitting there and I woke up to life. I had made the switch.

How did that experience shape your subsequent interest in the mind?

■ Dr. Tony Quinn (left) and his fabulous home in The Bahamas where he now lives, with the beautiful pool, lake and grounds at the rear (right).

Since then I have had a life-long interest in the mind and in recent years particularly in the emerging area of what has become known as 'mind technology'. I made a decision that I would like to be the most qualified person in the world in this area. This involved a very long programme of study both in England and America which is still going on up to the present day. Many mind experts whom I studied maintain that we only use about 10% of our mental potential and indeed more recently it is argued that we only use about 1%. Even so-called intelligent people are generally using only a small part of their mind. Now it seems to me that the whole process of education ignores this fact and we continually try to cram more information into our minds without looking at the possibility of expanding and harnessing more of its potential. I became particularly fascinated by this possibility and this led me to do a lot of research in this area.

Currently I am working on a Ph.D. in Psychology, researching whether or not a person can learn to use more of their mind and what impact this would have on their life.

What would you say is the most important discovery that you've made so far?

Quite simply that most people are actually living in a thought trance, almost in a dream. Consequently they are using only a tiny fraction of their mind and even that tiny fraction is distorted. Let me give an example of how that happens. Where I live when I'm in the Bahamas there is this incredible swimming pool, beautiful trees and a lake, and together with the perfect climate can seem like Paradise. Now say for example, I am there working with someone who has a problem with depression. They can sit there and sense rather dimly that the place is very beautiful but they can't truly experience it or enjoy it because they are looking out through their depression. I



often refer to this experience as like being wrapped in cling-wrap film, which can be of varying degrees of thickness from opaque to very dark. Most people you meet are looking out through this cling-wrap onto the world. They are spending more time in their own mental world than actually out there, living in the real world. I am fascinated by the possibilities of awakening people from this type of dream, which for many people can be something of a nightmare.

Does this apply to a normal person who isn't depressed?

Yes it does, sadly. You see,

many people are trapped in similarly negative thought patterns, such as inferiority complex, limiting self-image, loneliness, isolation and even in the past. They can have beliefs or opinions, or be experiencing sorrow or bitterness which isolates them from life and other people. They may be married to someone for a few years and yet not realise they are looking at them through their past experience all the time.

Many people say that they can't relax or they can't stop these negative thoughts or

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