

BLUEPRINT

For Successful Living

No. 50 • Autumn 2000 • Distribution Worldwide • Circulation 900,000

YOUR 16 PAGE HEALTH GUIDE HAS THIS 31-YEAR-OLD DOCTOR DISCOVERED THE ANTLAGING SECRET OF THE 21ST CENTURY



The single most important step you will ever take in your life!

Colette Millea and Tom McKenna Interview Tony Quinn...

Tony Quinn left Ireland a number of years ago and is now based in the Bahamas. There and in other locations throughout the world, he conducts seminars and engages in continuous research. Tony works with people to help them achieve the life they want. The seminars provide the necessary knowledge, training and guidance.

Success stories account for the ever increasing numbers and popularity of the seminars

The success stories of people who attend account for the ever increasing numbers and growing popularity of the seminars.

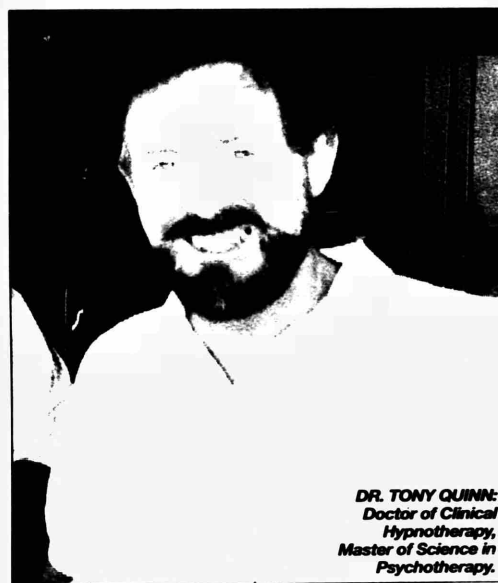
and morals and of human perception and understanding of these'. Philosophy is also described as a system of ideas concerning this or as a system of principles for the conduct of life - so we can say that philosophy is really the guide to life. Regarding myself, the only change I might make in that explanation is where it says to reach an understanding 'by logical reasoning'. What happened in my own case is that I spent so much time trying to learn the secrets of life that I began to have insights.

Q: How would you describe yourself?

A: In many ways, as a philosopher - if you look at the Oxford Dictionary definition of philosophy, it says 'the search by logical reasoning for understanding of the basic truths and principles of the universe, life

Q: What exactly do you mean by insights?

A: The ability to perceive, to understand the true nature of something. The knowledge obtained by this. Well, say you wanted to lose weight and you heard of people getting great results from a particular approach to dieting. You might then read about that approach in the hope that you would gain an insight you didn't already have which would enable you to achieve your goal. Similarly if you read a success book, you would hope that the author, who had studied the subject, had come up with some insights you didn't have so that if you learned these insights, you would then become more successful. Again it is most likely that the people coming up with these insights had spent a great deal of time meditating on the subject. Don't let the word meditation throw you. Let me explain; on one of my seminars was a man who had been very successful in the property business. I pointed out to him that he already knew how to meditate. Firstly he had become very interested in property and began to study it. Then it took up all of his



DR. TONY QUINN:
Doctor of Clinical Hypnotherapy, Master of Science in Psychotherapy.

attention and he began to see ways of making it work that others were not seeing, i.e. insights. Then he did not have to continue his studies - he just lived by these insights and as a result spent very little time working. These insights are the difference that makes the difference. They could save you years of effort and even failure.

Q: Are you saying that the person armed with these insights should be able to live more successfully?

A: Yes, if their map changes. Everyone, whether they realise it or not has a map in their mind that they live by and vaguely hope will give them the life that they want. You go to a restaurant and they hand you a map of the food - called a menu - and you presume that if you asked for a salad they wouldn't bring you a steak. Nevertheless that's what happens with many people's menus - their way of living doesn't give them the life that they would like. That map is their very deepest understanding. Intellectually

they may tell you their approach to life, but that may be more the approach they wished they had - instead people always live according to their deepest understanding. Therefore the key to change is to change the person's mind at its deepest level.

Q: You believe the key is understanding?

A: Yes. Understanding at the higher logical levels. Say, for example, you went to an airport and you're looking at the board that tells you planes are coming in from Rome, New York and France and they are all landing at a particular time. Then there's a fog, which is something you're not seeing when you're looking at the notice board. So the fog is the higher logical level. In other words it's above any timetable, but it impacts on the timetable so that after a while you'll see the board change to say that the planes have all been delayed. Therefore, that

● Turn to Page 2



● The view of the beach from Paradise Island in Nassau, The Bahamas, which is one of the locations where the seminars are held.