

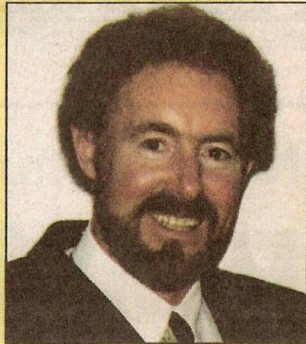
BLUEPRINT

For Successful Living

No. 42 • New Year 1998 • Distribution Countrywide • Circulation 600,000

INSIDE

Dr. Tony Quinn reveals the secret of how to use your mind to have the life that you want. See pages 6 & 7.



Dr. Tony Quinn.
Doctor of Clinical Hypnotherapy

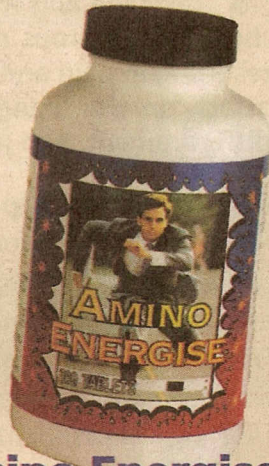
GET INTO YOUR BEST SHAPE EVER FOR THE NEW YEAR

With our night-time and day-time weight loss formula

(products featured on pages 4 & 5)



Amino-Or
(night-time formula)



Amino-Energise
(day-time formula)

'I've lost 44lbs since September '97'

For years I have tried unsuccessfully to lose weight. I went on every diet imaginable, losing a few pounds initially but eventually putting back on double the amount. I love going on holidays but I was always embarrassed about my weight. Every year I would look at my photographs and say, 'that's the last time I'll look like that' - yet every year the reality was that I was bigger than the previous year.

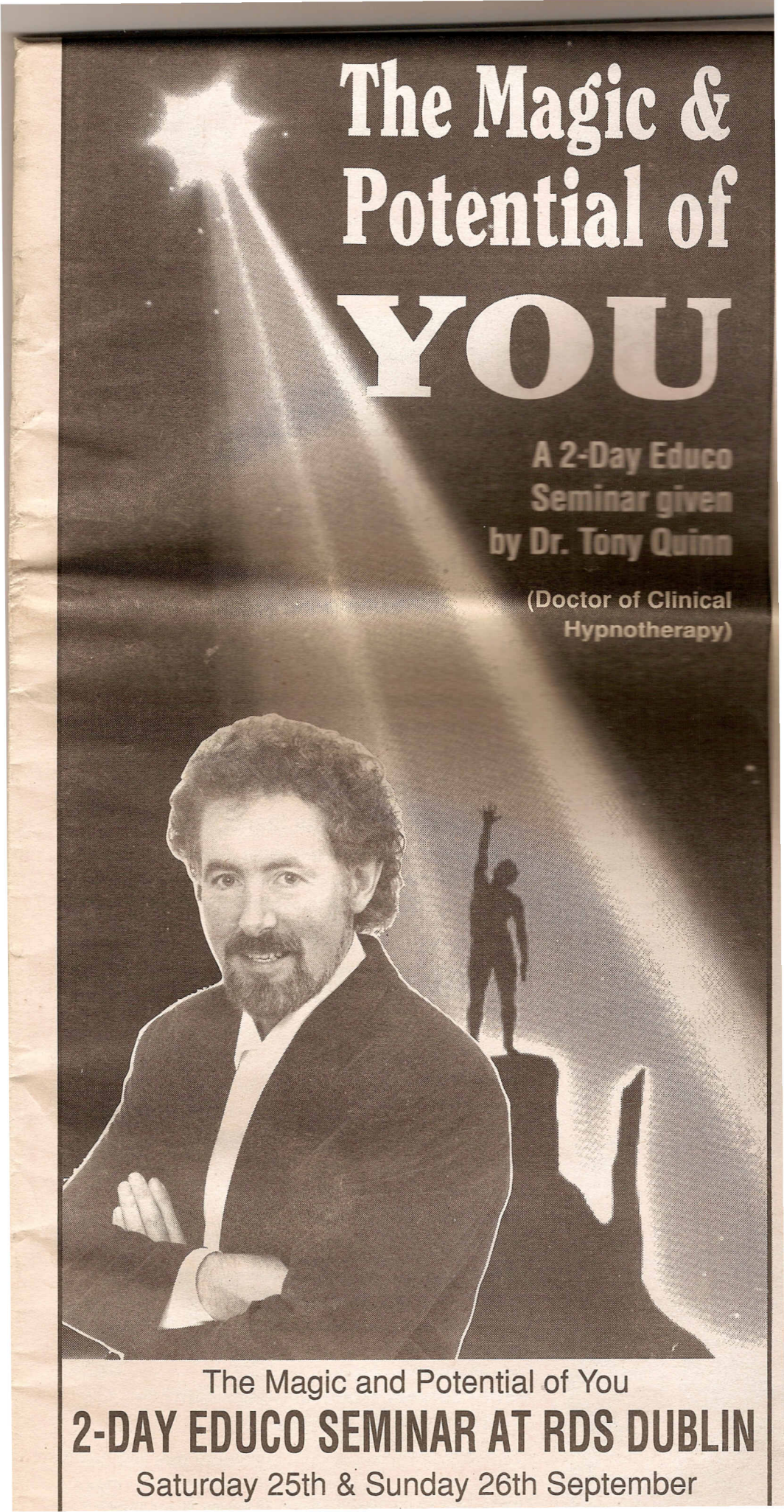
Then in September 1997 I started taking Tony Quinn's **Amino-Or** at night and **Amino-Energise** tablets during the day, along with a healthy eating programme. I decided it was now or never - I just couldn't go on the way I was going. After two weeks I started to notice a difference - I could see my shape coming back. With each passing week I continued to look and feel better. By taking the **Amino-Or** at night and the **Amino-Energise** with my meals

during the day I started to really lose fat, and shape and tone my body like never before. I was full of energy with a lot more drive and I was starting to fit into clothes that I had bought years ago, that **I could never wear.**

Now it's the New Year and since September '97 I have lost 44 lbs in weight. I was 13st 10lbs and now I'm down to 10 st. 8 lbs. I am down two sizes in my clothes and I've lost 6" from my waist. For me the impossible has happened - this programme has worked magically well for me. I feel wonderfully well and confident with myself. Even over Christmas I was able to break out a few times without putting any weight back on. I am continuing to get into better shape. I am looking forward to my holidays with my new shape and my new outlook on life.

Thank you,
Yvonne Sherry, Co. Monaghan.





The Magic & Potential of **YOU**

A 2-Day Educo
Seminar given
by Dr. Tony Quinn

(Doctor of Clinical
Hypnotherapy)



The Magic and Potential of You
2-DAY EDUCO SEMINAR AT RDS DUBLIN
Saturday 25th & Sunday 26th September

Roughage etc.
C. Food Supplements

DIRECTORS OF THE IRISH HEALTH CULTURE ASSOCIATION & IRISH ASSOCIATION OF HOLISTIC MEDICINE



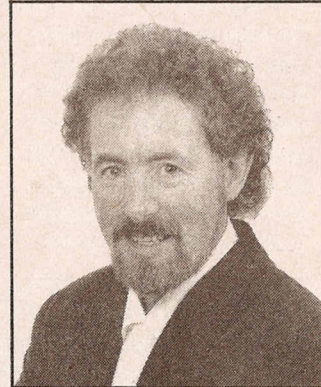
Margaret Forde

is a psychologist, healing therapist and yoga teacher. She has trained many yoga teachers, Ki Massage Therapists and Psychotherapists on I.H.C.A. & I.A.H.M. courses. Qualifications include: B.A.(Hons.) Psychology and Philosophy. Higher Diploma in Education. Diploma in Applied Psychotherapy.



Martin Forde

is a Naturopath and Osteopath, widely experienced in Holistic Medicine. He has 19 years experience in Yoga, Massage, Dietetics and Physical Culture. Qualifications include: B.A.(Hons.) [UCD] N.D., D.O. [British College of Naturopathy and Osteopathy]. Diploma in Massage and Physical Culture [Northern Institute of Massage]



Dr. Tony Quinn

Consultant to the Irish Health Culture Association and Irish Association of Holistic Medicine

Qualifications include:

Doctorate of Clinical Hypnotherapy as approved by the Californian State Board of Education. Four diplomas in mind science as approved by the American Department of Education (one of which is in healing and pain control). Further qualifications in Mind Programming, Psychotherapy, Nutrition, Exercise etc. Presently pursuing research and a third degree with a London University.

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No. 29. New Year 1993. Distributed Nationwide. Circulation 600,000.

Bringing you only good news.

Blueprint

FOR LIVING

Dublin Edition

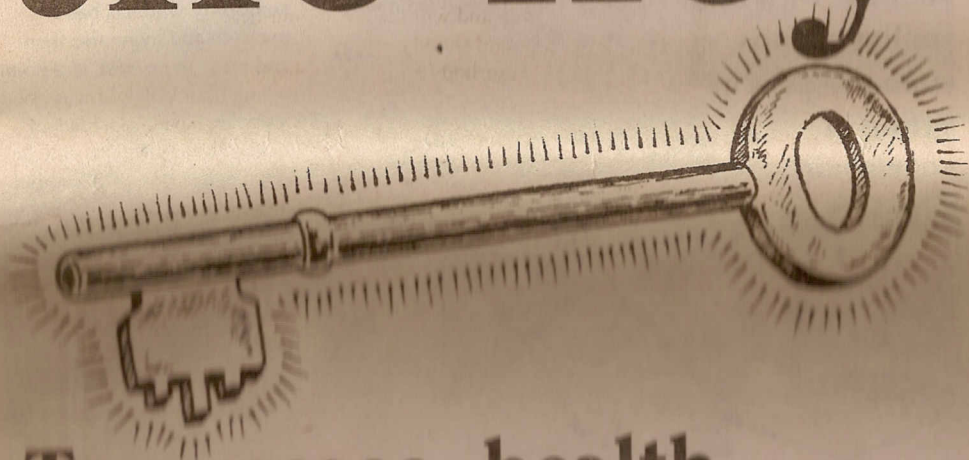
The Newspaper dedicated to helping you get the most out of yourself and life

Tony Quinn Healing Centres in Dublin: Eccles St. (Head Office), Clondalkin, Castleknock, Dundrum, Dún Laoghaire, Lucan, Raheny, Rathmines, Swords, Tallagt.
Nationwide in Armagh, Ashbourne, Athlone, Bray, Carlow, Cork, Drogheda, Dundalk, Galway, Kilkenny, Limerick, Mullingar, Naas, Navan, Waterford, Wexford.

**Here is
the key**

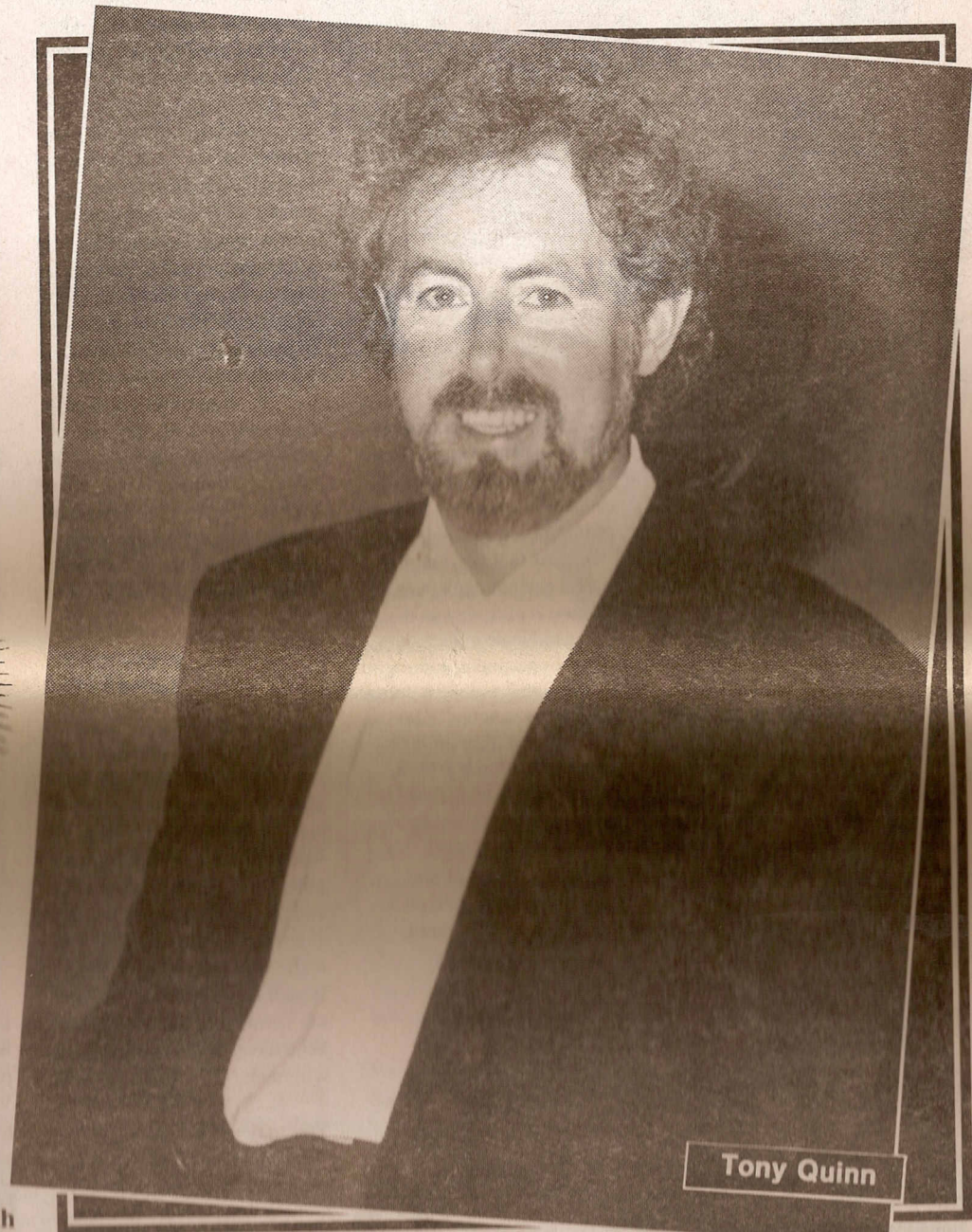


Here is the key



To success, health,
healing, the life of your
dreams, the real you.

All that is standing between you and the life of your dreams is a small switch in your way of thinking. I have taught thousands of people to make the switch. This newspaper contains many examples. It's easy and anyone can do it. You can be living a totally different life from the moment you make that switch. What I would like to reveal to you in the course of this article is the key



Tony Quinn

film in there you will still fail. Equally, put in the right film and the results are pretty much certain and effortless.

sure they are seeing the picture clearly. Then enquire whether it is a subjective or objective experience. If it is subjective it

Have them give you continuous feedback on what's happening and then amplify it. For example, if they are chased by a barking dog, you

Blueprint

For Living

Bringing you only good news.

One Simple Idea

...that brings Success to many thousands of Irish people every year

Every week I get hundreds of letters from people just like yourself telling me of their success. They range right across the board from life-improvement and business to healing and health. If all of these letters were to be published then they would make a newspaper the size of the one you are holding in your hands every week of the year.

Read this first

The aim of this newspaper and the organisation that publishes it is to research human potential and to make the resulting information available to the public. Each of us has unlimited potential which, in the main, lies dormant. Tony Quinn has devised a system which we believe will enable a person to mine more of that potential. This system we call Educo and forms our basic philosophy.



A delighted Ger Leggett at the Educo Seminar in the RDS, Dublin, September '93

The word 'Educo' means to educe or to draw out - the understanding being that you draw out the life and the world that you want from within. Details to enable you to use this system are contained in our lead article beginning on this page. On following pages we outline four different ways of learning how to apply this system in your own life.

If, having read the article, you wish more in-depth information then we recommend the new Educo audio tapes. (Back page for full details).

If you would like to be trained in how to use Educo while working on some specific outcome for yourself then contact any of our centres listed

Alternatively, we can work with you by post as you will see from pages 10 & 11 and we will also send you some further information to enable you to use this approach.

For those of you who would like to train with Tony Quinn we run regular 2-day or 4-evening video seminars where, on video, he takes people through the Educo process. These have proven very popular and are great fun -page 2

Nutrition For Health

We also provide information on health foods and food supplements and have health stores and agents throughout the country (Pages 6 & 7) At present

Body Sculpture

This Exercise System is for people interested in getting themselves into their best shape. (Page 4)

Yoga Classes

Tony Quinn first introduced Yoga to Ireland in 1971 and it became very popular. Now Yoga classes are readily available throughout Ireland. We consider Yoga the perfect complement to modern life. Our classes consist of a complete programme of breathing, exercise, diet, relaxation. (Page 5)

Note: Last and certainly not least we only bring you good news because according to our Educo philosophy whatever we dwell on we become.

UNDERSTANDING AND APPLICATION OF ONE SINGLE IDEA.

The letters come from people who attended my seminars, attend our centres or are on Postal Requests but often they come from people I have never met but who have read one of my articles, similar to this, outlining the concept. Many people, just from an article, seem to be able to understand what I am going on about and apply *THE IDEA* successfully. Then hey presto! I get another one of those magical letters. (If you want to read some of them they can be seen on pages 8, 9, 10, 11.)

ARE THESE LETTERS ON THE LEVEL?

Many times, in the street or at social gatherings, perfect strangers have come up to me and said, 'I don't believe any of those letters that are in your newspaper. You make them up yourselves. The whole thing is a fraud'. Let me assure you that firstly we don't pick out the most sensational of the letters and secondly on two occasions 'the powers that be' have

accurate.

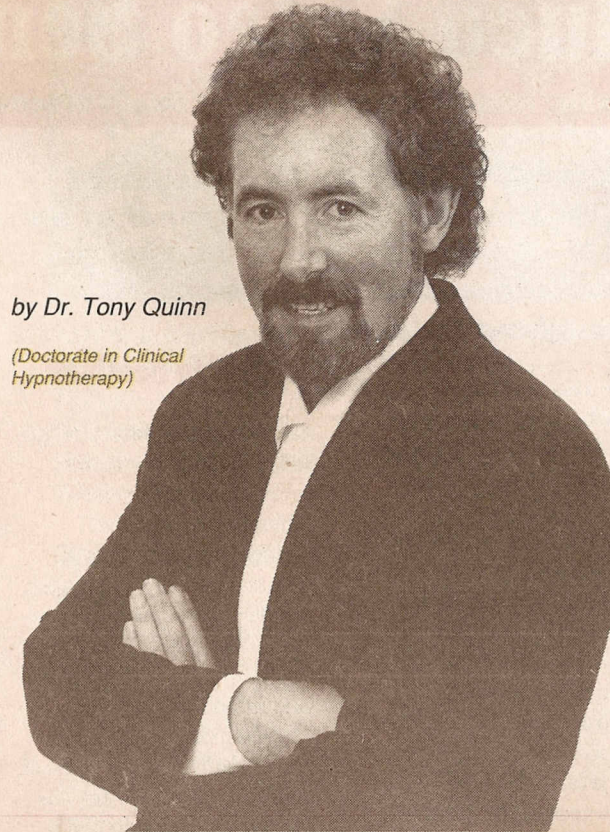
I have to say that I generally look these people in the eye and say to them, 'Have you ever saved anybody's life?' They generally say, 'No'. Then I say to them, 'Have you ever provided the means that became a turning point in a person's life?' Sometimes they say, 'Yes', but more often, 'No'. I then say, 'Well, I have saved and changed many thousands of people's lives and that can make it worthwhile getting up in the morning.' The reason I am telling you all this and I would like you to bear with me while I tell you a little bit more is to convince you of the value of *THE IDEA* that I want to impart to you. And, to the true sceptic among you, I want to say that I have always been ready to give this idea for free to anyone who was prepared to listen - as indeed I am doing now. O.K. Are you ready for *THE IDEA*? Here it is then:

ANY IDEA, ANY THOUGHT, THAT YOU FOCUS ON ONE HUNDRED PER CENT WILL COME ABOUT.

doesn't seem very earth-shattering'. But hold on. Have you ever really put one hundred per cent of your potential into anything? The results border on magic if you do. I have worked with thousands of people who went from failure to success, from illness to health, just by shifting their attention from what they didn't want to what they did. For example, can you imagine what it is

like to have a very serious illness? Your whole mind is wrapped around illness. You can't stop thinking about it. You're obsessed by it. What I try and get them to do is to tear their mind away from that illness and wrap it around health - to literally

Continued on page 2.



by Dr. Tony Quinn

(Doctorate in Clinical Hypnotherapy)

detailing recent results.

Ireland. (See panel below)

New Year resolution for you!

Healthier Ireland Campaign

- **Did you know that it is possible to reverse heart disease without drugs or surgery?**
- **A dietary/lifestyle programme of vital interest to all to beat the country's number 1 killer is outlined on pages 3 & 4.**
- **This programme has been medically and scientifically proven to work.**

The purpose of this newspaper, the Tony Quinn Organisation, and the Irish Health Culture association is to promote the benefits of a healthier, more positive lifestyle. In this issue we publish the facts on heart disease and launch our "Healthy Heart '94 Campaign". In subsequent issues we will be presenting further ground-breaking research and facts on other health topics. Through awareness and the right knowledge it is possible for us all to work for a healthier Ireland.



Join in our Healthy Heart '94 Campaign

