

Antigua, June 10, 2011

A Morning of Evolution and Enlightenment with Spiritual Teacher, Mick Quinn.

Good morning, I am happy that we have gathered here today because we are about to share something very special. I know that what you will hear today will have a great impact in the lives of every one of you as it has had in mine.

Before presenting today's distinguished guest, I would like to share with you certain details of my personal evolution and transformation thanks to the teaching of my Spiritual Teacher, Mick Quinn. Many of you know me very well. I would like to rewind the cassette to the early part of the new century where I took the hardest and most difficult decision of my life, which was my divorce. I knew that the road was going to be tough, but I did not know how tough, how dark, sad, and painful. But I also knew that an opportunity was opening up to really get to know who I was. My life, like many others, could be defined by a series of labels imposed upon ourselves by our culture, society, and family. For example, you are the daughter of...? You are the little sister of...? You are wife of.....? Are you Catholic, Jewish, or what are you now? But who is Anabella really?

And could it be possible that without all these points of reference Anabella is still able to stand strong and defined?

This dilemma put me at an existential crossroads that took me on a journey to search for my disciplined consciousness. Many spiritual philosophies might agree that the real awakening begins with the presence of deep suffering. And I found myself at that point exactly.

The French novelist, Marcel Proust said that "we don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us."

I was then that I decided to embark on that journey that Proust describes, leaving behind all that is comforting, familiar, and known, to go in search of my inner self. I decided to take a course in Ayurvedic medicine in London, with strong roots in ancient philosophies and traditions. The year I spent living in England and later in the French countryside at a yogic ashram, forced me to get in touch with my spiritual side. It was a stage where I started to erase a great part of the programming of my past. I also felt that I was developing a greater sensitivity towards my surroundings, where I could perceive parts of my authentic self that were fighting desperately to get out and see the light. It was at the end of this stage that I truly felt absolute joy. Believe me, this is not the same joy as when I saw Paris for the first time or my first kiss...it was a deeper connection to something greater than myself.

After my life in Europe, I made the decision to go live in Dallas for a while. Dallas was a place that had been my family's second home for many years, and where I thought I needed to set roots for myself and my future. After a number of years, I started feeling

that my lovely memories with my family started to clash with the artificiality of the place. Was it that Dallas always had been this way or was it that something in me had changed? Since I had a little more self-knowledge after all my set of tools accumulated from my past experiences, I perceived that there was something inside of me that was fading away slowly, and that I needed to do something about it before it disappeared. I came to the conclusion that I desperately needed to go back to my roots, face the ghosts from the past, and rescue my spirit. But there was another element that kept telling me that I needed to be of service to my country.

I came back to Guatemala, and by sheer coincidence and synchronicity, the opportunity to work for my country emerged. I did not look for it. It found me. My work in rural development was an unforgettable and passionate experience. It took me to magnificent and far away places where I was in touch with the powerful energy of nature and its people. I discovered kindness, generosity, and a genuine openness. It was in these community encounters that I was able to recognize a deep communion between soul and soul. Again, I felt the same absolute joy that I had experienced in the past, and saw it as a blessing.

When I look back and reflect on the collection of experiences from my past, in fact, some from the earlier stages of my life, all along there has been a series of threads being woven together to answer my greatest existential questions. I could see that there was a natural impulse to figure out what was that passion that motivated me and propelled me to look for the real meaning of my life. There is a saying that says “when the student is ready the teacher appears.” It was months after that the right conditions aligned themselves and the new teachings manifested in my life to transcend a new stage in my personal evolution.

Mick entered my life in June of 2010. I remember I was at a friend’s beach house when I saw a book with an interesting title on the coffeetable. I grabbed it and started to thumb through it. Its concepts sounded very Harry Potter for spirituality(or maybe it was all the sangrias I had), but nevertheless, I found the book fascinating! And when she told me that the author was living in Antigua with his wife, I could not believe it! I decided to go to Antigua to meet a man whose teachings are a clear and concise synthesis of wisdom from new century philosophical movements. Meeting Mick, I was impressed with several things: his humbleness, his down- to-earth approach, and his deep and profound knowledge about the evolution and enlightenment of the being.

It is written somewhere that the real journey of discovery does not consist in searching for new paths but consists of having new eyes. Mick has opened my eyes to a new world, like Eckhart Tolle says. We have been working together for a year and what I can see in myself is that I cannot, and do not want, to live a life in the same ordinary and conditioned existence of before. I perceive my life now to be at another plane, one more conscious, because I have become the witness of my authentic self that reveals itself at each moment. I have finally been able to answer many of my questions. I recognize that I am in this world to serve humanity. And to do this, my dear friends, it means that we must conquer the EGO. This is today’s conversation. And if you are wondering where are

the Platos and Aritstotles of our times, here, it is with great honor and joy, that I present to you one of them....MICK QUINN!