



## Clear Thinking Issue 099

### No-Cost Breastfeeding Relaxation Download

To support World Breastfeeding Week, we're giving away [Breastfeeding Relaxation](#) this month.

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### F'REE teleseminar: 5 Things You Must Do When Treating Depression (and 3 Things To Avoid)

Attend this f'ree call with Mark Tyrrell on August 5th and use the strategies you learn with your very next depressed client. [Read more about the f'ree teleseminar here.](#)

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- Break through limitations with precision hypnosis

## How limitations can make you or break you

*Hypnosis Master Series: Limitations - all in the mind? – by Mark Tyrrell*

It used to be widely thought that it was not humanly possible to run a mile in under four minutes. Many talented athletes had tried, had come amazingly close, but ultimately failed to break that magic four minute marker. The human body, it was thought, just couldn't do it.

But on 6 May 1954, in front of 3,000 people, a young doctor called Roger Bannister did the 'impossible'. He ran the mile in three minutes and 59.4 seconds.

As soon as the crowd heard the word 'three' announced, they went wild. But here's the even more interesting bit. Roger Bannister didn't just break through a *physical* barrier – he smashed through a *psychological* one as well. In the year after Bannister proved the impossible possible, no less than 37 runners also ran a mile in under four minutes, and in the year after that *another 300* did the same. Why? Did they all suddenly have better coaching, more targeted training schedules, improved diet, better running techniques?

No. The difference was that all these people, who *could* have done it before but didn't know it, now *knew* it was achievable. And so they did it.

At this current time no one has run a marathon in less than two hours and many say it's not possible. No doubt when someone breaks *that* barrier, many more will follow. But why do we wait? To overcome your own limitations, sometimes you have to be your own Roger Bannister. Sometimes *you* have to smash the perceived limitations.

We all age, but different people age differently and it's not all down to our genes. Our attitudes to aging affect how we ourselves age. Young people's conceptions of what it *means* to be old will affect their own later health and vigour when they themselves eventually become older.

A study carried out by the University of Texas found that people who were upbeat and positive about their lives showed significantly less evidence of frailty (or other signs of aging commonly assumed to be inevitable) than those who saw aging as an inevitable decline.

Another piece of research showed that there was a direct correlation between how positively or negatively young people viewed the elderly and how they themselves would experience aging. But even more startling research has shown that attitude can make us feel – and even look – twenty years younger.

Some years ago Harvard psychologist Ellen Langer conducted a mind-blowing study with a group of elderly men. Langer put the men in an isolated old New England hotel that had been fitted out in the style of a hotel from two decades before, so that every visible sign indicated twenty years earlier.

The men – in their late 70s and early 80s – were told not to reminisce about the past, but to actually *act as if they had travelled back in time*. The idea was to see if altering the men's mindset about their own age might have any measurable physical result. The results were amazing and have huge implications for how we *all* live.

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[Continue reading this Hypnosis Master Series article](#) on limitations to learn more about how our unquestioned assumptions can shape our lives and what to do about it.

## Break through limitations with precision hypnosis

Everybody knows that hypnosis involves getting your 'subject' to accept your suggestions. But few people realise that they have already been hypnotised, sometimes for years, not by any hypnotist but by the suggestions that come from the society and culture they live in.

If those are beneficial suggestions, such as

*"Hard work gets results"*

*"Virtue is its own reward"*

*"Treasure your friends, they are your most valuable resource"*

this is not a problem.

But what if they aren't?

What if they are suggestions like

*"People like you cannot do xxx"*

*"As you get older you will lose all your faculties"*

*"You can only get rich by cheating"?*

Do you know what to say to counteract that negative hypnosis?

When you take our online training course in Precision Hypnosis, you will learn *exactly* what to say to help people break out of the negative trance state of limitation. You will learn how to help them discover that they can do far more than they had ever thought possible. Possibly even more than *you* think possible!

The next Precision Hypnosis course starts on Tuesday 2 November 2010. Our early bird booking discount (25% off) is limited to 12 October. But there is no limit to what you can learn.

[Read more on the Precision Hypnosis course here](#)

See you in a fortnight.

Mark Tyrrell  
Co-Founder  
Uncommon Knowledge

Psychology trainers since 1995

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