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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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Sent only to subscribers

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In this month's Clear Thinking...

- 1: Article: How to Make Decisions
- 2: Teaching Tale: The Two Wolves
- 3: Inspiring Quote: Getting Started

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Hi

Decisions, decisions! That's what life is all about. Are you aware that you are making decisions all the time? At this very moment you are deciding to read this... rather than do something else. In a moment, you will make another decision. And then another.

We hide this reality from ourselves with our patterned behaviour, our little routines. But sometimes decision making comes to the fore, and we quail at what we are taking on, even if it is only deciding what kind of shampoo to buy at the supermarket.

Or you might be deciding to take our new Hypnosis Unwrapped Online Course. The next course starts on 10 May and runs for seven weeks. To help you in your decision making, consider the feedback we received from our first participants:

"I think the content and structure of the online course has been just brilliant and highly effective in facilitating my learning."

Mark P

"Your online course was absolutely great. I thoroughly enjoyed it and have started the discipline of a short self-hypnosis session in the evenings."

Joy

Learn more about the course:

[Distance-learning hypnosis course](#)

Before you make up your mind, take some time out to contemplate our thought provoking article on decision making. You might just find yourself making better decisions than usual.

And when it comes to making decisions, internal or external, pause to consider which wolf YOU are feeding with your actions.

If you are happy with your decision, in all the uncertainty of life, remember that it is nothing until you get started...

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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Want to find out what we really do?

Come to an Uncommon Knowledge Hypnosis Workshop. These inspiring and instructive Workshops take place regularly in Brighton and in Richmond (London).

Put the dates in your calendar today!

Brighton: 31 March and 1 April

London: 14 and 15 April

All the information you want is available here:

[Our hypnosis workshop](#)

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1: Article: How to Make Decisions

One day a young Native American boy fell out with his friend. He went to his grandfather and told him how very angry and upset he was. His grandfather listened quietly to the boy's outpourings, and then said: "Let me tell you about my wolves..."

After a pause, the ancient warrior continued: "I too, at times, have felt great hate for those who have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It's like taking poison and wishing your enemy would die. I have struggled with these feelings many times.

"It is as if there are two wolves inside me. One is good and does no harm. He lives in harmony with all around him and does not take offence when no offence was intended. He will only fight when it is right to do so, and in the right way.

"But the other wolf ... ah! The littlest thing will send him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger too, for his anger will change nothing.

"Sometimes it is hard to live with these two wolves inside me, for both of them try to dominate my spirit."

The boy looked intently into his grandfather's eyes and asked, "Which one is stronger? Which one wins, Grandfather?"

The ancient smiled and quietly said, "The one I feed."

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3: Inspiring Quote: Starting

"The secret of getting ahead is getting started. The secret of getting started is breaking your overwhelming tasks into small, manageable tasks, and then starting on the first."

Mark Twain, US humorist, writer and lecturer, 1835 – 1910

“All great deeds and all great thoughts have a ridiculous beginning. Great works are often born on a street corner or in a restaurant’s revolving door.”
Albert Camus, Algerian playwright and author, 1913 – 1960

Getting started in anything new is a challenge. One of the most difficult aspects of that challenge is taking the first step. But, once taken, even the smallest step can lead to great things.

To lessen the fear of the task ahead, which may feel overwhelming at first, break that task down into the smallest, most manageable sectors possible.

Great thoughts and deeds don’t always come fully formed. They often have the humblest beginnings and gradually grow through time.

What about you?

What is your greatest achievement?

How and where did you get started?

Was it the smallest step?

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That's all for this month -
we hope you enjoyed it and we'll see you next time!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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