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## CLEAR THINKING

from Uncommon Knowledge

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In this month's Clear Thinking...

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Hi

What a line up we have this month!

Precision Hypnosis, Lifting Depression, Rewind Technique – 75 people from around the world are equipping themselves this month with the most powerful therapeutic tools known to humankind. Can you imagine what a huge sense of satisfaction that gives us?

Our fantastic new Precision Hypnosis online course (oversubscribed – book yourself on to the next one!) kicks off on 4 November, ready to take the first group of students to a level of hypnosis practice they may only have dreamed about until now. This is no light boast or marketing hyperbole.

\*\*\* 25% off Precision Hypnosis when you book today \*\*\*

Precision Hypnosis is stuffed full of high level approaches and techniques for using hypnosis to bring about real therapeutic change. All underpinned by the latest psychological understandings of what makes people tick. It's for therapists who are ready to go beyond the basics - way beyond the basics.

For example, if you go to any theatrical hypnosis show, you will see phenomena like catalepsy, arm levitation, negative and positive hallucination, amnesia, and the like. But how do you use such

phenomena for therapeutic ends? How can you be confident that you can elicit such phenomena in your consulting room, just at the point where you need it?

That's the sort of thing we've put at the heart of Precision Hypnosis.

And if you want to make sure that you are fully equipped with that kind of skill, you better book your place for the February Precision Hypnosis course right now. The course starts on Tuesday 24 February, and we are holding the Early Bird Discount (25% off!) right up until 3rd February. We suggest you don't wait that long, however. As we said above, the November course was heavily oversubscribed...

Everything you want to know about the course is here:

<http://www.uncommon-knowledge.co.uk/training/online/precision-hypnosis.html>

But what about those basics?

We've looked after them too! If you want to learn the fundamentals of hypnosis and hypnotherapy, or feel that the basic training you already had could perhaps be improved upon, you can do no better than to sign up for Hypnosis Unwrapped, next course coming up on 9 April.

\*\*\* 25% off Hypnosis Unwrapped when you book today \*\*\*

Even if you know nothing of hypnosis or hypnotherapy, this carefully structured and focused course will equip you with all the basic skills you need to use hypnosis to help yourself and others quickly and effectively.

And you'll find that you understand a great deal more about human behavior (including your own!) than you ever did before!

Louis van der Bank, a participant from Australia, had this to say about Hypnosis Unwrapped:

"This course has good structure and clear building blocks to enable participants to acquire the knowledge and skills needed to get started with hypnosis. It was also an eye opener to learn that even shallow trance states can be considered as useful in hypnosis and that repetition would eventually pay off."

So what are you waiting for? Here's the link:  
<http://www.uncommon-knowledge.co.uk/training/online/hypnosis-1.html>

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge LLP

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### 1: Master Series: The meaning of dreams

Dreaming takes place during the Rapid Eye Movement phase of sleep, known as REM. This phase occurs around every 90 minutes during sleep. The REM state has also been observed in the womb. This is when instincts are 'hard wired' in the fetus. We also observe the REM response in hypnosis, and it is during a hypnotic trance state that we reprogram instinctive or emotional responses. Hypnosis, in fact, is synonymous with the REM state. So hypnotic trance, pre-birth instinctive programming REM and nighttime dreaming are all connected.

It's easy to understand why a fetus needs to be 'pre-programmed' with instincts and it's clear why you might want to hypnotically exchange the instinctive response of fear for an instinctive response of calm during, say, a job interview – but why on earth do we dream at night?

We know that dreaming must be important because we spend up to two hours in every twenty four doing it. Nature wouldn't have us doing it merely for entertainment. There must be a good reason why human beings (and many other species) dream. We also know that depressed people spend up to six hours or more a night dreaming. And we know that if we don't dream, we quickly go mad. So, clearly, dreaming is serving a purpose.

The ancients believed dreams could foretell the future and that it was during the night dream that we left our bodies and soared through the spiritual realms. Sigmund Freud believed that dreams were a way for the subconscious mind to present to us our secret desires. His theory of dreaming seems dubious when we consider that even birds dream. It is unlikely that they are having access to their socially unacceptable desires when they enter the REM state!





