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## CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness  
May 2007  
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Article: Generosity
- 2: Startling Statistic: Creativity and Dreams
- 3: Inspiring Quote: Tranquility

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Hi

How generous are you? Really?

That's a challenging question to start you off this month. Some people spend far too much time analysing their own behaviour and worrying about how they are doing against some impossible standard of perfection. We don't advocate that, but it can be useful, occasionally, to take a step back and take a look at yourself.

And in this month's article we have done just that - taken a step back so that we could take a good long hard look at generosity, meanness, altruism and the role they play - or could or should play - in our lives. The notion that every act is based on a fundamental and unalterable self-interest is a popular one today - but is it really true? Read and consider!

We know quite a lot about dreaming at Uncommon Knowledge, and it's nice when someone else's scientific research backs up what we've known all along - that dream recall and creativity are connected. Watch out that your creative mind produces constructive ideas for you by learning how to use your imagination wisely and well!

Our Inspiring Quote this month is particularly apt for people who spend time online (like your good self). Participating in internet forums and chatrooms exposes you to the 'opinions' of many different people. But you read these opinions 'cold' - without any of the usual signals we rely on when communicating. There is no body language, no tone of voice to guide you about the writer's 'real' intention. It's very easy to take comments personally and to feel wounded and hurt by negative material that may have had been quite innocently posted. Let the wise words of the sages be your guide.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge Ltd

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College of Liberal Arts and Sciences, said that the more bizarre a dream was, the more likely his subjects were to remember it. Dream recall varied widely, with a few participants remembering a dream every night and others never remembering a dream throughout the three-month study. On average, participants recalled dreams three or four days per week.

Over a period of 14 weeks Watson conducted research on 193 college students. He found that those prone to day dreaming, absorption and fantasy were particularly likely to remember their dreams.

“There is a fundamental continuity between how people experience the world during the day and at night,” he said. “People who are prone to daydreaming and fantasy have less of a barrier between states of sleep and wakefulness and seem to more easily pass between them.”

We folks at Uncommon Knowledge see this connection all the time. We would also expect such people to be more prone to anxiety and depression, but also better hypnotic subjects. These conditions can partly result from the misuse of the imagination. Of course, the upside would be increased creative achievement in whatever area of life.

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### 3: Inspiring Quote: Tranquility

“Great tranquility of heart is his who cares for neither praise nor blame.”  
Thomas à Kempis, German monk and writer, 1380-1471

“He who feels punctured must have been a bubble.”  
Lao Tzu, Chinese Taoist Philosopher, b c.500 BCE

Those who dwell on the praises and criticisms dealt out to them by other people live in a constant flux of elation or despair.

Lovely as it is to receive praise, and valuable as it is to receive constructive criticism which can be acted upon, the wise person takes neither to heart.

The larger and more inflated the ego, the more

