



Clear Thinking newsletter from Uncommon Knowledge - Issue 81

In this month's Clear Thinking...

1. How beliefs work – Uncommon Hypnosis Master Series
2. Learn Hypnosis for Christmas?

How beliefs work – Uncommon Hypnosis Master Series

In this article I'm going to talk about some of the ways in which people come to believe the things they do; how brainwashing works and the distinction you can make between belief based on emotional conditioning and knowledge based on real experience. When you understand how belief systems operate you gain a key insight into the behavior of people around you. And, of course, you gain some highly valuable self knowledge.

Hypnosis can be used to alter perception and therefore belief. When you work with hypnosis you learn something very profound about the nature of belief. Some hypnotized subjects can be hypnotized to see things that are not there or not to see things that are there. And it's not just about seeing. They may actually eat an onion after being instructed to see it as an apple and respond to it in every way as if it is a perfectly genuine apple.

The point here is that during these hypnotic episodes the subjects believe completely in the reality of what they experience. This illustrates to the hypnotist – and hopefully to the subject – that what you believe can be completely disconnected from actual objective reality. Similarly, when you dream during your sleep...

[Read the full article online](#)

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Learn Hypnosis for Christmas?

Our 'workshop in a box' Hypnosis Unwrapped DVD set teaches you everything you need to know about hypnosis. Is it time to treat yourself, or would someone else like to do it for you?

[Hypnosis Unwrapped DVD - perfectly Christmassy](#)

See you in a fortnight.

[Mark Tyrrell](#)

Co-Founder

Uncommon Knowledge

Psychology trainers since 1995

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