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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

August 2007

Sent only to subscribers

Pdf format available online at:

<http://www.uncommon-knowledge.co.uk/go/aug07.html>

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In this month's Clear Thinking...

1: Master Series: What is hypnosis?

2: Teaching Tale: A jog in the park

3: Inspiring Quote: Speed

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* Learn (live online!) how to lift depression quickly *

You may know that Uncommon Knowledge created the Depression Learning Path 6 years ago, since when over 3 million people have used it.

You may also know that we teach therapists how to treat depression quickly and to enjoy doing it (yes, really!)

Now you can learn this uniquely clarifying and effective approach online in live teleclasses and forums.

It starts Wednesday 17th October and right now you can get yourself a pleasing 20% early bird discount:

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

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* Learn uncommon hypnosis online *

Our popular 'Hypnosis Unwrapped' training course is available for your delectation again.

And, because you're an early bird, you can get 20% off the course price just now.

We'd love to chat with you, and you'll love what you learn on the course we think :-)

The course starts Thursday 20th September. Book here:

<http://www.uncommon-knowledge.co.uk/training/online/hypnosis-1.html>

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Hi %%FNAME%%

We hope you are ready to sit up and take notice!

In this issue we are launching our new Uncommon Hypnosis Master Series - a series of conversational essays exploring the essence of hypnosis as a tool for change.

Hypnosis is commonly seen as something separate from everyday psychology. But in fact, hypnosis is at the very centre of psychological processes, and our Uncommon Hypnosis Master Series essays will show you why. You will learn how hypnosis can be used to effect psychological change in a wide range of cases, and gain insight into human psychology that will help you negotiate life, in whatever circumstances you find yourself.

We are completely convinced of the value of understanding and using hypnosis in every sphere, and all the material we produce is aimed at promoting appropriate and timely use of hypnosis. Our Hypnosis Unwrapped DVD is an unrivalled home study course in the art of hypnosis and has a unique advantage over class-room demonstrations - it can be viewed as many times as you like!

Hypnosis Unwrapped demonstrates everything you need to use hypnosis successfully and safely – every piece of knowledge, every language pattern, every skill and technique. With this world-first DVD in your hands you will learn more about hypnosis than almost anyone else – including most hypnotherapists!

You can order Hypnosis Unwrapped from our website:
[shortlink]

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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Want to find out what we do in the 'real world'?

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!

London: 27 and 28 October

Brighton: 17 and 18 November

<http://www.uncommon-knowledge.co.uk/workshop/hypnosis/workshop.html>

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1: Master Series: What is hypnosis?

Many people still think that hypnosis is about putting someone into a weird state, telling them to do something, and then that thing will happen. But hypnosis doesn't work like that.

This is so important to understand. Otherwise, if you don't get immediate and miraculous results, you might get disheartened and give up, and that would be a terrible shame, because hypnosis is the most powerful and effective mind tool available to you.

So how does hypnosis work?

Well, hypnosis 're-educates' your unconscious mind. By that I mean your habitual responses, or instincts.

So, for example, you might think of a certain person and feel nervous. How does that happen? You thought of someone, and even though they weren't in the room, you felt nervous! How did you do that? Well, at some stage, a mini hypnotic state glued together in your mind that particular person and the emotion of anxiety. That's what hypnosis does – it helps you learn – and fast.

So, we can use hypnosis to change this response. We can take deliberate control of the way you feel by relaxing you and having you imagine things that make you feel good, and then have you rehearse doing the problem situation while feeling the way you want to feel.

Sounds simple, doesn't it?

Read the rest of this essay online at

<http://www.uncommon-knowledge.co.uk/articles/uncommon-hypnosis/what-is-hypnosis.html>

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2: Teaching Tale: A jog in the park

Sometimes life itself creates 'teaching tales'. The following episode really happened to a friend of mine. There are many things we could draw from her experience - but especially that it's not wise to jog to conclusions!

A jog in the park

For years a friend of mine went jogging every morning, rain or shine, in a certain park in the heart of London. She had noticed that – whatever the weather – a middle aged man would always be walking his dog along the same route.

Eventually she began to feel as if she knew him. It was as if their common experience of all weather conditions in this place and time every morning must

have created some kind of kinship or connection.

Long a believer in connections, she started to bid him good morning. 'Hi' she'd say as she jogged and panted past him. 'Nice day' she'd sweat. Sometimes it was 'Better hurry up, it looks like rain!' or 'How's it going?'

He never once replied. He just kept on walking his dog.

She persevered. She thought to herself 'Even if he is rude and ignorant, I'll show him I'm not. We'll see who's got the good manners!'

And for years she continued to give him just a passing comment as she went by. It became a matter of pride for her, a principle. She just had to always say hello.

One dismal morning her jog was particularly unenjoyable. Mood, circumstances, events, people and demands had all conspired to produce the shortest of tempers in her. The familiar figure and his dog appeared down the path ahead of her. For the first time ever, she actually stopped and turned round to face him. All the frustration she was feeling seemed suddenly to focus on this incommunicative man. She stood still and glared at him.

'What's the matter with you? I always say hi, hello, good morning, and you're always too damn rude to reply!'

He studied her face closely as she spoke, a surprised expression on his face, then smiled and murmured apologies as the realisation dawned on her that he was, in fact, stone deaf.

Mortified, she burst out with her own apologies, which he waved away with a smile.

Fortunately, he was a forgiving sort. He always waved cheerily at her after they'd cleared up this little misunderstanding - and she waved back.

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3: Inspiring Quote: Speed

“If everything seems to be under control, you’re not going fast enough.”

Mario Andretti, Italian-American racing driver, b1940

"Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.”

Albert Einstein, German theoretical physicist, 1879 – 1955

A racing driver has to take risks and let the adrenalin take over at times. If he was always under control, he would complete the circuit - but never win.

Those that are too careful miss opportunities. To kiss a pretty girl properly requires a certain lack of control!

What about you?

Do you go fast enough?

Are you someone who is happy to complete the circuit or are you out to win?

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

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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More from Uncommon Knowledge...

<http://www.unk.com/>

<http://www.hypnosisdownloads.com/>

<http://www.self-confidence.co.uk/>

