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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
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In this month's Clear Thinking...

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Hi

The nights are drawing in here in the northern hemisphere. Long evenings stretch out before us. Hopefully in front of a cosy fire rather than a computer screen.

What better time to engage in getting to know yourself better? But if you do choose to go on one of the many self-development courses out there - be careful. Many of them don't develop too much of the 'self'. Our thought provoking article on the tricky subject of self-knowledge will help set you on the right path.

And if it's interesting reading matter you're after to draw you away from too much television in the winter months, you will find *The Eternal Child* (reviewed below) is bound to intrigue - or possibly to infuriate!

Whether it's fate or chance that has made you what you are...

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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*There's a video on this page of Mark delivering his
'What is Hypnosis' lecture.

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1: Article: Getting to Know 'You'

I was set up for a blind date once with a woman who described herself in a letter to me as 'fun and bubbly!' The way people describe themselves is sometimes rather sharply at odds with the way others see them, I find. I spent the whole of that date wondering where the writer of the letter had got to... But that's enough about me. What about you?

Do you know much about yourself? Or do you just think you do?

When you refer to your 'self', do you mean the self that relaxes in front of the TV, the self that dreams at night, the self that gets angry, sexy, curious – or all of these combined? Do we all have multiple 'selves' that get wheeled on and off again as circumstances require, obscuring a truer, more timeless 'self', as the mystic G.I. Gurdjieff, for

example, believed? And what about the ‘average person’?

Read the rest of this article online at:
<http://www.uncommon-knowledge.co.uk/know-you.html>

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2: Book Review: The Eternal Child

The Eternal Child: An explosive new theory of human origins and behaviour

Clive Bromhall

ISBN: 009188574

Like it or not, we humans are closely genetically connected to the chimpanzee. And specifically the new born chimpanzee. We also resemble the flat-faced, peace loving and sexually adventurous Bonobo ape. We are less like the aggressive and less sociable gorilla.

Clive Bromhall argues that the human race resembles the young of other primates and are driven to develop playfulness, cooperation and peace loving as aids to human development. He points out that we humans are amazingly peace loving – get a few gorillas together, say above nine or ten, and they start killing each other. Yet we can co-exist with relatively few cases of violence in cities the size of Cairo (aprox 15 million people).

We can do this because we are essentially like the young of other primates. Young apes and chimps tend to be peaceful and playful (creative) and these are over-ridingly human traits. Evolution has adapted us to be ‘infantile’ to survive in large numbers, as well as enabling us to band together in earlier times to fight off predators, finding strength in groups that we didn’t possess as individuals.

Although largely ignored by the scientific community, this book deserves to be read. It’s entertaining and has startling if contentious things to say about homosexuality, the church, art and creativity – and a possible link between all three.

Whether it challenges your own ideas or not, you'll find this an engrossing read.

You can read this review online at http://www.uncommon-knowledge.co.uk/book_review/eternal-child.html

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3: Inspiring Quote: Fate and Chance

“No man ever wetted clay and then left it, as if there would be bricks by chance and fortune.”

Mestrius Plutarch, Greek historian, biographer and essayist, 45AD –120AD

“Man blames fate for other accidents, but feels personally responsible for a hole in one.”

Martha Beckman, US writer, 1882 – 1933

Many like to think of life as an orderly, pre-arranged affair about which we are helpless to do anything. At its worst, this is nothing more than an excuse for laziness.

While a hole in one itself is a rare fluke, demanding a round of drinks at the 19th, the amount of preparation before that shot was taken required many hours of dedication and effort.

Blind chance is the opposite of fate, not something some ordered human beings like to contemplate too much.

What about you?

Do you believe in chance or fate?

What was the last incident which happened in your life that you put down to fate or chance?

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

