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## CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness

February 2008

Sent only to subscribers

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In this month's Clear Thinking...

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- 2: Top Tip: Get promoted and live longer
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Dear Subscriber

Before we get started this month, here's some quick information on 3 new online courses you can attend...

'How to Lift Depression Quickly' starts on 9th April. You will learn cutting edge techniques to make an immediate difference, no matter how long or how severe the depression being treated. It includes live teleconferences, live forums, assignments, and an extensive range of support material.

We are holding the Early Bird discount option (25%) open until 19th March - which means you can take this course for a very money-wise £296.25. But there are only 25 places available, so it is best not to delay.

You can reserve your place here:

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

The 'Hypnosis Unwrapped' course starts on 10th April. This is a ground breaking course in the fundamentals of hypnotherapy and solution-focused approaches to psychological distress. Early birds can get that 25% discount if you sign up before 20th March, and take the course for a purse-friendly £221.25.

You can reserve your place here:

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

Later in the year, on 12th June, we are thrilled to launch our latest course, 'Rewind Technique'. This course will teach the essential skills for removing phobias and resolving the dreadful symptoms of Post Traumatic Stress Disorder. No therapist can afford to be without these skills. The early bird discount is open until 22 May, making this leading-edge course available for a mere £221.25.

You can reserve your place here:

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

Call Karen on 01273 776 770 for further information or to book a place.

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell  
Uncommon Knowledge LLP

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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 Kingston (London).

Put the dates in your calendar today!

Brighton: 5 and 6 April  
Kingston: 19 and 20 April

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

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## 1: Master Series: Mind/body control

I recall as a child being amazed by a TV show that showed a man trained in yoga. This fellow apparently slowed his heartbeat down to two beats a minute. Then I read about adepts who had trained themselves to bleed at will through one skin puncture then (alternately) another. And men who developed such mental control over their bodies that they could remain buried in earth for days, even weeks at a time.

Now we could argue there's limited practical use for that kind of thing – at least I hope there is! But it's true to say that every great sports hero and survivor of great catastrophes has also had the experience of gaining mental mastery over their own physical processes.

Your imagination is a powerful tool, because all fields of activity, all endeavours and projects, begin their stirrings of life within the imagination. Whenever you use your imagination you enter a kind of hypnotic trance state. The more involved you are in your imaginative experience, the deeper the trance. In fact, when you dream at night you're totally absorbed in the contents of the imaginative story that is your dream. So night time dreaming is an extremely hypnotic experience. If you want to know how powerful your imagination is, think about just how real some of your dreams feel.

Read the rest of this essay online at

<http://www.uncommon-knowledge.co.uk/articles/uncommon-hypnosis/mind-body-hypnosis.html>

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## 2: Top Tip: Get promoted and live longer!

If you want to live a long time, then one way of improving your chances is to improve your status at

work.

A growing body of research show that health and longevity can be linked to career success. High status people in jobs have double benefits – they are richer and they will have more years on the planet to enjoy their increased wealth.

A research project carried out back in the 1970s showed that high ranking civil servants lived into their 80s, fairly high ranking men and women lived into their 70s, and those in lower clerical positions more regularly passed away in their 60s. Critics of such early status and health research argued that those in lower positions were obviously likely to smoke more, exercise less, have a poorer diet, and have poorer quality health care. But later research seems to back up the ‘psychosocial pathways to health’.

A recent study (The Whitehall II Research Project) finds that employment ranking is a better predictor of illness and lifespan than smoking, high blood pressure and being overweight combined. This research followed 17,000 workers. For Whitehall civil servants in the UK, the annual mortality risk amongst senior civil servants is only one quarter those of lower ranking office support workers.

Status, health and longevity research has also been carried out amongst baboons (who obviously don’t smoke, drink or tend to have weight issues –well, generally speaking). The heads of the ape packs had similar cholesterol levels to high ranking civil servants. The lower their rank in the ape hierarchy, the more cardiovascular damage the apes would manifest.

The researchers also changed the ranking of some of the apes, and discovered that the health of apes who were ‘promoted’ measurably improved. The loss of status inflicted on demoted apes was conversely quickly seen to have been dramatically detrimental to their cardiovascular and immune functions.

We hear a lot about the damage caused by ‘stress’, but

if we are stretched, challenged and stimulated in a high status position then we only seem to benefit. Status matters – so get yourself promoted – or maybe set up on your own to ensure you are number one!

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### 3: Inspiring Quote: Perfection

“When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold.”

Barbara Bloom , US artist, b1951

“Perfection itself is imperfection.”

Vladimir Horowitz, US virtuoso pianist, 1903 – 1989

The Japanese believe that when something (or someone) has been damaged and therefore has a 'history', it becomes more beautiful.

Some of Horowitz’s best CDs are not those precision recordings made in a studio but live performances. They may have a few mistakes, but they capture the spirit of the music perfectly.

American Indian artists don’t believe their work is perfect without a flaw, and always deliberately insert one.

What about you?

Is there something that’s 'damaged' you that has made you a better person because of it?

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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

