

regard to their motivations, or their own warped view of life, or to any facts that contradict their statements about you.

5) Don't go hunting about to identify any self-defeating patterns you have established in your life, or make any concrete plans to alter them.

6) Forget about your achievements. Alternatively (and this is just as good!), write them off as 'nothing much'. You can avoid getting any emotional satisfaction from achievements by using statements such as "Anyone could have done that".

7) Identify your basic needs so that you can make sure you do not do anything which risks getting them met. This will make creating low self esteem even easier.

"Well, thank you" says the alien, looking somewhat doubtful. "I must say that the human race has great perseverance. That all sounds like a lot of hard work to me!"

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

A threat to the royal life cannot be treated lightly.

The King frowned and his face grew white with anger:

‘Take me to this room at once!’

The King and the jealous advisors gathered outside the locked door. The King stretched out his sceptre and banged loudly on the door. After a few moments, the slave advisor opened the door, astonished.

‘What is the meaning of this suspicious and secretive behaviour?’ bellowed the King. ‘I demand to gain entrance immediately!’

Bowing low before his lord, the man stood aside and allowed the King and the goggle-eyed acolytes to enter.

Inside the room was bare. Not one piece of furniture or luxury to be seen. On one wall hang a pair of tattered sandals. Underneath them were written the words: ‘The worst human evils occur through self righteousness’.

‘What is the meaning of this?’ spluttered the King.

‘Your Majesty, each night I return here in secret to reflect on my days as a beggar by meditating in front of those worn and soiled sandals that I wore before I became your slave. I do this so that I may be prevented from feeling I am better than all others, so that I continue to appreciate my current good fortune and so that I may be for ever prevented from plotting against others through unwarranted suspicions and jealousies.’

Abashed, the King withdrew, leaving him to his meditation. But the jealous advisors got an earful.

:: :: :: ::

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

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

More from Uncommon Knowledge...

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

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

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

<http://www.panic-attacks.co.uk/>

<http://www.clinical-depression.co.uk/>

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

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

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

Published by Uncommon Knowledge Ltd,
12 Queen Square, Brighton, UK BN1 3FD
Tel: 44 (0)1273 776770
email: <mailto:info@uncommon-knowledge.co.uk>

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::

If a friend has sent you this newsletter and you
would like to subscribe, go to:

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

:: :: :: :: :: :: :: :: :: :: :: :: :: :: :: :: ::