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CLEAR THINKING

from Uncommon Knowledge

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Psychology for success, health and happiness
October 2006
Sent only to subscribers

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In this month's Clear Thinking...

- 1: Book Review: The Cosmic Serpent
- 2: Teaching Tale: A Question of Balance
- 3: Inspiring Quote: Stress

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Hi

Our new One Hour Phobia Cure DVD is available at last!
And you can have £10 off the regular price!

You can see a life long morbid fear of snakes removed
in one hour, with clear commentary on what is being
done. You'll see the (former) phobic introduced to
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of his terror even after being bitten by a snake
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The normal price is £49, but our readers benefit from
a special launch offer of £39 (saving £10), with free
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Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

path that surely leads away from pettiness and spite. Not much harmony about him. He would threaten the local inhabitants and on occasion give them a painful bite, although fortunately his bite was not venomous. The villagers were superstitious and afraid to kill the snake and so it ruled over them and tyrannized them through fear.

One fine day a wise old man came through the village. He had seen much of the world while managing to remain disentangled from its more pernicious temptations and distractions and he saw at once how the power balance had gone out of kilter and how the snake ruled the villagers through fear and was itself ruled by its own pettiness and vindictiveness. Now the old wise one didn't look much like a brave warrior, but he had managed in his time to vanquish fear. And so he approached the tyrannical snake and began to speak.

“Listen, oh snake, to the words of an old man who has seen much and understood some of it. You are mistaking fear for respect, and hate for regard. Cease and desist your constant biting of children and adults! Learn to live in harmony again and build true relationships with a people who worship snakes as guardians of sacred knowledge.”

The snake at first hissed in dismissal, and made to bite the old man, but something in those words he had heard must have got through to him, for he suddenly relented and avowed that he would change his ways.

Many months later the old man came back through the same village and what did he see but the children taunting and beating the snake with a piece of clay piping. They were laughing at the snake, who steadfastly refused to retaliate or even to raise its head from the ground. When the children grew bored with their tormenting and ran away, the snake turned to the old man.

“Thanks to you, my life is now one of torment! The children and now even some of the adults mock and prod me to distraction. But I promised you I would mend my ways and – unlike humans – snakes keep their promises!”

The old man looked at him and replied: “Oh snake, a power balance is just that... a balance. If you are too hard in life, you will eventually become brittle and

snap like a twig; if you become too soft, you'll be squashed like an egg. I told you not to bite but... I never said you should stop hissing!

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3: Inspiring Quote: Stress

“The adversity and failures in our lives, if adapted to and viewed as normal corrective feedback to use to get back on target, serve to develop in us an immunity to stress.”

Denis Waitley, US motivational speaker and author, b1933

“Stress is basically a disconnection from the earth, a forgetting of the breath. It believes everything is an emergency. Nothing is that important. Just lie down.”

Natalie Goldberg, US author and writing coach, b1948

One of the best insurances against stress, depression and anxiety is to view the problems we come up against, as much as possible, as a normal part of life.

If we don't think we're being especially 'picked out' for all the bad things that happen to us, which we're not, because bad things happen to everyone at some stage in their lives, we are less likely to be brought down by them.

What about you?

What about the adversities and failures in your life?

Do you see them as normal corrective feedback or as yet another thing to get stressed about?

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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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