

.....

CLEAR THINKING

from Uncommon Knowledge

.....

Psychology for success, health and happiness

July 2006

Sent only to subscribers

.....

In this month's Clear Thinking...

1: Teaching Tale: The Communicative Frog

2: Review: Harry the Hypno-potamus

3: Inspiring Quote: Gossip

.....

Dear Subscriber

It's not too late, you know!

You can still save yourself £400 by booking your place on the 2007 Uncommon Knowledge Diploma in Hypnotherapy and Psychotherapy before 31 July 2006.

Whether you want to practise as a hypnotherapist or just gain a deeper understanding of what it takes to be mentally and emotionally stable and resilient, this course can seriously change your life.

Training takes place in beautiful Brighton by the sea - an ideal venue. You will benefit from lectures from people who really know what they are talking about when it comes to hypnotherapy and psychotherapy. You will participate in group discussions and exercises under the supervision of course mentors and supervisors. In between modules you will

have practical exercises and study to work on, and can get together with your fellow students to hone your skills.

When you graduate you will have grasped the important principles that the unfortunate Frog in our Teaching Tale failed to assimilate. You will know how to use wonderful metaphors to help and heal yourself and others like Harry the Hypno-potamus. And you'll know just how to handle that blabbermouth parrot...

We can guarantee you won't regret joining us!

Enjoy Clear Thinking!

Roger Elliott & Mark Tyrrell
Uncommon Knowledge Ltd

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

1: Teaching Tale: The Communicative Frog

We live in a world of communication. You communicate and people communicate with you. Through newspapers, TV, iPod, text, email, and cinema – you name it. You have and will hear hundreds of thousands of opinions in your lifetime from all kinds of people in all kinds of places. We don't give people a chance to miss us because we can contact them anytime anywhere. But what about knowing when to remain silent... when not to voice our opinions... when not to communicate...?

Frog, Kitten and Mole were friends, and one day they decided to leave the garden where they had met to go exploring together.

Throughout their travels, Frog talked. He really had a lot to say. He gave his opinion on the state of lily pads. He explained the advantages that the amphibians had over the mammals. He recounted his achievements and adventures. He expatiated on his plans and hopes. He was in full 'transmit' mode. It looked like his 'receive' button was off.

Kitten and Mole listened as politely as they could. They could hardly get a word in edgeways, after all.

While Frog rattled on, the three friends had climbed a mountain. On reaching the summit they sat down to rest and admire the view. But all of a sudden lava began to spew from a crack in the ground not a hundred feet from where they sat. They were sitting on a volcano!

“Quick!” said Kitten, “Run for it!” And they took to their heels. But it was no use. They quickly found themselves surrounded by fiery molten liquid. It looked as if they were doomed!

But their plight had been spotted. A huge great owl came swooping out of the sky towards them. “Hold on to my talons!” Owl called to Kitten. Kitten leapt up and held tight with his paws and was quickly carried to safety. Back came Owl to collect Mole. Mole too used his long powerful paws to hang on while Owl ferried him out of danger.

At last it was Frog’s turn.

“Now Frog,” said Owl sternly, “those slippery web hands of yours cannot hold on to my claws, but your jaws look strong. Grip onto my talons with your mouth. On no account open your mouth and try to speak while we are flying. Remember, silence is golden!”

“Yes, yes!” said Frog. “I’m not a fool! Don’t patronise me!” And with that he opened his mouth and clamped his small but powerful jaws around the claws of Owl as he hovered above, and off they flew together.

As they flew over the by now roaring torrent of fire from the volcano, Frog looked down amazed. He could see for miles. In fact, he was sure he could see his own home swamp from up here. Without thinking, he opened his mouth and yelled “Look! There’s my h-o-o-o-o-o-o-...”

How Owl saved Frog from the boiling sea of lava, and how Frog learned when to talk and when to keep his mouth shut is another story...

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

2: Review: Harry the Hypno-potamus

Harry the Hypno-potamus: metaphorical tales for the treatment of children Linda Thomson Crown House Publishing
ISBN: 1904424570

A good story teller knows how to hypnotize his or her audience. They can create whole new worlds and make their characters live and breathe. Stories have long been known to have healing power and have traditionally been used as quite precise tools to make people think and learn to see new dimensions in every day things.

Hypnotic stories for adults can have great therapeutic benefits, as a story can be woven to match the pattern of the problem while offering a solution – all working at an unconscious level.

For children the benefits can be even greater. Children are ‘learning machines’ –constantly seeking to bring meaning to the events and patterns they see in life. Telling a child a hypnotically therapeutic story at the right time can be a fast track way to bring about profound change in problem patterns the child may have been experiencing.

Harry the Hypno-potamus brings together 32 illustrated stories featuring animals in the Ashland zoo. The assorted animals are helped by the zoo’s vet (Dr Dan) to overcome all kinds of difficulties such as panic attacks, phobias, insomnia, bad habits, pain management, allergies and even death and dying.

A clinician may want to read the stories directly to the child or learn the pattern of the story and adapt it. Some of the tales are general and can be used as general metaphors in positive thinking whilst others are specific to particular problems children may face.

This is a great resource not just for hypnotherapists working with children but for any adult caring for youngsters. The drawings are fun and it is an excellent introduction to using metaphor to help heal.

Read this review online at:

http://www.uncommon-knowledge.co.uk/book_review/harry-hypnotamus.html

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

3: Inspiring Quote: Gossip

“If you haven’t got anything nice to say about anybody, come sit next to me.”

Alice Roosevelt Longworth, US socialite, 1884 – 1980

“Live in such a way that you would not be ashamed to sell your parrot to the town gossip.”

Will Rogers, US cowboy humorist, actor, author, 1879 – 1935

People who don’t ever talk about other people are probably not that interested in them! At the same time, it’s best to avoid those who thrive on the affairs of others to alleviate their own dull existences.

You are the only witness to all your deeds, but there might be the odd parrot about here and there...

What about you?

Nearly everybody must have been gossiped about at some time in their lives. What would your parrot reveal about you?

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

:: :: :: ::

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

Roger Elliott & Mark Tyrrell
Uncommon Knowledge

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

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

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

.....