



## **Uncommon News - Issue 1-1, Jan 1999**

[Hypnosis](#), [Psychology](#) and **Personal Development** - Keeping You Informed New Year - Newsletter!

By [Mark Tyrrell](#) and [Roger Elliott](#)

A Happy New Year and welcome back from the festive season. This is the time when we're all supposed to make resolutions, so here is ours: We promise to keep you informed of all the latest developments from Uncommon Knowledge with this new quarterly newsletter.

But why?

Well, depending on how long ago you came to your first workshop, you'll have noticed that we send you letters from time to time telling you about this and that.

We've had such a great response to mailings in the past that we've decided to formalise things a bit. (That's not to say you won't bear from us in between newsletters every now and again!)

Regular features

### **Top Book**

You know when you read a book that's so good, you just have to tell everyone about it? Well, that's what we're going to do here. This will be a brief review of an important, influential or just downright great book on hypnosis, psychology or personal development from the last 3 months.

### **Success Story**

It's so inspiring to hear when someone has overcome a problem, made advances in their life or achieved something.

We'll be printing someone's good news every issue.

Teaching Tale from the Zen tradition

A proud samurai once approached a Zen master on top of a mountain. Haughtily he demanded to know about Heaven and Hell.

The wise man looked at him contemptuously and replied, "I would not waste my time with you. You are nothing but an uncouth lout."

At this, the samurai became enraged, and in his anger unsheathed his sword and tried to strike the old one. "In answer to your question", interrupted the master, "that is Hell".

The samurai immediately saw the truth of this and, regaining control of himself, thanked the Zen master. The wise one looked at him and said "And that, my son, is Heaven."

### **Top Book**

[The Right Mind by Robert Ornstein](#)

### **Startling Statistics**

"My boss is mad!"

Almost one in six male managers for large British corporations shows symptoms of [psychopathic](#) behaviour. I wonder how many of us already suspected that?

### **Teaching Tale**

Those stories we tell on the hypnosis training weekends are fun to listen to, but as you've probably guessed, they have other functions too.

Teaching tales have been used through the ages to illuminate the patterns of life and you'll always get a gripping yarn here.

### **Startling Statistics**

Did you know that 27.32% of statistics are made up? Yes, but they're still great fun, aren't they? Here you'll find an interesting, amusing, possibly surprising and hopefully fascinating fact to amaze and baffle your friends!

At first, the content of the newsletter will come mainly from Mark and Roger, but as we grow, we hope to get pieces from guest writers on hypnosis, practical psychology, [stress](#) management and other fascinating topics. In addition to the features, each issue will contain dates for up and coming courses, details of new products, tips and techniques for using with your [self-hypnosis](#) and other aspects of personal development.

### **Top Tip**

If you want to keep your hypnotic experiences, at an unconscious level, do something that engages your mind immediately afterwards.

Make a phone call, or write a shopping list and all that good work will remain undisturbed.

### **It's Competition Time!**

(Please note that this competition has now expired!) We have 3 copies to give away of the wonderful ["World Tales" by Idries Shah](#). This is the best collection of stories we know of and one of them could be yours.

The first three correct answers to the following question will win.

Does your [ultradian rhythm](#) controlling hemispheric dominance within the brain occur:

- a) Once every 1 ½ to 2 hours
- b) Three times a day?
- c) Once a month?

## Coming Soon!

This quarter will see the arrival of the UK personal development pack, the [hypnotherapy diploma](#) and the personal development course. Oh, and our website too. So if you call and there's no answer - we're probably busy!

!!! PANIC PREVENTION LAUNCH!!!

Now available is the new [Panic Prevention Programme](#) from Uncommon Knowledge. This 80 minute audiocassette is packed with information, exercises and a long induction to help you get control of your anxiety levels.

Also included is the AWARE card to carry with you in case of a [panic attack](#).

(If you suffer from panic attacks, you may also like to try our free email course at [Panic-Attacks.co.uk](#)).

## Uncommon Quotes

"The mind is a place in itself and can make a Heaven of Hell, a Hell of Heaven." John Milton, Paradise Lost (1667)

---

### Carbon Copy Content Disclaimer

Uncommon Knowledge Ltd. authorizes limited consent to post Uncommon Knowledge's PDF downloadable documents on website properties not owned by Uncommon Knowledge provided the document remains in an unaltered state and a precise replica of the original.

Copyright © 2003 [Uncommon Knowledge](#) Ltd. All rights reserved.