



Uncommon News - Issue 3-3, July 2001

Hypnosis, Psychology and Personal Development - Keeping You Informed

[Advanced Hypnosis Workshop](#) is Phenomenal!

Hypnotic phenomena such as arm levitations, anaesthesia and [catalepsy](#) can seem strange. But they are easy to achieve once you know how, and great fun to experience.

In addition to being fascinating parts of human behaviour, they can be incredibly useful when using [hypnosis](#) for pain control, motivation or social confidence. Attendees at the Advanced Hypnosis Workshops in September and October will learn to do this in addition to more conversational hypnotic techniques, and a wealth of other stimulating stuff!

So if you'd like to further your hypnotic abilities, give us a call now on 01273 557799. The dates are on the back of the newsletter.

Don't worry if you did the first [workshop](#) a while ago - the first thing we do is a refresher.

As these are the last Advanced Workshops this year, please book early to ensure your place.

Note: If you are planning to do the Diploma course in [Hypnotherapy and Psychotherapy](#) next year, please bear in mind that attendance at the Advanced Hypnosis Workshop is a pre-requisite.

Your Help Please!

The newsletter has been running for nearly 3 years now and we would like to post back issues on the website.

Unfortunately, due to a computer backup being lost, we are missing some back copies.

If you have kept previous issues, please could you give us a call or email us. Your help would be most appreciated!

(Thanks to all those who helped with this.)

Top Tip

3 Ways to Boost Your Own [Serotonin](#) Levels

'Low serotonin levels' are often quoted as the reason for [depression](#). And it's true, people with depression do usually have low levels of this neurotransmitter. But saying that it is the 'reason' for depression is the same as saying that hunger is caused by chemicals in the brain!

It's true in a way, but we all know the cure for hunger, and it doesn't involve drugs.

So here are a few natural ways to get your serotonin levels up!

Eat a small carbohydrate snack. This releases L-Tryptophan, the stuff serotonin is made from!

Do a task that is intrinsically satisfying, no matter how small, and give yourself credit for it afterwards. For example, if you make a meal, allow yourself to focus on its good points, and simply accept that you did it!

Do something that you are good at. 'Losing yourself' in an activity creates 'flow', which is a highly pleasurable state, and so raises serotonin levels.

Startling Statistic

'A Painful Realisation'

Up to 80% of people will experience Lower Back Pain (LBP) at some time. Statistically, the most common predictor of LBP is job dissatisfaction. Second comes poor social relationships in the workplace.

This is at least partially explained by the muscles of the lower back becoming tense for long periods under stress. In addition, low job dissatisfaction impacts upon serotonin levels. Serotonin decreases the amount of pain that is perceived through moderating pain signals.

Interestingly, serotonin also acts as an emotional 'buffer', hindering extremes of emotion, and plays a pivotal role in REM sleep.

Teaching Tale

There was once a community of animals who lived in constant terror. Every day at a fixed time, a lion would come from his nearby cave to eat one of them. Every morning upon waking, each animal would wonder if it was his turn to be eaten. Eventually the uncertainty grew unbearable and so the animals made the lion a proposal.

"If we draw straws to see who is to be your meal, will you agree to eat them only?" they asked. "The one who draws the short straw will come to your cave." The lion, who was essentially a lazy beast, thought this a marvellous idea, as it saved him the walk every day.

Soon after this decision was taken, a small fox arrived in the animal community. Dubious about the arrangement with the lion, he said, "Don't bother drawing straws today, I volunteer to go to the lion's cave tomorrow." The next day, the lion's feeding time came and went. The other animals grew anxious, saying how angry the lion would be. "What does that matter?" asked the fox.

But to quell the others' fears, he set off for the cave. When he finally arrived, an hour late, the lion was furious. "I'm sorry I'm late", said the fox, but that other lion wanted to eat me. I had to explain that I was your meal and not his. But never mind about that, let's get on with it."

"Now hold on a minute", said the lion. What other lion is this?" he roared, growing angrier and angrier. "Oh," said the fox, "the lion that lives down by the quarry." "Take me to him now" growled the lion. So the fox led the lion to the quarry, where he pointed at a well. "If you look down there, you'll see him".

The lion, looked down into the well to see a lion's face staring back up at him from the surface of the water, and leapt at it. Whereupon he was swallowed up by the water and drowned.

Competition

Last issue's competition was won by Natalie Gibbs who makes preparing dinner more interesting by pretending she is a TV cook!

She got the most votes through the website, where you can see the other entries. The competition will be back next issue.

Top Book

[Sleep Thieves by Stanley Coren.](#)

Uncommon Quotes

“Whoever passes by what is over his head condemns his head to its present low altitude.”
Mortimer Adler

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.