



## Uncommon News - Issue 1-2, Apr 1999

Hypnosis, Psychology and Personal Development - Keeping You Informed

### UK Launches Diploma Course

Spring sees the appearance of the long-awaited Diploma [course in hypnotherapy and psychotherapy](#) from Uncommon Knowledge.

Delegates in the Brighton area have recently received a letter about the Diploma course inviting them to send for a prospectus.

The course begins at the end of May and take place over a total of 16 evenings, finishing in November. Course work will involve written work, practice groups and real clients, so graduates will not only be knowledgeable, but experienced too!

### Success Story

'Fags and Booze' by David Fowle

"I came on the [Hypnosis Training](#) Weekend in Brighton wanting to give up smoking. I had smoked my first cigarette at the age of 8 and been a full-time smoker since the age of 12. If you had asked me how many I smoked a day when I went to the workshop, I'd have said about 25.

During the workshop I volunteered for a demonstration and afterwards went out for a breath of fresh air as I felt a bit woolly. It's now over 5 months later and I haven't smoked one cigarette since that moment.

Amazingly, a week after the workshop, I found myself with £60 in my pocket, which made me realise I must have been smoking closer to 50 a day!

The second part of the story is that soon afterwards I started wheezing a bit and went to the doctors for a check up. I was told that I had developed asthma suddenly after stopping smoking but that it would clear up in time. At the same time, the doctor gave me a full check-up and told me that I had liver damage. I was told that if I stopped drinking this would repair itself, but if I continued, it could be very bad for me.

I knew this was due to my 'active participation' in a local drinking club we would go to the pub and drink 15 pints on Sunday lunch times. I now go out with the same group of people but stick to the orange juice.

Finally, I went back to the [Advanced Workshop](#) and found that afterwards my asthma had disappeared too. I just feel much better generally - I had been under specialists as I was losing my voice - that's cleared up now too, and I feel it has positively affected everyone in my life."

Your Stories Please! Our thanks to David for sharing his story with us. It can really help others to know that such change is possible. If you have a story that came about after attending a workshop or using

hypnosis with yourself or other people, please drop us a line. It doesn't have to be as impressive as David's, it helps other people and if published, you will receive a copy of this issue's top book!

### **Teaching Tale**

A lion in waiting

There was once a young lion who didn't really know he was a lion because he had always lived alone in a vast forest.

One fine, clear morning, as the sun came up, he decided to explore further afield. He padded out into the heat of the desert and began walking.

After many hours, when he was about to give up, he came upon a cave. He found that by this time he was very thirsty from the heat of the sun and was glad to find a cool pool of water inside.

But as he prepared to take a long drink, he suddenly saw a fierce, proud, strong-looking lion staring back at him, as if hiding in the water.

Now this young lion had never seen such a magnificent creature and jumped back afraid. He paced back and forward outside the cave getting thirstier and thirstier.

Eventually, the heat grew too much for him and he realised that if he waited much longer, he would become weak and perhaps die. So he plucked up his courage, ran into the cave and dived headlong at the beast in the water. And of course, as he broke the surface, his reflection dissolved...

### **Top Book**

[My Voice Will Go with You](#) - teaching tales of Milton H Erickson.  
(Click here for review).

### **Startling Statistics**

There are over 1 million people addicted to tranquillisers in the UK.

So, being able to relax yourself and other people is of great value.

It was Dickens who said, "No one is useless in this world who lightens the burden of it for anyone else."

### **Top Tip**

If you find that on getting up in the morning, you feel groggy or a bit down, have breakfast then sit down and do fifteen to twenty minutes of [self-hypnosis](#). It will feel like you're getting a second shot at the day!

For more on self hypnosis, see the free course at [Self-Hypnosis.co.uk](http://Self-Hypnosis.co.uk)

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

(Please note that this competition has now expired!)

Question: When using the indirect approach to [hypnosis](#), we use a special type of language such as "I don't know if..." and "Some people find..... Is this language called:

- a) Protracted?
- b) Pervasive?
- c) Permissive?

Last issue's competition asked "Does your [ultradian rhythm](#) controlling hemispheric dominance within the brain occur: a) Once every 1 1/2 to 2 hours b) ' ) times a day c) Once a month? The answer was a) and the three winners were Colin Russell, Rowena Wilson and Robert Goodman.

### **Uncommon Quotes**

"What you can do, or think you can, begin it - boldness has genius, power, and magic in it." Goethe

-----

### **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.