



## Uncommon News - Issue 2-3, July 2000

Hypnosis, Psychology and Personal Development - Keeping You Informed

### New Weekend Format Diploma Course

FROM next spring, the Richmond Diploma course will take place on weekends, rather than evenings. Workshop delegates from Brighton, Bristol, London and Nottingham have asked for a course that they can travel to and this should fit the bill.

The course will begin in January and continue for 6 months. Places, as usual, will be strictly limited and, with the current Brighton course full, it is a good idea to register your interest now. Places will be reserved on a first-come, first-served basis.

Details of dates, times and price will be available shortly. Call 01273 557799 to register your interest.

### Website Update

IF you are on the Internet, you may be interested to know that Uncommon Knowledge's website has been updated with a new layout and more information.

You can now visit the 'Knowledge' pages where you will find information on [panic attacks](#), [self-confidence](#), [phobias](#) and more. Please drop by and send us your feedback!

In addition from August 1st, you will be able to buy [books](#) and audio programmes online and book for workshops.

[Deep Sleep now on CD!](#)

YOU can now get The [Deep Sleep Programme](#) from Uncommon Knowledge.

A full 'sleep re-training' package, the double CD Programme costs £34.95 + £1 p&p. You can get one by calling 01273 557799 or via the website.

### Startling Statistics

A Hefty Tome

MAPPING the human genome sounds impressive, but what did it actually involve?

Well, if the genome were a book, there would be 23 chapters, called chromosomes, each containing several thousand stories, called genes.

Each of these stories is made up of paragraphs called exons and each paragraph of words called codons. Each word is written in letters called bases.

The book of the genome contains 1 billion words, the equivalent of 800 bibles, which at one letter per millimetre, would be as long as the River Danube.

This book fits inside the microscopic nucleus of a tiny cell that fits easily upon the head of a pin.

And we think modern technology is impressive!

This mind-bending statistic comes from this issue's top book, Genome.

### **Top Tip**

Plan your own miracle TRAINEES on the [Hypnotherapy Diploma course](#) are taught how to use 'The Miracle Question' with clients. This is something you can use for yourself to great effect.

If you are faced with a problem, take a quiet minute to yourself, relax and ask yourself, "If a miracle happened tonight in my sleep and the problem was solved, when I awoke in the morning what would my life be like?"

Answer the question in as much detail as you can. Think about how you would feel, what you would be doing that you aren't doing now, what other people would notice about you and so on.

Truly envisaging life without the problem can be a major step towards having a life without the problem.

### **Teaching Tale**

You can see past it

THERE was once a small, poor town which, although it had a harbour, was ugly, its coastline fringed with decrepit buildings and rusty metal.

A little girl who lived there was lucky enough to stay from time to time with her wise old grandmother whose house overlooked the harbour. Every day her grandmother would look out and say, "Just look at that view, look at that light on the water, isn't it beautiful?" and the little girl would agree.

One day, when the girl returned after being away for several months, she looked out to sea and was horrified at the sight of three immense oil drums right in the middle of the harbour. "Those drums have ruined the view" she said to her grandmother. The old woman looked at her and then at the view and said, "I know dear, but just look at the way the light reflects off the water."

Some years later, when the girl was at college, her grandmother came to visit and meet her boyfriend. They spent some time chatting, during which she impressed him with her description of the magnificent view from her home. Visiting the grandmother the next summer, he was proudly shown the view of the harbour. "Isn't that beautiful?" said the grandmother. Swallowing hard, he agreed.

When she had left the room, he turned to the girl and said, "That view looks like hell". "I know", she replied, "but just look at the beautiful way the light comes off the water."

Adapted from a story in 'Ericksonian Methods, The Essence of the Story'

## **Success Story**

LIZ RAYBOULD is a graduate of the Uncommon Knowledge [Diploma course](#) and a supervisor on the current Brighton diploma. Recently, Liz saw a woman with a wasp and bee [phobia](#).

The 23-year old was a live-in carer to a severely mentally handicapped woman living in the countryside.

The young woman had never liked bees or wasps but her stay in the country was making her more and more aware of them. Then one day she heard her patient screaming. On investigating she found that the patient's room had been invaded by many wasps. Liz's client had to leave her patient in there for 3 hours until someone else arrived who could help.

Later that day the young carer was 'attacked' by a wasp in her car. When she phoned Liz for help she couldn't talk about what had happened without becoming highly anxious.

Liz made a home visit as by this point as the carer was housebound by her fear. Using the V/K dissociation technique, Liz was able to free the woman from her terror in a single session.

A few days later, her client called to say that she was amazed how comfortable she now was with wasps and bees. She said she was happier with them than before the unpleasant incidents that had precipitated her phobia.

A great story that shows just how quickly you can begin helping people, once you have the right skills.

## **Competition**

AS SCIENTISTS map the human genome, you can get with the genetic programme by entering this competition to win a copy of the 'Top Book'.

(Please note: This competition has now expired.)

The question is: Which arrangement of X and Y chromosomes is found in women? Is it: a) X Y b) XX or c) YY

Answers by post or email please. The competition will be drawn on September 1st.

In the last competition we asked "Which type of food promotes serotonin production, linked to good sleep and happiness? The answer was a) Carbohydrate, involved in the release of l-tryptophan, a precursor to serotonin.

Last issue's winners of Healthy Pleasures were: Katherine Greening of Richmond, Barry Slight of Chichester and Brian Trappe of Brighton.

## **Top Book**

[Genome](#) by Matt Ridley

## **Uncommon Quotes**

"Health is the state about which medicine has nothing to say"  
W H Auden, 20th Century poet.

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