



Uncommon News - Issue 4-1, Jan 2002

Hypnosis, Psychology and Personal Development - Keeping You Informed

Mark Tyrrell's Self Esteem Gets a Boost!

YOU may be interested to know that Mark Tyrrell will be presenting a UK-wide seminar on 'How to lift low self esteem' this Spring for MindFields Seminars.

His series starts in January and runs through until April (2002). To book, call MindFields on 01323 811440.

Easy Audio Refreshment

YOU MAY remember from the Introductory Hypnosis Workshop (if you've attended that is :-)) about [Ultradian Rhythms](#) and the astounding benefits of taking proper relaxing breaks at appropriate points during the day.

[Using self hypnosis](#) to give you the 'right brain' activity you need, improves your memory, benefits your immune system, lowers your blood pressure and, best of all, makes you feel refreshed and rejuvenated.

The problem many people find with self hypnosis tapes is their length, and the boredom that comes from listening to them repetitively.

To solve this, Uncommon Knowledge have created '[Peaceful Moments 1](#)', the first in a series designed for use during Ultradian rest periods.

The tape contains 4 spoken word inductions, each around 15-20 minutes long, read by [Mark Tyrrell](#), [Roger Elliott](#) and [Jill Wootton](#).

You can pop it on any time you feel like a refreshing break, and because there are 4, you'll never get bored!

The tape is £12.95, and for those wishing to improve their hypnotic language skills, the induction transcripts are available with the tape for an additional £5.00. The scripts are marked with the hypnotic language patterns used.

You can order by calling 01273 557799, or by using the order form on the back of the newsletter.

Top Tip

Converting for Confidence

THE 2nd edition of the [Self Confidence Trainer](#), newly published, contains a section on ‘Converting’, a thinking habit that ensures you get the most from good experiences.

We have found that so many people ‘write off’ their achievements and so fail to gain a realistic impression of their own abilities and resources.

‘Converting’ is an idea we have started using with clients and is very simple. Its name conveys the idea that for good self confidence, you need to ‘Convert’ successful experiences by thinking about them in the right way.

If you simply say “Oh, well, I was lucky”, or, “Anyone can do that”, then you miss out on the emotional boost it could give you. The trick is to deliberately take a minute to look back on things you have done and simply say to yourself “I did that”.

You can use [self hypnosis](#) to enhance the effect. If you catch yourself writing off your achievements, stop yourself and accept that it was you that did it.

In the long run, making a habit of Converting will improve your [self confidence](#) dramatically.

Startling Statistic

The Trouble with High [Self Esteem](#)

FOR YEARS, the assumption that high self esteem is good, while low self esteem leads to all sorts of problems has been rife.

American talk-show host Oprah Winfrey was heard to say the lack of self esteem was “the root of all the problems in the world”.

It appears Oprah (and many others) are wrong.

A refreshing and welcome report from the Rowntree Trust casts a different light on the matter. The report found that low self-esteem did not necessarily lead to delinquency, violence, drug use, alcohol abuse or other social problems.

In fact:

Criminals are more likely to have high than low self esteem

People with high self esteem are more likely to be racially prejudiced

People with low self esteem, or high self esteem are less likely to succumb to peer pressure. Those with average levels are more likely to be influenced.

For too long, the label of ‘low [self esteem](#)’ has been applied either as a replacement for real understanding of a person’s problem, or even worse, as an excuse for unacceptable behaviour.

Perhaps this report will help remove another piece of unnecessary complication from [psychology](#)!

Success Story

A GROUP of diploma graduates in Richmond are setting up a group [hypnotherapy](#) practice following graduation back in November.

Best of luck to all those involved and to all the other recent graduates!

Teaching Tale

The Happiest Man Alive

THERE was once a man who, although comfortable enough, sought out a wise man who was said to know everything about the world.

When he found him he went to him and said “Wise one, I want for little in this world as far as material things go and yet I am always unsettled. I have tried for years to be happy but to no avail. Please tell me what to do.”

The wise man answered, “What you must do is set out to find the happiest man in the world. And when you find him, ask him for his shirt and put it on.”

And so the restless man started his quest for happy men. Again and again he found them and one after another they said “I may be happy, but there is another who is happier than I”.

And so he travelled, day after day, month after month through one country after another until he found the forest in which everyone had said lived the happiest man in the world.

Hearing the sound of laughter from deep within the forest, he began to run, sensing the end of his quest, until he came upon a man sitting in a clearing.

“I have been told that you are the happiest man in the world. Is this true?” he asked.

“Indeed I am” said the other man. The restless man told his story, ending by saying, “And so my remedy, as directed by the wise one, is to wear your shirt. Please give it to me, in exchange I will give you anything I have.”

The happiest man listened closely and when he had finished, began to laugh. He laughed and laughed for several minutes. When it seemed that he might never stop, he began to settle down a little. The restless man, rather annoyed, said:

“Are you crazy, laughing at such a serious request?” “Maybe I am”, said the happiest man, “but if you had taken a minute to look, you would have seen that I do not own a shirt.”

“So what am I to do?” said the man “You will now be cured. Searching for something unattainable provides the exercise to achieve that which is needed: like when a man musters all his strength to jump across a stream that is much narrower than he thinks. He easily gets across the stream.”

The happiest man in the world then took off the turban that had concealed his face. And the restless man saw that he was none other than the wise man who had sent him on his quest.

How to Tell Great Stories

IF YOU have ever wished you could create great stories and tell them so people will listen, then you're in luck!

Diploma graduate Rob Parkinson, a professional storyteller of many years' experience, will be running a storytelling workshop for Uncommon Knowledge on April 13th.

As you will know if you have attended the [Advanced Hypnosis Workshop](#), [Milton Erickson](#)'s hypnotic induction and therapy would often be rolled up in a well-told story.

And the formative value of stories is well known. Children who are regularly told stories during their younger years show a marked increase in [IQ](#).

The [storytelling workshop](#) will be an exciting and fun day, so whether you want to tell great stories as a therapist, parent, teacher, or just down the pub, come along and learn how to do it inspiringly!

Places are £59 and are limited to 22, so please call soon! You can book by calling 01273 557799 or sending in a cheque.

Competition

Answers, as usual, by post or email to: competition@uncommon-knowledge.co.uk.

Remember to include your address in case you win!

The incidence of violence at sports events where cheerleaders are present has been shown to be higher than at events where there are none. Is this because of:

- A) Jealousy
- B) Increased testosterone in male spectators
- C) Cheerleader violence

The first 3 answers drawn on April 1st will win a copy of this issue's Top Book. Get your entries in now!

The lucky winner's of last issue's competition are: Kerstene Dansereau, Myra Shelton and Laura Graham. They will each receive a copy of Viktor Frankl's book, '[Man's Search for Meaning](#)'.

Top Book

[Why Men DON'T listen](#) and women can't read maps by Allan and Barbara Pease.

Uncommon Quotes

"Argue for your limitations, and sure enough, they're yours."
Richard Bach, author.

Have you ever had the experience of telling someone about a problem, when they try and help you with it, and before you know it, you're arguing for why it's much worse than they say? This is of course a natural thing, and something that happens to most of us regularly.

But what happens when your need to feel right about something actually damages your ability to perform well? When you argue for something, you cannot help but become more attached to that idea, and 'believe' more in what you are arguing for. Be careful that you're not arguing yourself into a corner!

Q: Which of your own perceived limitations do you argue for, or believe in?

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