



## **Uncommon News - Issue 3-2, Apr 2001**

Hypnosis, Psychology and Personal Development - Keeping You Informed

### **Free Money!**

(Please note: The UK Government ceased ILAs as of Dec 2001.)

If you haven't opened your ILA account yet, you can still do so. To encourage personal learning, the government is giving everyone £150 to put towards the training of their choice. Many people have already used theirs towards [hypnosis workshops](#).

Hard to believe I know, but it's true. Free money for you, no strings attached! Call 0800 072 5678 for yours.

### **Self-Hypnosis.co.uk Now Online**

THE newest website from Uncommon Knowledge is now online. At [Self-Hypnosis.co.uk](#) you can take the free self-hypnosis course, download a hypnotic script and listen to a self hypnosis audio download.

With any luck, the new site will prove as popular as [Self-Confidence.co.uk](#), which now receives over 150 visitors every day, and where over 5000 people have completed the free [Self Confidence Course](#).

And the final piece of web-news; you can now see our new [hypnosis article](#) at [www.uncommon-knowledge.co.uk](#). We think it's rather good - let us know what you think!

### **NLP Workshop Launches**

THE first Uncommon Knowledge [NLP](#) workshop took place in Richmond on April 7/8, 2001. If you want to know what NLP is about and live near Brighton, why not come along on May 12/13?

### **Top Tip**

#### **Banish Boredom**

AS mentioned in this issue's Teaching Tale, [Milton Erickson](#) talked of decreasing the tedium of a repetitive task by 'making an interesting design of it'.

This is a principle that you can use to great effect in everyday life to decrease your stress levels and literally increase how happy you feel!

Any 'boring' situation is also an excellent opportunity for a spot of [self-hypnosis](#) - it all depends what aspect you focus on. The next time you find yourself getting bored or frustrated, find some element of the situation you haven't noticed before and 'make an interesting design of it'.

Here's a few examples to get you started: i) When you're doing the washing up, study the way water and soap bubbles run off dishes, and the colours in the soap. Take a while to play with the water. ii) Next time you're doing exercise, imagine you are running for your country, or escaping an evil captor. iii) When you're mowing the lawn, see if you can put an interesting kink in your straight lines. iv) Stimulate yourself to use this Top Tip by entering the competition!

### **Startling Statistic**

'A Healthy dose of Confidence'

IN a series of studies in New York during the 1980's patients entering hospital for open heart surgery or surgical repair of a detached retina were evaluated before and after the operation.

Those who had previously expressed greater optimism regarding the results, confidence in their own ability to cope with the outcome and trust in their surgeon recovered more quickly.

Death rates among [optimistic](#) heart surgery patients were lower even when their objective medical assessments had been grimmer than that of their more pessimistic fellow patients.

### **Teaching Tale**

#### **Buried Treasure**

THERE was once an elderly farmer who had three sturdy but lazy sons. As he approached the end of his life his sons asked him how he expected them to live without him to support them as they had never learned to work the land.

On his death bed the old farmer called his three sons around him and told them that buried somewhere under his many fields was a huge amount of treasure, which the sons could share if they could find it. This would provide enough wealth for them to live comfortably for the rest of their lives.

As soon as the old man died his sons, greedy for the treasure, began to dig. For many months, they dug without success. Eventually they gave in, deciding that after all their hard work, they might as well plant crops, seeing as the land was now ploughed.

Whilst the crops grew, their greed worked on them again, and by the time harvest came, they were so fired up they dug even deeper for the treasure.

Again they failed to find anything and so planted the land again. By the time the third year came round they had started to make quite a bit of money from selling the crops.

And then it dawned on them. The 'treasure' their father had spoken of was indeed in the ground, but not as they had originally thought, and so they settled down to become hard working farmers.

This is similar to [Milton Erickson](#)'s account of how he taught his young sons to hoe the garden. He got them to forget about hoeing and asked them instead to 'draw shapes' in the earth. Which, incidentally, also ties in with this issue's Top Tip!

### **Success Story**

## **Fame at Last**

TV fame has found 2 Diploma graduates in the last month.

Firstly, dentist Chris Gull had his award-winning Brighton-based practice featured on Tomorrow's World. TW were running an article testing [hypnosis](#) for use in pain control. (Incidentally, the hypnotised subject was able to withstand much greater heat levels, as you might expect.)

And secondly, our NLP presenter [John Howlett](#) had a spot on Channel 4's Big Breakfast teaching someone to sing whilst his pal taught them to tap-dance. Remarkable!

## **Competition**

Time to show off!

THIS issue's competition is a little bit different. Rather than the typical 'multiple choice', what we want you to do is use the Top Tip and tell us what you did.

So, take a boring task or chore that you have to do regularly and 'make an interesting design of it'. Then write or email us telling us what the task was and what you did to make it more interesting or easier to do.

As your answers come in, they will be posted on the Uncommon Knowledge website and visitors will be asked to vote on the best one.

The winner's answer will be kept on the website and will also win a £25 Amazon book voucher . (If you don't have Internet access, don't worry- we'll buy the books for you and have them delivered.)

Last issue's competition asked: On average, how much more than adults do young children laugh? a) Twice as much b) Six times as much c) Twelve times as much?

The answer is c) and the lucky winners of the book 'Laughter' are: Binu Czriac, Kelly Stroud and Lisa Dean.

## **Top Book**

A [Guide to Possibility Land](#) - 51 Methods for doing Brief, Respectful Therapy by Bill O'Hanlon and Sandy Beadle.

## **Uncommon Quotes**

"I can stand brute force, but brute reason is quite unbearable. There is something unfair about its use. It is hitting below the intellect." Oscar Wilde

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