

Hurricane Katrina

What YOU can do

As of this writing and somewhere in the future readership of this issue of *Subconsciously Speaking*, we will all, at some point experience personal feelings and thoughts associated with the vast loss our nation recently endured with the arrival of Hurricane Katrina and it's impact on the great state of Louisiana.

It is at times like these when people from a distance find themselves helpless or at a loss for words to appropriately console the victims and their families. Although monetary contributions have a significant impact on rebuilding the physical, attention to the emotional and mental state of the affected should be a significant consideration.

So what is it that you can do to come to the aid of those in need? How can you help from a distance? How can you turn it around and make the best of an otherwise unfortunate situation? While there are many avenues we can take that would certainly help those affected, here are a few affordable possibilities we can initiate that will radiate and stretch beyond the embodied circle of native New Orleanians and touch even those affected from a distance.

Like a trickle down effect the possibility surely exists that family, friends, associates and acquaintances from your immediate area have been affected to one degree or another and need your help. So get out there and spread the good word of hypnosis. Let others know what a viable tool we have at our disposal. And you can begin, by offering your services at a discounted rate or FREE. FREE you ask? Absolutely! By offering your service in the form of group sessions for PTSD, you open a whole new world of opportunity and potential clients who wouldn't otherwise get to know and understand how effective and useful hypnosis is. If time prohibits you from formulating this effort yourself, perhaps you could offer your services on behalf of your favorite church, charity, or cause and they could promote your workshops for you. How about sending out a press release and have the media pick up on your generosity and good will? This kind of FREE publicity couldn't be bought at any price!

If public speaking is not your cup of tea, then perhaps you have a great script or program that you could share with your professional peers and associates. Maybe you have written an article relating to healing that would be useful to pass out in the form of flyers or posters. If you're a computer buff, how about going to sites specifically designated to bring aid to Katrina victims and share the good word of hypnosis through this means of communication? After all, aren't we all about the words we speak? Your healing words could be the difference that makes the difference in the lives of many people. Contact your local radio and television stations. Tell them about your ideas and willingness to help those in need. Just one telephone call could catapult you into another dimension of anonymity. Perhaps you could offer a list of healing affirmations or

selective reading material. Why not offer to donate a percentage of your specialty in the name of Katrina victims? If you have retail product, perhaps a portion of the proceeds could be donated to the relief efforts. I encourage you to be creative with your ideas. If you're willing to put forth the effort, don't worry about the who's, what's and where's. Turn it over to the subconscious to work out the details. That's its job! The point that I am trying to make is that we all possess various talents in addition to our hypnosis skills. Used wisely, and in co-operation with hypnosis your talents could benefit humanity of untold magnitude. We must remember... the ripple effect of our work to those we come in contact with goes much further than any of us can imagine. As hypnotherapists we cannot take credit for the ripples in the water, but we can take credit for throwing the pebble and allowing it to vibrate through the universe to whoever is in need. Casting out good vibrations has a boomerang effect and will come back to us tenfold.