



Portraits

Table of Contents:

Greetings from Linda

Ask Linda - A question and answer column to help individuals understand the adversity they are experiencing.

Article - Where's Your Moon? Understanding Our Emotions through Astrology
By Linda Furiate

Services

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Greetings from Linda

Welcome to Spring – a time for new beginnings. I want to dedicate the April newsletter to Astrology. It's no accident that as we enter the spring equinox the sun moves into the sign of Aries as it marks the beginning of the zodiac and sets the stage for new life.

The past few months have been difficult for many of us as we experienced personal setbacks, restrictions and emotional ups and downs. The planet Saturn, known as the great taskmaster, was traveling backward, keeping many of us from achieving our desires. The good news is things began to shift in mid-March and will continue to move forward toward the latter part of April. The Universe is ready to remove the limitations although for the moment Mercury retrograde (see article below) is delaying the process. Instead of becoming more frustrated the world has been distracted during this brief delay by turning our attention to more spiritual matters i.e. – the death of a great spiritual leader, Pope John Paul II. As we mourn the traditional nine days following the death of the Pope time will move us up to the moment Mercury goes direct releasing the confining energy. My hope is that we all feel renewed, ready to jump back into life and get geared for the summer when things really start to heat up.

To learn more about how each of the signs and planets affect your life consider a Natal chart reading http://www.portraitsindetermination.com/mentoring_services/index.html. Now through April 30, 2005 I will provide a two hour session for the price of one hour. Astrology readings also make great gifts.

As of Wednesday, April 13th I will be offering group coaching sessions. Many of you have expressed an interest in coaching but are unable to afford individual sessions. The

group will meet weekly from 12:30 – 1:30 p.m. in my office. To enroll call me at (410) 964-1303 or email Linda@portraitsindetermination.com

Please feel free to forward this newsletter to your friends and colleagues. Also, I welcome your feedback.

**Be well,
Linda Furiate**

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Ask Linda:

Dear Linda:

I have been an Astrology fan for years, but I must admit I know little about the complexities of it. I have often heard about the problems people have when the planet Mercury is in retrograde. Does that mean we are all subject to this astrological influence or only certain signs? What does Mercury in retrograde mean and what kind of problems do we have because of it?

Allen H.
Woodstock, MD

Dear Allen:

Poor Mercury, it always gets a bad rap when it goes retrograde; the fact is all the planets go retrograde throughout the year. When a planet is in a retrograde motion it appears to be traveling backwards. This is an astronomical illusion based on the planets' close proximity to the Earth. In Astrology, when a planet is in retrograde it's a time to "re-do" something that was initiated in the past. What the "re-doing" is depends on the meaning associated with that planet.

In the case of Mercury, it's the planet that is associated with all forms of communication to include: writing, computers, electronics, etc. When Mercury goes retrograde anything having to do with communication may become unclear or misinterpreted. During any Mercury retrograde cycle it is NOT a good time to start anything new, buy anything electrically oriented to include a car; have surgery or sign important documents. If one watches the three week retrograde cycle they will notice during this time frame for example: they will misplace things; play phone tag more often; funny things will happen to their computers (backup your computer often during this cycle); you may experience greater delays getting stuck in traffic or missing an important flight; and business deals negotiated during this time typically will not work out in the future. Mercury goes retrograde three to four times a year for approximately three weeks each time.

There is good news, however, during any Mercury retrograde cycle especially if you plan ahead. I always know that during this cycle new business will slow down so it's a great time to get back in touch with old clients. It's also a good time to finish a project you started in the past; refinance your home; re-organize your office – but be careful when throwing things out – you may need it later; often times we hear from an old friend we haven't heard from in years; and during this cycle it is also a great time to re-think about things concerning your life allowing you to gain greater insight into the situation.

As of this writing we are currently in a Mercury retrograde cycle from March 19th through April 12th. Watch your calendar closely and keep track of some of the things mentioned above. The next retrograde cycle will be July 22nd through August 15th, 2005.

We are all subject to retrograde motion. If we wish to know more specifically how Mercury retrograde will affect you personally, it is important to know what area of your Natal chart the planet is traveling. You will need to know your date, time and place of birth. To learn more consider an Astrological Reading that may be purchased through my website www.portraitsindetermination.com/bookstore/index.html

I hope this helps and allows you to plan ahead.

Be well,
Linda

If you have a question for “Ask Linda” send it to Linda@portraitsindetermination.com. One question will be randomly chosen each month for this newsletter. To obtain a deeper understanding of your soul purpose and assistance to guide you toward your future, I would suggest an on-going series of individual mentoring and coaching sessions. See services listed below or log onto www.portraitsindetermination.com

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Where's Your Moon? Understanding Our Emotions through Astrology

I would bet each and every one of us could answer the question “what's your sign?” It's where the Sun was moving through the constellations on the day of your birth. However, very few of us know where the Moon was orbiting on the day we were born; each of the eight planets plus the Sun and Moon travel through the astrological signs. In fact, our astrological chart includes all of the planets and all of the signs. The key to understanding ourselves better is to know where the specific astrological energy operates in our lives. For example, the Sun in a particular sign shows our personality and how we present ourselves to the world. The Moon's influence in our lives represents our emotions and our personal instincts. The moon is the closest planet to the Earth and moves most rapidly through the zodiac; this may explain why our feelings and mood may change so quickly from day to day.

Key words for understanding emotions based on the Moon's placement:

Moon in Aries: emotionally aggressive, impulsive; "me first" attitude; courageous; pioneering; emotionally independent

Moon in Taurus: emotionally stable, stubborn, loyal, practical; emotionally sensual and patient

Moon in Gemini: emotionally versatile, quick-witted, clever, expressive (talkative); emotionally adaptable and changes mind a lot.

Moon in Cancer: emotionally tenacious, sensitive; intuitive and moody; enjoys being domestic

Moon in Leo: emotionally dramatic, proud, ambitious; enjoys romantic settings and may be status conscious

Moon in Virgo: emotionally discriminating, industrious and methodical, seeks perfection and clean environments; self-critical.

Moon in Libra: emotionally refined, diplomatic and sociable; emotionally indecisive and fickle.

Moon in Scorpio: emotionally possessive and intense; emotionally passionate, secretive and resourceful.

Moon in Sagittarius: emotionally idealistic, straight-forward and philosophical; emotionally optimistic and blunt.

Moon in Capricorn: emotionally reserved, cautious and practical; enjoys working hard and seeking status; very business-like.

Moon in Aquarius: emotionally detached, logical, intellectual and humane; may be unpredictable and temperamental, fixed in opinions.

Moon in Pisces: emotionally instinctive, compassionate, intuitive; emotionally often feels misunderstood; enjoys music to sooth the emotions.

To learn more about the placement of your Moon to better understand your emotions consider a Natal chart interpretation reading. All you need is your day, time and place of birth.

Purchase chart http://www.portraitsindetermination.com/mentoring_services/index.html. To schedule an appointment contact me at Linda@portraitsindetermination.com or call (410) 964-1303.

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Services

Mentoring/Coaching Sessions -

Confused about your path in life? Are you trying to understand current personal setbacks such as a job loss or illness? Or is life perfect and you wish to find the right tools to assist you in making even more dreams come to fruition? Call me (410) 964-1303 or email Linda@portraitsindetermination.com or log onto http://www.portraitsindetermination.com/mentoring_services/index.html

Group Coaching Sessions –

Every Wednesday -12:30 p.m. – 1:30 p.m. Work together in a group environment at a more affordable rate. \$40 per session. Email Linda@portraitsindetermination.com to enroll. Meetings are held at 5245 W. Running Brook Road, Suite 201, Columbia, Maryland 21044.

S.T.E.P.[™] -

Spasmodic Torticollis Exercise Program – A comprehensive exercise program for individuals with cervical dystonia created by Linda Furiate. S.T.E.P.[™] is a step by step program designed to relax, tone and strengthen the neck muscles. <http://www.portraitsindetermination.com/step/index.html>

Astrological Readings –

Natal chart, personality profile, past life reading, relationship compatibility or career and life path reading. One hour session by phone \$125.00. http://www.portraitsindetermination.com/mentoring_services/index.html

Natal Chart Report –

Computer generated report, 25-30 pages. Details house and sign interpretation and planet aspects. \$25.00 plus shipping and handling. http://www.portraitsindetermination.com/mentoring_services/index.html

Business Writing Services –

Press Release Writing
Public Service Announcement for Radio Ad
Web Content
Dissertation for PhD - Edit and Format
Resume Preparation
http://www.portraitsindetermination.com/mentoring_services/index.html

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To purchase *101 Simple Suggestions and Quotations to Express Compassion and Empathy* log onto www.portraitsindetermination.com/bookstore/index.html

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On-going Appearances

Television

Portraits in Determination
Channel 73 (in Howard County, MD only)
Every Tuesday @ 10:30 a.m. 2:30 p.m. and 6:30 p.m.
Interview with three parents who each tragically lost their teenage sons and how they are coping emotionally and spiritually with their loss.

This show is also syndicated in Baltimore City, The City of Annapolis and Anne Arundel County, Maryland. Times - TBA.

To hear past radio interviews log onto: <http://portraitsindetermination.com/media.html>

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For past issues: www.portraitsindetermination.com/newsletters.html

Thank you!
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