



## Portraits in Determination

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#### Greetings from Linda

I recently had the privilege of visiting our wounded troops at Walter Reed Medical Center and Bethesda Naval Hospital, with RJ Meade of the Wounded Warrior Project. The purpose of our visit was to deliver copies of the book *101 Simple Suggestions and Quotations to Express Compassion and Empathy*. The books were purchased for the troops during a fundraiser for the Wounded Warrior Project. See "Special Thank You" listed below. Our good deed turned out to be a tremendous lesson for me in strength, courage and love.

During my visit I had the pleasure of meeting about twenty wounded troops and many family members as they sat by their bedside. I was amazed by the bravery I saw in each of the wounded. Some of these guys, many of them amputees, were expected to remain in treatment for up to a year; most not knowing the fate of their military career. Over half of these courageous men wanted to continue serving our country. One wounded marine struggled to sit up in bed and come to attention as my colleague and I enter his hospital room. After saying "hello" his next words were "I want to help others wounded just like me." This comment came from a young man from California who lost one leg below the knee and was waiting his fate on his other leg.

As I went from room to room handing out the book, it was comforting to see how many people here at home have embraced our wounded warriors. Aside from the extraordinary medical care they are receiving, I noticed each of the soldiers has received donations such as laptops, televisions and even X-Box video game players. The Marines have a liaison office that provides snacks, water, soda, personal items and clothing for the troops and their families. What impressed me the most -- and this is what I remember and so love about the military -- is that everyone is treated like family. They are all brothers and sisters fighting for the same cause.

I stood near bedsides hanging onto each word expressed by the wounded troops as they re-lived the long moments of dread as bombs exploded and guns were fired. I learned of the details of their injuries while they spoke of uncertainty of what lay ahead. Fear for their future is not an option for them as they continue the long recovery process. However, my fear and concern is what will happen to these soldiers' years down the road as they acclimate back into civilian life. While the media attention may wane, missing limbs will never return. Learning to live an emotionally and physically healthy life beyond the hospital room will be an enormous challenge.

I am grateful that in my quest to offer hope and inspiration to our wounded troops, I was given so much in return. I encourage all Americans to get involved with countless organizations, like the Wounded Warrior Project, Department of Veterans Affairs and the American Red Cross that support the emotional and physical needs of our wounded troops and help them prepare for a new future.

I look forward to my continued relationship with the Wounded Warrior Project, helping to emotionally and spiritually heal our wounded troops. Please be sure to check out my additional services listed below to help you and those you love.

Wishing all of you health and happiness.

**Be well,  
Linda Furiate**

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### **Check Out Updated Web Site**

I recently partnered with The Tureda Group to design my new website. Log onto [www.portraitsindetermination.com](http://www.portraitsindetermination.com) and see the many new changes and updates. Feel free to send me your feedback at [Linda@portraitsindetermination.com](mailto:Linda@portraitsindetermination.com) You may also access this site by logging onto [www.101simplesuggestions.com](http://www.101simplesuggestions.com)

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**Ask Linda:**

Dear Linda:

In June 2005 will mark the three year anniversary of my brother being clean and sober. Lately, the family has been worried that he may be using once again; possibly abusing alcohol and/or pills. These past three years have been very nice for the entire family having my brother sober. The thought of him relapsing is bothersome. I have been struggling with how to handle this situation and have tip-toed lightly trying to ask the right questions to see if he is okay. His reply is always "everything is great." During this past year with our mother being ill we spent a lot of time together and sharing everything. Now he is not talking much and I have a feeling he may be falling into his old patterns of substance use. What advice can you provide to help my family and I handle this situation?

Sincerely,  
Judy K.  
Glen Burnie, Maryland

Dear Judy:

As you may know relapse is quite common. It is unfortunate that addiction not only afflicts the user, but also their family. Initially, my advice would be to continue to observe your brothers behavior and any changes in his physical appearance. For example, does he experience mood swings or easily become defensive? Has his eating habits changed dramatically or are his eyes bloodshot and watery? Although certain behavioral and physical changes may imply he is using once again, it may also suggest that he is overly stressed or depressed. You mentioned this has been a difficult year for your family; your brother may be withdrawing as a way of sorting through his thoughts and his emotions.

When the time is right, you may want to just come out and ask him, in a non-defensive way, if he is using once again. If you continue to tip-toe around the question, he may continue to tip-toe around the answer. When he does answer your question, observe his behavior. You may also want to remind him of his upcoming anniversary with his sobriety. Suggest having a party for him or taking him out to dinner to celebrate his success.

Give your brother time and space. Dealing with an addiction is a life long process with many ups and downs. Whether your brother relapsed or not he may gain support by seeking counseling or attending 12-step meetings. Additionally, you and your family may benefit by participating in Al-anon meetings that supports family members of addicts.

Keep me posted and let me know if I may be of further assistance.

Be well,

Linda

If you have a question for “Ask Linda” send it to [Linda@portraitsindetermination.com](mailto: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.

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## **Achieving Prosperity and Happiness**

*By Linda Furiate*

Yet another year begins and we continue to wish for and want the same things year after year. We make our New Years resolutions revolving around the things in life we don't currently have hoping in the long run it will bring us what we want and wish for. I believe all of humanity ultimately wants the same things out of life and that is to be happy and to prosper.

We go about striving for happiness and prosperity in our own special way, some of us achieving the results we desire while others fall short of their goals each and every year. I have learned over my lifetime as I observe countless people, achieving our desires is somewhat of a science. There are certain thoughts and actions that must accompany our daily rituals in order to achieve our dreams.

As I see it the foremost reason we do not attain the happiness we desperately seek is we neglect to set our intentions and state what it is we desire and what we believe will ultimately make us happy. In order for the Universe to provide us with what we need and/or want, we have the responsibility of informing the Universe what it is that we desire. Once we are able to write down or state our list of intentions - what we hope to accomplish and achieve, the more focused we can become in working toward those goals to manifest our desires. I truly believe the Universe provides us with what we want and need, once we are able to define what that is.

A second principle I believe applies to achieving prosperity, once we have been able to state our intentions, is to affirm our desires with the use of positive affirmations directed toward the self to believe that we deserve what it is we desire and believe we are able to manifest such into our lives. Affirmations that I use on a daily basis are as simple as “*I deserve the life I dream of*” and “*I know exactly how to create the reality of my dreams*”. Using affirmations is imperative to manifest our desires to achieve the happiness and prosperity we seek. It tells the Universe we truly want what we wish for.

Next comes the fun part, visualizing and/or fantasizing the something we wish to create. Being able to feel and imagine in our minds eye of actually seeing what we desire; for example, we desire to have a brand new sports car – visualize yourself driving that new

sports car and feel how incredible it handles as you hug that curve, wind blowing in your hair and the smell of summer all around you. The more you are able to envision that thought and call it your own, the quicker you will be able to manifest that new car into your life. Of course, one must be practical and know that certain actions must accompany your visualizations in order to obtain that new car. You can't just sit on the couch, remote control in hand, expecting to see that shiny new car pull up into the driveway.

Learning to trust the Universe and applying faith is vital in manifesting our dreams and desires. Learning to let go and allow the Universe to work its magic helps eliminate the anxiety associated with achieving our goals. Developing trust is a result of being in a state of relaxation, utilizing affirmations and firmly believing that you deserve what you desire. Having faith, knowing that you can achieve the happiness you long for becomes a motivator in applying our actions to achieve abundance and prosperity.

If you desire more prosperity, consider working with me to assist you in finding your purpose as I guide you toward a future filled with happiness and abundance. To schedule an appointment contact me at [Linda@portraitsindetermination.com](mailto:Linda@portraitsindetermination.com) or call (410) 964-1303.

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### **A Special Thank You**

I wish to thank the following individuals and companies who supported the fundraiser for the Wounded Warrior Project by purchasing a copy (or multiple copies) of *101 Simple Suggestions and Quotations to Express Compassion and Empathy* that was given to our wounded troops recovering at Walter Reed Medical Center and Bethesda Naval Hospital:

Steven Adler, Big and Tall  
Edward Armanas  
Pat Brogan, Chase the Games, Inc.  
Laurel Chiten, Blind Dog Films  
Debra & Sam Dipaola, III  
Matt Fein, Keller Williams Realty  
Allen Hatton, Executive Development Group  
George Sullivan  
Lynn & Gary Pakulla, Pakulla Realty  
Ian Riddle, Sun Trust Bank  
John Wafer, Form Masters, Inc.  
Kris Wajda, Dragonfly Development, LLC

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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](mailto:Linda@portraitsindetermination.com) for hourly rates and to schedule a time to speak. I can help you define the meaning within the adversity and move you toward your soul purpose.

Astrological Readings

Natal chart, personality profile, past life reading, relationship compatibility or career and life path reading. One hour session by phone \$125.00.

Natal Chart Report

Computer generated report, 25-30 pages. Details house and sign interpretation and planet aspects. \$25.00 plus shipping and handling.

Compassion Circle™ -

Join in these free monthly meetings enjoying the company of others who wish to develop compassion in their own lives and to seek ways to share and express it within the community. Meetings are held the 2<sup>nd</sup> Tuesday of each month starting in February 2005 from 7:00 p.m. – 8:30 p.m. at 5245 W. Running Brook Road, Suite 201, Columbia, MD 21044. Seating is limited; call to reserve your space (410) 964-1303.

Business Writing Services

Press Release Writing  
Public Service Announcement for Radio Ad  
Web Content  
Dissertation for PhD - Edit and Format  
Resume Preparation

Read inspiring articles on those who have learned to rise above the adversity in their life [www.portraitsindetermination.com/inspirational.html](http://www.portraitsindetermination.com/inspirational.html)

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If you are not able to attend a book signing and wish to purchase *101 Simple Suggestions and Quotations to Express Compassion and Empathy* log onto [www.portraitsindetermination.com](http://www.portraitsindetermination.com)

To purchase book log onto [www.portraitsindetermination.com](http://www.portraitsindetermination.com)

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## Upcoming Appearances

**Television**                    **March 3, 2005** - Local Morning Program **9:00 – 10:00 a.m.**  
WUSA-TV9 in CBS Affiliate in Washington D.C.  
I will guest on the show discussing my visit to Walter Reed and  
*101 Simple Suggestions and Quotations to Express Compassion  
and Empathy*

**My Television Show** Portraits in Determination  
Channel 73 (in Howard County, MD only)  
**Starting March 1, 2005 – 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.

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

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For past issues: [www.portraitsindetermination.com/newsletters.html](http://www.portraitsindetermination.com/newsletters.html)

Thank you!  
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