



Portraits in Determination

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Greetings from Linda

Welcome 2005! Remember as a kid where you thought you would be in the year 2000 and beyond? Most of us probably thought about how old we would be then and decided we would be too old to worry about anything. Fortunately, as we grow older we realize that life really doesn't begin to take shape until we reach our 40's.

As I look back at 2004 I recall my dear friends and loved one. None of us were spared some heavy duty adversity this past year. There were job losses, major health problem, natural disasters and bereavement; each of coping with our sorrow in very different ways. I am also reminded of the many joys of 2004 to include the birth of my niece, new jobs for many, a clean bill of health for my brother's wife and many other friends and family members, new projects, new friendships and my first published book.

As the New Year commences we must count our blessings for our past and set our goals for the upcoming year. This year I feel compelled to help others even more. I started Portraits in Determination over six years ago when I first produced my cable access television show of the same name. My intention was to use the show as a platform to help others struggling with adversity. Since then Portraits in Determination has evolved beyond the television show to include individual mentoring sessions with a wide range of tools to assist others in finding their path, Compassion Circles™, numerous inspiring articles on my website and my first published book; all with the objective of helping anyone who may seek my insight, compassion and wisdom.

Let us start off this New Year by proclaiming to be the best we can be. Contact me and allow me to assist you along your God-given path (410) 964-1303 or Linda@portraitsindetermination.com

**Be well,
Linda Furiate, Mentor and Author
President**

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Ask Linda:

Dear Linda:

I recently discovered that you are doing an “Ask Linda” column in your new newsletter and was really excited. I have visited your website “Portraits in Determination” numerous times and have found it helpful. My situation has become quiet frustrating over the past year and I am struggling emotionally in my efforts to not get depressed. About 6 years ago, I was in a serious car accident where I suffered acute-severe whiplash. I have had discomfort and pain on and off in my neck ever since; about a year ago the symptoms started to return to the same extent as they were right after the accident. I have been out of work for 4 months over the past year which does not do much for my reputation, nor my financial situation. I returned to work a few months ago feeling about 60% better. I am resolute to deal with this. However, once again, my symptoms have come back close to full force and again I have missed several more days of work. When I am at work my neck and shoulders throb and burn. When I am at home I can feel my body unwinding and feel a relief in my mental health. As the days go by my frustration with my situation builds. When I think of my situation too much in terms of the “stuck factor” tears well up in my eyes. I have had several days when I could not help but cry. I am not a fan of self-pity and I tend to keep those feelings from my friends and family, especially my colleagues at work. I have recently changed jobs in hopes to have less computer time and to put myself in a fresh environment. However, in the long run, I am still doing a job that is not my long-term goal and is bad for my body. My question is: At this point in time, the work I do hurts my physical body and drains me mentally, how can I survive the corporate world while I am trying to find my way out of the corporate world? Thank you in advance for your advice and guidance. I think you are amazing!!

Sincerely,
Kris W. – Pasadena, MD

Dear Kris:

I am so sorry to hear this past year or so has been such a struggle for you. I believe that when we experience such pain, it typically means we are welcoming change into our lives.

Believe it or not you are “surviving” the corporate world because you are somehow still in it and you are dead. The key is that you want to more than just survive while you find your path in life. You want to live and you want to enjoy life through the transition.

My first thought is as you mention you wish to find your way out of the corporate world is that I would suggest you define what it is you want in terms of a career in order to move on. It is next to impossible to have the door of opportunity open if we do not know what door to knock on. Once you are able define your mid to long-term career goals, attach a time frame in which you hope to accomplish your desires. Include in your goals more personal objectives that must be met such as: how much influence in day to day operations of the company do you desire; do you want to work out of your house or in a smaller office environment; will you work alone or with a partner; how many hours a week will you have to work to bring in the money you desire? These are important questions because they incorporate your personality and feelings, not just your talent, into your decision about your career.

Other questions to ask yourself are what is it worth to you in order to achieve your dream? Meaning is it worth staying in a job you do not like risking your health until the time is right for the move on? What price are you willing to pay in terms of finances? Only you can answer these questions.

It appears to me that your body is giving you many answers and clues to your dilemma. Once you are able to define your goals, maybe it is time you take a leap of faith. Trust your body and your skills. In the meantime, if you must stay with the job you recently started, I would suggest a change in perspective. Change your attitude about how you feel about your current career situation knowing that you are doing something each and every day to move toward your future. Keep focused on your goals and before you know it you will achieve your desires while all along “surviving” the corporate world in a positive fashion.

Kris, good luck in your endeavors. If you wish to understand your soul purpose on a deeper level, I am available for private sessions.

Be well,
Linda

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If you have a question for “Ask Linda” send it to Linda@portraitsindetermination.com I will provide one free question. One question will then 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 sessions. See services listed below.

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Easing the Suffering of Adversity

By Linda Furiate

So it is said that we return to this Earth in a physical form to learn, to grow and to love. As we continue to incarnate, we are able to evolve toward a higher spiritual realm and reach a level of Nirvana. This, of course, may take hundreds of lifetimes to perfect. It is then said we shed our physical being and become one with the Consciousness of the Universe. At this point we end the suffering physical life brings, for then only to know true love and joy within the Heavens of our Creator.

I would have to believe there is not a single soul on this Earth who has not experienced his or her own level of adversity. It is hoped that the good days tremendously outweigh the bad.

As someone who has had her own share of adversity, I have learned to welcome it into my life. I am not saying I keep the revolving door open for adversity to enter, what I am saying is that when adversity decides to knock, I am willing to unlock the door with open arms. Some of us may want to bury our heads in the sand while others may face the negative circumstances head on. Because each and every one of us must experience suffering in order to reach a level of Nirvana to return to from which we came, proactively facing our adversity will allow us to more quickly resolve the pain and move closer to the Light of our Creator.

When I developed and was first diagnosed with cervical dystonia in late 1995, I was perplexed and frustrated. At the time I thought my life was getting back on track after my divorce and the emotional custody battle of my then, ten year son. Little did I know how my life was to further change and evolve. I feel when we experience the breakup of a relationship life becomes an emotional roller coaster. Usually it's not because of the breakup itself, in fact, more than likely we welcome that part, but rather, because another person is involved in the situation. Emotions feed off of each other causing great ups and downs. Ego plays a tremendous role as both parties wish to be right, saying what must be said to belittle the other to justify their own needs. In the midst of the chaos, we must learn to walk away. Dissolve the ego and realize that being right does not necessarily mean being happy. Happiness in this situation is the ability to let go and not having to be the one to utter the last word.

On the other hand, when we develop an illness or disability, the adversity becomes much more personal. There is no one to lash out toward blaming him or her for our suffering. This is a time when we are forced to go within to the depths of our being. I feel our bodies attack us at our weakest point. As we begin to journey inward, it is important to ask ourselves "why this?" Why did I develop this particular illness or disability, in this area of my body? In order to discover the answers we must learn to quiet our minds and listen to our body to find ways to physically and emotionally strengthen this weakened area. I feel the answers that will be forthcoming will teach us a great deal about ourselves and allow us to move closer toward our purpose.

Adversity is part of our path to move us toward our destiny allowing us to reach a higher level of existence. Learn to welcome adversity and understand how it plays a vital component in your life.

If you feel lost or confused as a result of the adversity in your own life, consider working with me to assist you in finding the meaning within the chaos as I guide you toward a future filled with happiness and abundance. To schedule an appointment contact me at Linda@portraitsindetermination.com or call (410) 964-1303.

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Services

Private Mentoring 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 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.

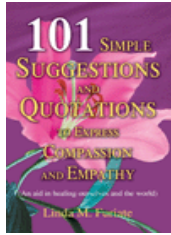
Compassion Circle™ - Join in these free monthly meetings enjoying the company of others who wish to develop compassion in their own lives and to seek ways to share and express it within the community. Meetings are held the 2nd Tuesday of each month starting in February 2005 from 7:00 p.m. – 8:30 p.m.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

Read inspiring articles on those who have learned to rise above the adversity in their life www.portraitsindetermination.com/interviews.html

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Upcoming Events:

Book Signing – *101 Simple Suggestions and Quotations to Express Compassion and Empathy*



When: January 7, 2005
4:00 – 6:00 p.m.

Where: The Serenity Center
9650 Basket Ring Road
Columbia, MD 21044
(410) 884-6088

Come join the fun. Get a chance to meet Linda Furiate and sit in on her first Compassion Circle™. Learn how you may develop and share your own compassion. For further details <http://www.serenitycenter.homestead.com/050107.html>

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

Book Signing – Hecht's Department Store
The Mall in Columbia
Date to be announced for February 2005
Teaming up with the Wounded Warrior Project (a percentage of sales proceeds supports this worthy cause)
www.woundedwarriorproject.org

To purchase book log onto www.portraitsindetermination.com

My Television Show Portraits in Determination
Channel 73 (in Howard County, MD only)
Fridays 12:00 noon, 4:00 p.m. and 8:00 p.m. (on-going)
Interviews with Art Fletcher and Jules Balog

Beginning March 2005 – Interview with three parents who each tragically lost their teenage sons and how they are coping emotionally and spiritually with their loss. The air time is to be announced.

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To hear past radio interviews log onto:

<http://portraitsindetermination.com/workshops.html>

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Thank you! Wishing each and every one of you health and prosperity for 2005.

Linda Furiate

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