



July 2005 Newsletter

Portraits

My Gift to you - Receive a Free Astrology Reading

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Greetings from Linda

Happy 4th of July! This is always that fun time of year when we want to take a mental break from work and decide what we would like to do with our families and spruce things up around the house. The nurturing side of our personality comes forward as we address the domestic side of our being. I hope each of you are planning a family vacation or get together this summer, even if its just for an extended weekend.

I was back in the studio last week taping a new episode of my television show, *Portraits in Determination*. The segment focuses on cervical dystonia. My dear friend Beka Serdans, who also has cervical dystonia, came down from New York City. It was a nice one on one interview with two friends sitting around discussing what its like to emotionally and physically live with a condition for which there is no cure. Beka recently underwent brain surgery to have a deep brain stimulator (DBS) implanted to control the movement of her neck muscles. Her story was featured on the NBC Nightly News with Brian Williams <http://www.msnbc.msn.com/id/8335651/>

At the time of taping my show Beka was doing very well and nearly symptom free. I can not say the same thing about me. As mentioned in last months' newsletter I am doing much better and the muscle spasms and twisting of my neck and upper torso have eased immensely. However, at the time of taping my neck took on a mind of its own. Normally when I am in front of a camera I am able to totally relax. Not this time; my neck was extremely spastic. At one point in the taping I wanted to stop and commence filming for another day. I knew this would be impossible since Beka would not be able to return. So half way through the show I surrendered myself to my dystonic symptoms and became

grateful that I am able to show the world what it looks and feels like to have a movement disorder. Since the subject of the show was cervical dystonia I felt no shame in expressing something that is a part of who I am – whether I remain symptomatic or not. I hope to have this episode streamlined onto my website so even those living outside of Central Maryland may view the show; details to follow in the August newsletter.

As part of any business many of us rely on referrals. I want to thank the many of you who continue to refer your friends and family to me. As a way of saying “thanks” I am having a little contest to see who can refer the most business to me between July 1st and August 1st 2005 (referrals have to purchase something through my website www.portraitsindetermination.com) The person referring the most new clients will receive a free one-hour Astrology Reading (or other comparable service if you are not into Astrology). The Astrology Reading may be transferable if you would like to give it as a gift to a friend or family member. There is no cash value for this contest. In the event of a tie, I will draw names. Start thinking about who you know may benefit from any of my services (see below) and send your referrals to Linda@portraitsindetermination.com

Have a safe and happy 4th of July.

Please feel free to forward this newsletter to your friends and colleagues who may seek their own inspiration. Also, I welcome your feedback.

**Be well,
Linda Furiate**

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Ask Linda:

Dear Linda:

How can I develop patience while waiting to fulfill my destiny?

Carmel R. – Wooster, MA

Dear Carmel:

I am a firm believer we have influence and command of the things we want out of life, providing we take the appropriate action. For example, if you want to be in a relationship you have to put yourself out there to meet more people or let your friends know you are available so that may play cupid or even join an on-line dating service. In order to get what you want you have to put yourself in a position to attract what you want.

On the other hand, I am also a firm believer that even though we may take all of the necessary steps to achieve our dreams, the one thing we can not completely control is: Time. I further believe Universal Law (i.e. God, Our Creator) sets forth **when** things will

happen. Essentially, destiny happens when we are emotionally and spiritually ready to accept our purpose.

In order to develop patience while waiting for the Universe to provide, I might suggest learning how to:

- Define your goals and then re-define your goals into smaller steps
- Work toward achieving the proper education to fulfill your dreams (becoming educated also includes developing wisdom)
- Be open to attaining your purpose in a form you may not have initially visualized. For example: Your goal was to become a doctor so you could help heal others. But due to a health issue medical school was out of the question so you opted to become a nurse. You have still fulfilled your destiny to heal others and more than likely while having to deal with your own medical condition you developed a deep sense of compassion - a must have for a nurse.
- Ask the Universe for what you want and add a timeline for when you would like to receive your goals.
- Want without Attachment. It is like the poem reads “If you love something, set it free. If it comes back to you, it’s yours. If it doesn’t, it never was”. The Universe will always provide us with what we need.
- Be grateful for the tiny steps forward.
- Be even more grateful for any size step backwards (this is when we learn our greatest lessons).
- Develop a sense of Trust that the Universe will answer your prayers when you are ready to accept them.
- Let Go and Let God.

Developing patience may take a lot of work, but know in the end your dreams will manifest.

Be well,
Linda Furiate

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. To learn more log onto www.portraitsindetermination.com

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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.TM -

Spasmodic Torticollis Exercise Program – A comprehensive exercise program for individuals with cervical dystonia created by Linda Furiate. S.T.E.P.TM 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

Read inspiring articles on those who have learned to rise above the adversity in their life

www.portraitsindetermination.com/inspirational.html

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

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Upcoming Appearances

Television Show

Portraits in Determination

Channel 73 (in Howard County, MD)

Tuesdays @ 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.

Beginning July 12th – My interview with Beka Serdans of Care4Dystonia, Inc. (www.care4dystonia.org) discussing what its like emotionally and physically to live with cervical dystonia, a condition we both share.

View Beka Serdans' NBC Nightly News interview with Robert Bazell

<http://www.msnbc.msn.com/id/8335651/>

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

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

Thank you!

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