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Greetings from Linda

Summer is officially here. I wish to thank the many of you who responded to my greeting in last month's newsletter. Your heartfelt concerns were truly inspiring and your prayers are being heard.

I have some great news! For the past two weeks, I have seen and felt a remarkable improvement in my neck as the spasms and twisting is easing. As many of you may know the only treatment option that has worked for me in the past to control my cervical dystonia symptoms have been a series of neck exercises I perform on a daily basis (other treatment options I have used in the past are BOTOX injections and various oral medications to relax the muscles). I realized about two weeks ago that I was not doing two of the exercises that are part of the S.T.E.P.TM program I developed. I stopped doing them a few months back because I thought I would be hurting my neck since the spasms and twisting was so bad. I decided to re-introduce those two exercises back into my daily routine. When I woke up the following morning, I could feel somewhat of a release – my neck muscles were not as tight. This was truly inspiring and has pumped up my motivation. However, I still felt as though something was missing. For the past year I have engaged in various forms of energy work to include Reiki, Acupuncture (sorry, Ted) and Tai Chi; none of which really helped my neck, although I still felt that energy work was a needed component to aid in my healing. As always I asked for guidance and a few days ago I received an email with information about an energy technique called EFTTM that Gwenn Bonnell uses with her clients (see article below). I read the information which I was completely able to relate to and decided to apply it to my daily routine. I am amazed with how much more energy I have. I also felt a release of trapped energy within my neck. I am feeling from 75-85% better depending on the activity. I have not lost sight of my vision of being 100% better and without the use of western medicine. I recommend trying her techniques as described below at least once for **anything** that ails you – and as Gwenn says “Be aware, this is often a life changing experience!” Let me know if her technique has an impact on you.

I will be back in the studio later this month to tape a new episode of *Portraits in Determination* with the topic being Cervical Dystonia. I am thankful and delighted that those of you who viewed the last episode thought the content was compelling, saying that you watched the show multiple times to get the full impact. Thanks to all of you for the vote of confidence.

Check this out - http://healing.about.com/library/aff/bl_aff_0605.htm. An affirmation of mine is posted on the About.com website for June 5th (my mother's birthday).

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:

I was diagnosed with Essential Tremor 10 years ago and experience mild to severe head shaking. My condition can be disabling at times, but mostly I find it to be very embarrassing in that I cannot control the movement of my head. Because of my embarrassment I find myself not wanting to be in public. When I do go out people stare at me, many of them asking me if I have Parkinson's disease. How can I move past this embarrassment and misconception to face the world like Katharine Hepburn did with her essential tremor?

Janet S. – Sacramento, CA

Dear Janet:

I feel many of us are self-conscious about a part of our body whether it is we are not comfortable with our weight, or maybe we don't like the size of our nose or we think we have funny looking feet. At times our obsession with having something perfect may be overwhelming. To overcome and work through this, typically what happens is a more important issue comes about to take the focus away from this negative obsession. We begin to realize, for example, the size of our nose is not important when we are caring for an ailing parent. We shift our energy and thinking to something that needs immediate attention.

In the case of Katharine Hepburn, I feel she had the ability to move beyond the shakiness of her head and focus on the essence of who she was. She may have thought about her tremor, but her energy was focused on her work and who she was as a woman and an actress. She gave the impression that she was comfortable with who she was, tremor

included. If she is okay with having an essential tremor, then so should the rest of the world.

I would have to ask “why do you care what other people think?” You have the right to live in this world no matter what your body is like. If you find yourself in an uncomfortable or embarrassing situation learn to talk about your Essential Tremor; educate that person or people on your condition and let them know what its like to live in your body. This may help open their minds and be thankful that you had the courage to let them know why your head is shaking.

Be well,
Linda Furiate

** This is a re-print from my “Ask Linda” column in *Spikes and Spasms – A Tremor Action and Care4Dsytonia* collaborative on-line newsletter. To view log onto http://tremoraction.org/newsletter/june_2005.pdf

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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WHAT IS EFT™ by Gwenn Bonnell

Emotional Freedom Techniques is an Energy Psychology process developed by Gary Craig that works with the mind-body energy system to (often totally) eliminate all kinds of emotional, mental, physical and spiritual discomfort. Described as "emotional acupuncture," it is one of the most effective ways to balance the body's energy system that I have experienced. EFT™ has been proven clinically effective as a simple yet powerful way of releasing fears, phobias, anxieties, angers, addictions, and all kinds of emotional and physical issues.

This is a new paradigm in healing because it no longer takes months or years of therapy and boxes of tissues to resolve problems. With EFT™, specific issues can be dissolved in minutes—forever!

The beauty of EFT™ is that ANYONE can learn how to apply it on themselves. And since it is known worldwide, you can easily find a practitioner to work with you. Even mental health professionals and doctors are discovering EFT™. Remember, if you have a

serious health issue, use EFT™ or any other self-help technique with common sense. And check with your personal physician or counselor before discontinuing any medications.

HOW DOES EFT™ WORK

<http://www.tapintoheaven.com/2eft/efthome.shtml>

<http://hop.clickbank.net/?portrait17.nitangel&link=1>

Also check out Cross Crawl Exercises:

<http://www.tapintoheaven.com/newsletters/crosscrawl.html>

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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

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

My 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.

Coming in July – Interview with Rebecca Serdans of Care4Dystonia, Inc.
(www.care4dystonia.org) and Terry York discussing what its like to live with cervical dystonia, a condition we all share.

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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