



Portraits

Table of Contents:

- Greetings from Linda
- Ask Linda
- Quotes for Encouragement
- Services
- Appearances

* * * * *

Greetings from Linda

Many of you who personally know me realize how difficult these past few months have been due to my cervical dystonia. My symptoms have become quite severe at times. On some days it's impossible to sit up in a chair without my head and neck being in constant spasm and moving uncontrollably making it extremely hard to think and focus. At times driving has become impracticable since I am unable to control my movement and see the vehicles around me. To keep the community safe, I stay off the roads. On many days the pain is so aching I am forced to spend a big part of the day lying in bed just to gain some form of relief. Although all of this may sound horrific, for me the hardest part has been removing myself from public life. I miss the physical interaction of my friends, family and colleagues. I want you all to know that as I move through this phase of my life you are not forgotten. I will be back in rare form soon (or one of these days). Keep sending those well wishes and prayers.

While I continue to heal my body, I also continue to nurture my soul and define my purpose. Yes, my dystonia has slowed me down but it hasn't stopped my creativity. In the past few months I have managed to successfully work on and complete many projects to include: publish a book with a couple more in the works; produce a television show with another episode of the way; establish my work as a personal coach and mentor; and develop some exciting new business relationships.

My most recent collaboration is with Bill Keefe, Founder and CEO, of ReConnectingU, Inc. His projects include: www.workplaceblues.com; www.highschoolblues.com; www.campusblues.com. I would highly recommend you read his FREE online book entitled "*W.A.Y. – Wisdom is Always Yours*" available at www.billkeefe.com as Bill provides a base of understanding for opening your mind and releasing your spirit. Watch in the coming months how our collaboration unfolds.

At times we must all step out of our lives, quiet our minds and be thankful for the opportunity and time to appear into our souls. If you or someone you know has been forced to step back and is seeking guidance, I highly recommend hiring a personal coach to assist in walking toward a more positive future. To learn more log onto www.portraitsindetermination.com.

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**

* * * * *

Ask Linda:

Dear Linda:

Recently I have been quite frustrated and moody to the point of feeling depressed much of the time. It all started about six months ago when it seemed like everything was happening all at once and I wasn't enjoying anything I was doing. I feel this negative mood has been going on for way too long. The more I try to "get over it" the more I feel trapped. What can I do to lift my negative moodiness and move forward in my life?

Debbie S. – Princeton, NJ

Dear Debbie:

I believe we all go through periods in our lives when we feel excessively moody or depressed; it's as if the whole world is against us. I feel when we become frustrated with what is going on in our lives the Universe is setting the stage for change. I would bet that if you recall the year or so leading up to your mood change you may have been contemplating or hoping for some sort of change in your life whether it be a career change, wanting a new relationship or potentially moving. More than likely you just thought about the changes and did not take the necessary action to create your desires. When you did not get what you wanted, the frustration set in. I would suggest you do some deep soul searching and meditation to determine your life purpose. If you feel you can not do this alone I would suggest hiring a personal coach to help you each step of the way. In more severe cases of depression you may wish to seek the aid of a therapist. You may also benefit from some astrological insight so you can determine what area of your life is most holding you back and when things may begin move forward. It may be a big relief if you knew approximately when this energy will begin to shift so you can take the necessary steps to brighten your future.

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 a few coaching sessions. See services listed below or log onto www.portraitsindetermination.com

* * * * *

Quotes for Encouragement

I have always enjoyed writing quotes that provide inspiration. Following are a few of the quotes written in my book *101 Simple Suggestions and Quotations to Express Compassion and Empathy*.

“The meaning of life is not found in what we have, it is found in what we endure.”

“One cannot heal unless One is willing to be wounded.”

“Life will take care of you if you are willing to take care of yourself.”

“Wanting life to flow in the direction you wish is about how you carefully and strategically place your pebbles in the stream.”

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

* * * * *

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

* * * * *

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.

NSTA Symposium

Guest Speaker – October 14, 2005 9:30 – 10:30 a.m.

Book signing October 14, 2005 from 5:00 – 6:00 p.m.

Irvine, CA

Topic: TBA

For more information on the Symposium log onto www.torticollis.org

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

* * * * *

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

Thank you!

Linda Furiate

www.portraitsindetermination.com

Linda@portraitsindetermination.com

5245 W. Running Brook Road

Suite 201

Columbia, MD 21044

USA

(410) 964-1303