

Parkinson's Disease through Handwriting



Shweta Amarprakash Gupta

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Dedicated to my family

**Mradul Gupta ,Amarprakash Gupta, Alok Gupta &
Manisha Gupta.**

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Introduction

Friends did you know that Handwriting is Brain writing? We all have heard about the science of Graphology It is a very ancient science; the first book was written in 1662. The term itself “Grapho” + “Logy” talks about the logic behind handwriting. Graphology is a fantastic tool that helps us to read a person’s subconscious mind through the pen strokes. There are many useful applications of this science viz., recruitment, child development, couple compatibility, career guidance and many more. Did you know health is also a major application of Graphology? We can identify many health issues through handwriting. Through this short book, we will understand few symptoms of Parkinson’s disease.

You will be amazed that not only can we identify the various health issues through handwriting but also rectify these issues/challenges that a person is facing through graphotherapy. Graphotherapy is a therapeutic process of changing a person’s thought process by assigning positive pen strokes to be practiced over a period of 21 days.

In this book, I will be taking you through one of the application of this amazing science of Graphology —Health. It will introduce you to a few clues to Parkinson’s disease that you can identify through the handwriting. I will be sharing with you a real case study of a person who was suffering from Parkinson’s disease and its progression with the actual handwriting samples.

About the Author

Shweta Gupta is a Senior Authorised Trainer with Handwriting University International, USA. She is heading her firm 'Write to Shine'. She has a rich teaching experience with some of the best schools in Pune. This divine experience with the kids motivated her to fathom the depth of the science of Graphology and that is when she began the journey of MIND PROGRAMMING THROUGH HANDWRITING IMPROVEMENT FOR KIDS in association with Mr. Pradeep Kirpalani. Her quest for this science didn't stop with just kids and she took it to the next level by doing handwriting analysis and conducting trainings for all age groups. Today she has a successful career as a Handwriting Analyst and Graphotherapist with Mr. Pradeep S. Kirpalani.

Shweta today is a role model for the common man because she not only learnt the science but also imbibed the core values in her own personality. To be able to do that, she did a self-introspection and had the courage to overcome various roadblocks to her success. In doing this, she evolved into an empathetic and a compassionate person who could spearhead the flame of personal transformation and contribute effectively in others' lives. So here is a person who has fought her battles bravely and converted her pain into passion. She strongly believes that the process of self-improvement is continuous and never ending.

My Journey So Far...

Before I share about the clues to Parkinson's disease through the handwriting, let me share with you my journey so far into the field of Graphology.

I was a simple girl who was a classic introvert and a deep thinker with an uncomplicated personality. I come from a highly educated family which strongly believes in simple living and high thinking. I have a rich teaching experience of about 16years. This teaching career made me aware of the fact that a teacher plays a very important role in the life of a student. It is not only for words to encourage and empower but also resorting at times to harsh words to have a positive profound impact on the overall personality of the student. At times, this impact is not just momentary; it has a bearing over the years to come. I realized that this impression is not just at the conscious level but penetrates deep, leaving a mark on the subconscious too.

Here, I would like to narrate an episode from my childhood. As a child,unfortunately, I came across some untoward experiences wherein I was suppressed by some teachers very strongly due to which my social confidence took a beating. I would like to highlight that some teachers made fun of my tiny writing as they were finding it difficult to read. I have a vivid memory of that fateful day when a teacher picked up my book and showed it to the entire class ridiculing me by saying that my writing can be read only under a microscope. Being an introvert and an emotionally

intense child,I was transfixed by this incident and withdrew myself into a shell. Consequently, my academic performances hit a low ground. From being a stellar A+ student, I tumbled down to the B grade dungeon and languished there for along time.

Here, I would like to mention that I was intelligent; however, my teacher never acknowledged my intelligence. The issue was that she was unable to read that tiny writing and as a result, my books remained unchecked and were not graded. Today as a Graphologist I understand that my handwriting font size was the stumbling block for her as it was stressful to read.

This entire ordeal resulted in self-doubt, self-castigation and an inferiority complex showing its ugly head. I also developed some trust issues because of self-doubt. I was unable to do justice with my true potential and this led to me feeling ignored and unworthy of big success. My problems stemmed from the outside world and not from my family.

I must point out that with my self-esteem going south with each passing day, I was forced to do certain things against my nature purely to gain acceptance in my social circle; the best example of this would be my handwriting size becoming larger which originally was tiny.

So this helps us to understand how certain incidents, however trifle they might appear, have a lasting impact on the mind of a child. I would also like to mention that in the process, I started developing certain major health issues due to this emotional and mental disturbance.

Coincidentally, I entered the teaching field for which I had never aspired. I did not want history to repeat; neither did I want to be a teacher who always demotivated her students knowingly or unknowingly, nor wanted to disturb the thought process of my students. What I wanted was to be remembered as a teacher who motivated and loved her students.

It often happened that during my teaching career, I was often forced to use harsh language and even hit my students as parents wanted their kids to get good grades. I was very uncomfortable doing this and always felt guilty. To top it, I was teaching in kindergarten, so being harsh with them was against my nature. I am more of a compassionate person. It was at this juncture in my life when a friend introduced me to the science of Graphology. That's when I met Mr. Pradeep Sonu Kirpalani and I started my journey in this field. Initially, my journey was just to understand my thought process and not the thought process of my students because I didn't know what graphology could do. As I started my journey in this science, I understood my thought process which helped me realize that I'm not a harsh person, didn't want to slap a child or to use caustic, negative words. I wanted to be very compassionate. I remember an incident during my first job as a teacher when once I wanted to give a hug to the students. But the authority said, "No, no! You are a teacher, you should not

do that”. I was taken aback! My inner talk was like “Why can’t I give a harmless, loving hug full of compassion to these innocent souls?” I was forced to live a life which was totally opposite of what I am...and you know what? Living a life which is not true to your original self is as good as suicide.

When I came across this science of Graphology, I was blessed with an opportunity to be myself once again. It was my renaissance! I found acceptance, self-worth and became respected for what I am. This was a turning point in my life and without a second thought decided to take up Graphology as a full-time career and work towards the betterment of children using this powerful tool of handwriting analysis and possibly save them from major emotional, mental and physical health issues which majorly originate from traumatic experiences in their childhood.

Thoughts --- Emotions---

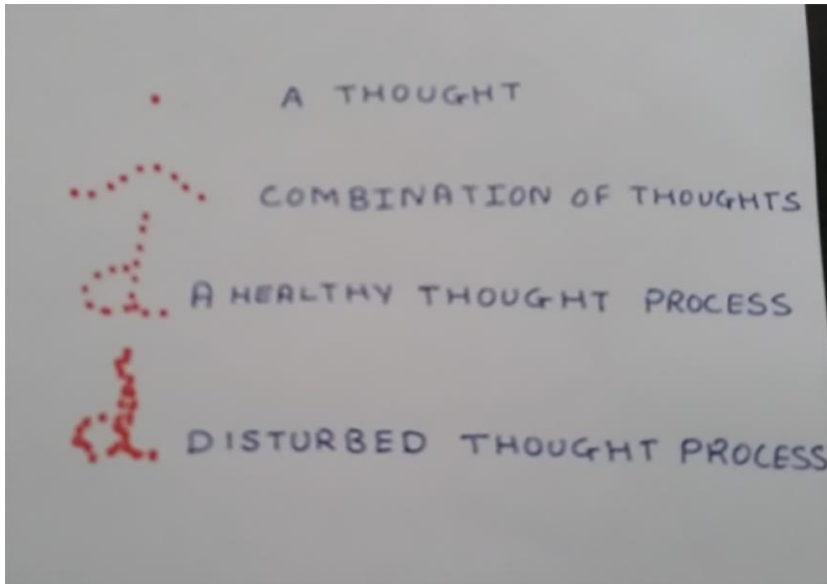
Handwriting---Health

Like I said before, handwriting is brain writing. It is the X-ray of our thoughts. We all have heard from our elders how our thoughts, be it positive or negative, affect our health. However, we have rarely heard that our handwriting can help us diagnose the health of our thoughts and thereby our physical health.

You will agree that our state of mind affects our emotional state.

For example, when a person has positive thoughts, it leads to a positive flow of energy in motion which we call emotions and vice versa. Handwriting is called the mirror of our thoughts. Every single pen stroke originates from a dot and this dot is what symbolises a thought graphologically. So when we see a series of dots, it is nothing but a thought process moving in a direction. Continuing this theory further if there is a negative or a disturbed or uneven flow of these dots, it indicates disturbances in our thought process which disturbs not only the rhythm of the writing but also the rhythm of our mind and body.

Reflection of Thoughts in the Hand writing



As hand writing analysts we say that we can study the thoughts of a person through the hand writing. You must be wondering how we can study the thoughts. And if so, where are the thoughts in the handwriting? What is the shape of a thought? What does a thought or thoughts look like? As already mentioned, a dot symbolises a single thought. Now, let me take you back to your kindergarten workbooks. Do you remember your workbooks had dotted formations and you used these dots to join them and thus learnt to form letters? I remember it clearly.

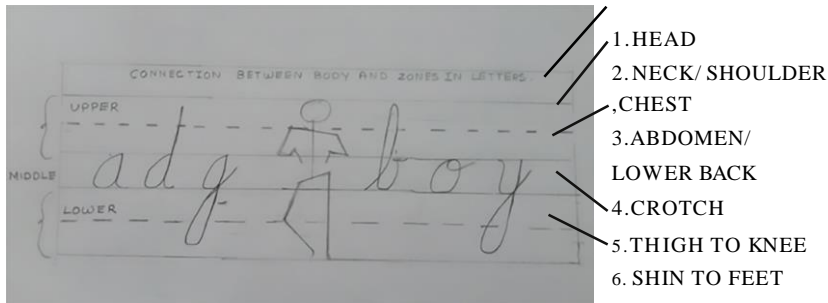
It was like learning a new craft. So a single letter is nothing but a collection of dots which is called a thought process. Now, as an analyst when we see any handwriting we are looking at the formation of various letters or you could say the thought process of a person.

The next question that arises is how we can understand the health of a person through the handwriting. Let's take the letter d as an example (See the figure for more details). Generally, we write the letter d with a straight stem that is also called a 'retraced d' or you can also write it with a loop. However, if the formation of the d is not proper, if it is slightly shaky or disfigured as compared to the set pattern of the letter d, then somewhere it is an indication of disturbance in the thought process of the person. As you can see in the figure above, this person with a shaky d is not at ease. That's why we can see a slight shakiness in the writing or the disfiguration of the letter. This is just an indication. We are not concluding that the person is suffering from a health issue.

Now there is another question that arises. Which health issue? To throw more light on this, let us understand the correlation between our handwriting and our body.

Any disturbances in the thoughts of a person are reflected as a disturbance in the shape of the letter or the letter becoming disfigured.

Correlation between Handwriting & Body



Our body can be divided into 3 parts. The first part is from head to neck, then from



shoulders to waist and finally from waist to feet. Similarly, our handwriting can also be divided into 3 parts. Let me explain this with an example. Let's take a word "fatherly" as you can see in the figure. Just like the body, we can divide the writing also in three parts. The middle portion of the writing that includes letters like a, r, e, the middle portion of tall letters 'f' and 'h' and the middle portion of 'y', all these form the middle zone. The portion above the middle zone, i.e., the upper part of the letters

d, b, t, k, etc. which comprise the stems or loops form the upper zone. Similarly, the portion below the middle zone is the lower zone which includes the lower part of letters like f, y, g, j, etc.

These are the three zones i.e., the middle zone, the upper zone and the lower zone.

Now that we understand the different zones, if you find a disturbance such as shakiness, squeezing, broken letters or disfigured letters, first check which zone of the letter has the disturbance. Is it the middle zone? Upper zone? Or lower zone? For example, if I see the stem of the letter d shaky or disfigured or broken, then I can relate that with the upper part of the body which is from head to neck. This is an indication that this person is suffering from some ailment in that area. Similarly, if you see disturbance in the middle portion of the small case letters e/a/o, middle portion of small case for e.g., h which are middle zone letters, you can relate it with the health issues related to the middle part of the body where the heart, the respiratory system, stomach, kidneys and other major organs are situated. Similarly, any disturbance in the lower zone such as shakiness, angular formations or squeezed letter formations can give us a clue to the ailment related to our thighs, knees, shin or the feet area.

Here I would like to mention something important that don't just go by the shape of one letter and conclude that a person is suffering from an ailment. For example, if the loop of the small case e is squeezed, it's not advisable that you jump to a conclusion that this person is suffering from a heart related disorder. Instead, you need to look at other traits like the slant of the handwriting, the size, the pressure and many more factors in the handwriting. This is called as trait stacking. In trait stacking we stack two or more traits together to arrive at a conclusion that a person is suffering from some particular disease.

Healthy Writing	Unhealthy Writing
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DO NOT LOOK AT ONE TRAIT AND JUMP TO A
CONCLUSION ABOUT A PARTICULAR AILMENT.
ALWAYS USE TRAIT STACKING.

Healthy Vs Unhealthy Writing

The table below explains how our thoughts are reflected through our handwriting

- | | |
|--|--|
| ● <i>Rhythmic writing</i> | ● <i>Variable Pressure</i> |
| ● <i>Consistent slants</i> | ● <i>Variation in the size</i> |
| ● <i>Even Pressure</i> | ● <i>Rigid or inflexible strokes</i> |
| ● <i>Consistency in size</i> | ● <i>Unstable or frequently changing writing</i> |
| ● <i>Flexible strokes and formations</i> | ● <i>Disturbed /weak / exaggerated zones</i> |
| ● <i>Structured writing</i> | ● <i>Angular/ Masculine formations</i> |
| ● <i>Balanced zones</i> | ● <i>Disturbance in word and letter spacing</i> |
| ● <i>Soft/Feminine formations</i> | ● <i>Negative pastocity</i> |
| ● <i>Evenly spaced words, letters</i> | ● <i>Illegible handwriting</i> |
| ● <i>Positive pastocity(flow of ink)</i> | |
| ● <i>Legible handwriting</i> | |
| ● <i>Shaky writing</i> | |
| ● <i>Variable slants</i> | |

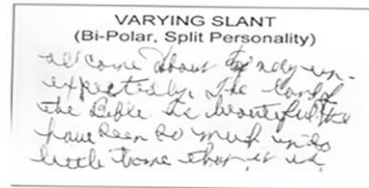
As we know that even doctors agree that any health disorder is first born in our subconscious mind and our handwriting is nothing but an X-ray of our subconscious mind. That's why an ailment can be seen in the handwriting years before it is medically diagnosed. In this book,I am sharing with you a real case study wherein the symptoms can be seen years before they were diagnosed. Now let me throw light on few of the traits which can be an indication of general health is sues.

Few Traits that are an Indication to Health Issues

1. Variable Slant

Here you can also call it the dancing slant. At times, the handwriting slants to the left and sometimes to the right which is called a variable

slant. This person has some chemical imbalance and he is not emotionally stable. He has difficulty in making decisions as he suffers from mood swings.



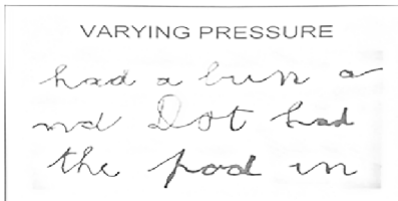
2. Shaky Writing:

The image above shows the entire writing is shaky; however, it is not necessary it would be seen in

all the zones. It can be seen even in just one zone too. Again, correlate it with that part of the body. That's how we get an indication about the person not being at ease in that part of the body.

A sample of shaky handwriting, labeled "Catherine Montger" and "13 Octobre 1859". The letters are irregular and wobbly, indicating a lack of control or stability.

3. Varying Pen Pressure

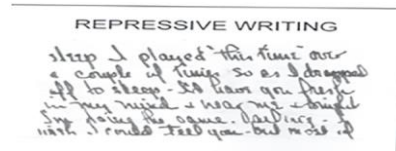


Now here you can see that at some places the handwriting is dark and in other places it is light. This is one of the major indications

of health issue. It is in some way related to the person running low on immunity.

4. Repressive Writing

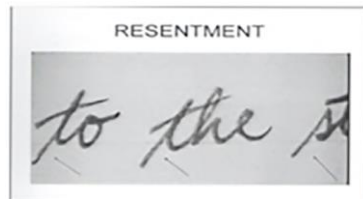
Repressive writing is a writing which slants to the left indicating an emotionally withdrawn person. This person



has suffered from emotional, mental or sexual trauma and is unable to express it. He is holding all that stress inside. This bottled up stress is a fodder for various health issues.

5. Resentment

Resentment is seen in a rigid upstroke starting at or below the baseline. This is an indication that a person is harbouring unresolved anger over a



long period of time. It's like he is not ready to puke out the poison he is holding on to. So you can imagine the amount of bitterness and angst inside this person.

Role of a Handwriting Analyst

The Role of a Handwriting Analyst is not to diagnose an illness.

However, following are the areas of health where a professional Handwriting Analyst can be of utmost help.

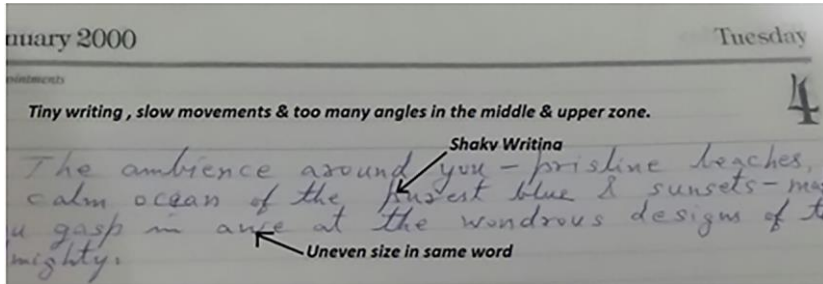
- A professional Handwriting Analyst can identify the possible symptoms of health challenges well in advance even before it is felt in the body.
- A Handwriting Analyst can comfortably understand the personality type and the possible illnesses associated with it.
- For example: A person who is overly responsible and a perfectionist can develop lot of mental stress and stiffness in the body.
- A timely analysis by an expert can prevent a person from facing major health challenges.
- We are in no way claiming that we are a substitute to a qualified medical fraternity; in fact, we on reading the thought process through the pen strokes will encourage the client to seek medical advice based on the thought patterns seen in the handwriting.

- As we all understand that change is the only constant, I would like to highlight that certain disturbing strokes are seen only for a temporary period which can be categorised as a mood swing. On the contrary certain personality traits become a part of our subconscious mind permanently and if these negative traits are not corrected at the right time, it can have a malicious effect on the person's health in the long run.

For example: A person who is harboring unresolved anger over a long period of time as seen in the handwriting in the form of a rigid upstroke starting at or below the baseline. Many experts across the globe call this as resentment which could possibly lead to some form of cancer.

Real Case Study

Parkinson's Disease



What is Parkinson's disease? Parkinson's is a brain related disease which starts with a slight shakiness in the body. However, as time passes by, the shakiness is converted into tremors. The person starts losing his mental as well as physical balance and experiences memory loss. He is unable to perform his basic tasks.

Symptoms

- **Tiny Writing**

A tiny writer is a person who is very intelligent and an introvert. The social aptitude is not very good. He loves to stay alone or with his selected group of people.

- **Shaky Writing**

Shakiness is one of the major symptoms.

- **Uneven letter formations**

Uneven letter formation means the size of the middle zone varies. When a person is suffering from Parkinson's disease, you can see a lot of variation within the middle zone also called as mundane zone. This somehow shows the person is going through some emotional disturbance and insecurity.

- **Slow writing**

The speed of the writer obviously slows down as all his actions become slow paced as the tremors increase with passing time.

Progression

Poonam

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1

e-mail :
Deepa / Didip. Add: 102, (M)
Magallanes Village,
Alakati City, PHILLIPPINES

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EEB 2004

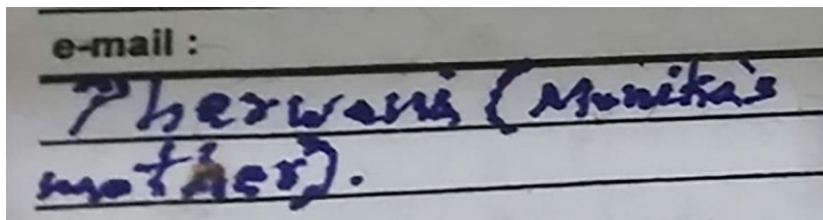
Sapna Ramani (Tyoti's
e-mail : relative)

DEC 2004

Newspaper (Times
of India)

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5

A Year before Diagnosis



In my practice with Mr. Pradeep Kirpalani, we have come across many cases of Parkinson's disease and one of the major common personality traits that I have observed is tiny writing. I am not saying that only a person with tiny writing will suffer from Parkinson's disease; however, this is a very common trait seen in their handwriting.

Observe the first sample of 2001. For a layman, it is written properly but let's notice which of the above mentioned symptoms of Parkinson's can be seen here. The first is tiny writing, along with which if you observe carefully you can see slight shakiness. This some where is an indication of the initial stage of Parkinson's. It also reveals that it was not always that his hand was shaking but only at intervals. That's why it was not medically diagnosed.

Here I would like to mention that had he visited a Graphotherapist or a handwriting analyst then, the latter would

have definitely been able to help him through Graphotherapy.

Moving ahead if you observe the second sample of 2003, the most obvious thing is that the shakiness has increased which can be called tremors. Also, there is a variation in the pen pressure and the handwriting size has become tinier. One unmistakable trait of a tiny writer is that these people love to go into details. So when a person goes into details he is also putting a lot of stress on the brain. The shakiness was also fallout of stress as these people succumb to over thinking. They brood; as a result, chances of them suffering from brain related ailments are high.

Going forward to the next sample of early 2004, the shakiness has aggravated. I have seen this person very closely; his entire body used to shake very frequently. Due to tremors, his grip got affected and as a result he could not write. Being a tiny writer and a very sensitive person, he always wanted to do his work perfectly; however, he was unable to perform basic tasks like brushing his teeth, was becoming dependent on others which resulted in a drop in his confidence level. This was the time when a new trait surfaced which is uneven handwriting size. At this stage, he often lost his physical balance. I have seen his body slipping and his near and dear ones holding him so that he does not fall on the floor and hurt himself. Take a pause and imagine the pain. A person who was an engineer, intelligent, avid traveller doing his things on his own now could no longer do basic tasks like eating or holding a cup of coffee. As a result, his

confidence became abysmally low and he started brooding about his progressive dependency on others. Due to his dignity taking a colossal hit, emotional disturbance had crept in which started deteriorating his already small social aptitude.

The actual diagnosis happened in the year 2006. In the sample of 2004, you could see the extra flow of ink was in just two or three letters; however, here in all the letters you can see the extra flow of ink. I would like you to visualise what was happening with this person. Let's step into his shoes and feel his condition. Imagine he is holding the pen; his grip has become weak and along with that he is facing tremors. Now as he wants to move from one letter to another, it's a massive effort. This was a difficult task for him because his hand was tapping for a long time on the same place. It was not easy for him to connect one letter with another as his grip was very light and his hand was shaking continuously. Here, along with a lot of pen pressure, what was noticed was the slowness. He wasn't slow, but the tapping of pen in one place was leading to taking more time moving from one letter to another; in fact moving from one thought to another. That's where slowness became a part of this person's personality. Remember, originally, he was not a slow person. He was a sprint runner during his school and college days. Can you imagine yourself over there? If you can't pick up a glass of water one day, how would it feel? Painful, right? That's the kind of pain this person was going through. Could you imagine the pain and agony of this person, a dignified man who never wanted to be

dependent on others, now dependent for the most basic tasks?

You have seen the entire progression right from 2001 to 2005. The sample of 2006 is when the disease was medically diagnosed. I have known this person since 2007. He was like a fatherly figure to me and was not related to me by blood. I had seen a dignified, intelligent person losing his complete balance. His state was such that he did not recognize his family members. At times when he had to be dependent for his basic tasks like bathing, eating, etc., he reacted with irritation because that was the only way he could express his helplessness. Otherwise, he was a very quiet and kind-hearted person.

I have witnessed his entire journey from 2007 till his last breath. He is no longer with us. He expired in 2014. It was a very emotional moment for me because I have been touched by his presence in my life and have felt his pain.

Some More Samples of Parkinson's Disease

PARKINSON'S DISEASE

Dear Niece, I am writing this at your request as a specimen my handwriting, - in order that may establish my character. I am that this is not much to write on the ship movement is causing me problems.

Dear Phy. Ry,
I feel I must apologise first of all for cutting my conversation short when you phoned the other night. I am inclined to get things lost when I'm on the phone when it comes to unexpected ^{into} and also because I'm getting a little deaf. It makes it worse because there were two hand sets being used which I think blurs the reception. I feel, dead a Charles when I can't hear properly.
I'm only too happy to help with your research Ry. I can be so different from day to day, I'll have to have several goes. The past few days I've felt so tired, I've spent more hours out of 24 in bed asleep than awake, so most mornings at this time I would expect to be better.
I can't remember the last time I wrote so much. Thought if I carried on without stopping it would show more difference, if you know what I mean). I'm trying not to try a am writing less than I would have done before Parkinson's. When writing so could for instance I go slowly a draw the words something like this. Best wishes,
in trying to keep on to see what happens. Believe Ry that you had some taking stimulants, which helps to replace dopamine. Ry has improved considerably. It suddenly happened when doing daily exercise. Instead of falling in a faint, tiny letters I was putting B's, etc which amazed me. Are you getting any yet, Sam, heard out myself. I'll wait again in a couple of days to try if there any change. 10% Tuesday morning - I'll try put it the morning, the I've got to swallow. Perhaps I'd better go on the next drive on the road out the

HANDWRITING IS A GENUINE TOOL WHICH HELPS US TO MONITOR OUR THOUGHT PROCESS. A TIMELY HANDWRITING ANALYSIS AND GRAPHOTHERAPY CAN BE A SAVING GRACE.

In these samples, similar formations can be observed such as tiny writing, uneven pressure and at places uneven letter size. Please don't go back with the fact that all tiny writers will have Parkinson's disease. As a matter of fact I am a tiny writer. You have to use trait stacking to arrive at a conclusion.

As you are new to this science, I would like to recommend you to write at particular intervals. At least take down a handwriting sample once a month or once a week. Keep on writing because it would help you to monitor your health and if you get your handwriting analysed by an expert, they can really identify where the issue started, what hit you, as something hit me in my childhood.

Those humiliating words of my school teacher left a deep wound which would never heal completely. Fortunately, through the divine intervention of Graphology and my compassionate mentor, I could finally get rid of that baggage. A timely handwriting analysis and Graphotherapy can help you turn the tide in your favour. Here I would like to share with you an example. As an Authorized Trainer working with Mr. Pradeep Kirpalani, one of our students is a 69 year old man suffering from Parkinson's disease. He is a highly placed government officer and

in 2015 when I was presenting a paper on Parkinson's disease through handwriting at the International Handwriting Analysis Conference in Pune (India), this person walked on the stage and shared his experience. He said that he had been suffering from the same debilitating disease and how his handwriting was changing slowly. He was a living testimonial for my paper!

The best part was when he later joined the 301 level Certification course offered by Handwriting University International and today he is a Certified Handwriting Analyst and Graphotherapist. He shared something very important during his training. Doctors had advised him to write on a regular basis and that writing is very good for his health. So please keep writing. Writing keeps our brain healthy and active. Remember handwriting is brain writing. Just like we do various physical exercises to keep our body fit and toned, similarly writing is an exercise for our neurons. Sadly, with a fast-paced life and digitization, writing is gradually diminishing from this world. People prefer typing with a keyboard all day long on their devices when their fingers with a pen are the actual keypad to their overall subconscious health.

Love, Care & Compassion

One more thing I would like to say about this person whose case study I shared. Whenever I visited him, I often ran my hand over his head and touched his cheeks. Being a compassionate person myself, I gave him that touch sense. Guess what? I saw a twinkle in his eyes and tears rolled down! He could not speak clearly; however, his eyes perfectly conveyed what he wanted at that age.

We always say prevention is better than cure. Now the question is, how can we keep ourselves healthy? Just regular exercise followed by a healthy diet? How do we prevent an ailment?

Yes, regular exercise along with a healthy diet is very important; however, couple it with a daily dose of LOVE, CARE and COMPASSION which are extremely important. Each one of us has this in abundance within us. However, we restrict ourselves from sharing or we share it only with the little ones. Somewhere we are fearful of people taking undue advantage of our loving gestures. Believe me, each one of us has a deep desire within to receive this affection.

The fear of being used or taken undue advantage of is somewhere stopping even the most genuine person from sharing his actual feelings. Love, care and compassion are nothing but emotions. And what is an emotion? It is nothing but energy in motion. Since each one of us has positive energy within, let's

share this without any hesitation. Share it especially with your elders just like the little ones because with the elderly, the need for these positive emotions is far higher.

LOVE YOUR SELF

I would also like to mention that in this world we forget to love ourselves. These three magical words have changed my life. I got this in abundance from the entire family at Reno vision Management Consultants which were the key ingredients to my lasting success. It transformed my dorky life to that of an achiever.

There is one more action or tendency of ours which leads to major health issues unknowingly. We hold on to the negative thoughts of anger, temper, hatred, jealousy and ill will. These negative emotions are the root cause of many health issues. I would like to explain this with the example of a trashcan. A trashcan is used for throwing trash and we are supposed to empty the trashcan daily. If not done regularly, the trash will rot and will start stinking. That's exactly what these negative emotions will lead to if we don't let go of these unwanted emotions. We generally have a tendency of brooding over the scars of the past incidents which cause stress and pain. They make us feel heavy within. My humble request to you is to live like a balloon and see yourself soaring high. Be light from within. When you can achieve this state, no one and nothing in this world can ever stop you from being successful.

So be happy and spread happiness. Love yourself and love others.

Closing Thoughts

The sole purpose of this book starting from the cover page is to convey a very small, however an important message. **I AM THERE FOR YOU.**

The handwriting gives you the real indicator at the thought level of any disease years before its traces are seen and diagnosed in our body. So if we can keep monitoring our handwriting sample at regular intervals, it can be a sure shot way of monitoring our thought patterns and giving the timely direction through corrective pen strokes based on the science of Graphotherapy. This does justice with the proverb: **PREVENTION IS BETTER THAN CURE.**

I also want to highlight that our thought processes are developed based on various experiences. As a handwriting analyst, you can understand the deepest needs, desires and emotions of the writer. This understanding can help us to listen to the silent communication or the unexpressed emotions and handle people who mean to you with compassion and empathy, thereby helping people to overcome mental and emotional challenges like fears and trauma. Trust me; this process can undoubtedly help us save many people from life threatening ailments.

I would like to once again highlight that a Handwriting Analyst is not in any way a substitute to a Medical doctor/ practitioner.

To book an appointment with the Author for a one on one live or online consulting session, please feel free to get in touch with us.

Our Services

- 1. Signature Redesigning**
- 2. Handwriting Analysis & Graphotherapy**
- 3. Graphology Training (Indian System)**
- 4. 301 Level Professional Certification- HUI, USA**
- 5. Mind Programming through Handwriting
Improvement for Children**
- 6. Logo Consulting**
- 7. Seminar for Corporates**
- 8. Handwriting Analysis for Recruitment**
- 9. Corporate Training**



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Parkinson's Disease through the Handwriting

Handwriting Analysis is a very powerful tool. Through this short book, I wish to help people understand and not judge each other as, wrong handling can lead to major health issues like Parkinson's. Through this book the author wants to give a message, how COMPASSION FOGIVENESS and MOTIVATION can in the real sense not only increase self esteem in people but also save lives. This book talks about some personality traits seen in the Handwriting which can lead to Parkinson's disease.

Shweta Gupta is heading the firm, WRITE TO SHINE in PUNE, INDIA. She is a Senior Authorised Trainer with Handwriting University, USA. She has a rich teaching experience with some of the best Schools in Pune. This divine experience with the kids motivated her to fathom the depth of the science of Graphology and that is when she began the journey of 'MIND PROGRAMMING THROUGH HANDWRITING IMPROVEMENT FOR KIDS' in association with Mr. Pradeep Kirpalani. Her quest for this science didn't stop with the kids and she took it to the next level by doing Handwriting analysis and conducting training for all age groups. Today she has a successful career as a Handwriting Analyst and Grapho-therapist since the last 10 yrs. She has touched the souls of a number of lives through her Midas Touch.



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