



The Future Within

Smoothing the way for women
who have lost a spouse
to chart a new course.



Patricia Muscari

Dear Diane.

Welcome to Fresh*Breezes -

6:05 a.m. The light is creeping up from the East-- peach-streaked and lighting up my tree (and it's not even Christmas!). The leaves of the Canada Cherry on my deck have a faint red glow. Now the colors of my umbrella are popping out. This is a rare treat for me--I am usually sleeping--to witness this first freshness, this purity, this absolution...this genesis.

Webster defines **bliss**: perfect joy or happiness; enjoyment, gladness; being in heaven; a state of blessedness; paradise, nirvana. Joseph Campbell advises us to "follow your bliss".

What Is Your Bliss?

When it comes to pleasing myself, I am definitely not in the "instant gratification" camp. Most of the time, I eat balanced meals and know that my body benefits over the long haul. And things like --getting to know a person well before jumping feet first into a relationship are just common sense. Actually, a balanced life in general is a good platform from which to begin a search for our bliss.

To "follow your bliss" can be a much more difficult life-altering choice to make. Which way do we look? How do we know if we are already there? At one time in my life I did not know for sure what would be the right "walk of life" for me. I wondered if I was just going through a short-term phase or if my choice would have life-long staying power.

I did know that I was not at my happiest--not even close! I was confused and searching. The future was not at all clear. That was a time when I had not yet begun my coaching practice. It was the time I hired my own coach.

[More Information on my website](#)



One on One Coaching: Hiring Your Own Coach

Enlist your own coach. It will definitely change your life!

Take advantage now of a free Sample Session!

Call Patricia at: 303-794-7824. You will be happy you did.

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"The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he's always doing both." ~James A. Michener~

Topic of our next issue on Wednesday, September 13: **Take A Sip**

Email me on topics that interest you! I would love to hear from you.

Patricia@TheFutureWithin.net

With sincerity and gratitude,

A handwritten signature in cursive script that reads "Patricia".

Patricia Muscari

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