



## The Future Within

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



Patricia Muscari

**Welcome to Fresh\*Breezes: Thoughts and tips on life transitions.** Celebrate life with Cash-- Rosanne Cash; she pours herself into song! I rescued the Denver Post from the sprinkler on Friday, August 25 and music critic, Ricardo Baca in a sensitive article, was extolling the strength of Rosanne Cash after losing her father, Johnny Cash, and her stepmother, June Carter Cash, as well as her mother!

### Celebrate Life With Cash

Rosanne took time for herself and to be with loved ones in the process of mourning; she also focused on researching the past and exploring her family's genealogy. Her father had researched the family back to the 12th century in a book he had given her. She was attempting to make sense of it all. Her mourning was reflecting in her songs.

"As I started writing about loss and grief, I was taking what felt unmanageable and using my songwriting, my sense of poetry and discipline, to try to make it manageable. And you think you're writing about what's gone but end up writing about what remains and what has lasted hundreds of years."

*"And it was good to feel myself in the middle of the story rather than the end of the story."* Black Cadillac, her record of loss and remembrance, was released earlier this year in January; it ends with a tribute in the "final track, 71 minutes of silence. They were both 71 when they died."

Cash has said that Black Cadillac has been a needed part of her recovery. It has become her Celebration of Life.

[More Information on my website](#)



## One on One Coaching: Hiring Your Own Coach

Enlist your own coach. You will be glad you did. Although no one individual "needs" coaching, everyone can benefit from it.

Take advantage now of a free Sample Session!

Call Patricia at: 303-794-7824. It will change your life.

**Would you like to take a look at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)**

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Don't spend your precious time asking "Why isn't the world a better place? It will only be time wasted. The question to ask is "How can I make it better? To that there is an answer. ~Leo F. Buscaglia~

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in the world are the people who get up and look for the circumstances they want, and if they can't find them, make them". ~George Bernard Shaw~

Topic of our next issue on Wednesday, November 8: **Goal Setting Is One Thing...**

**You may read past issues of this newsletter on my website: [www.TheFutureWithin.net](http://www.TheFutureWithin.net). Thank you for receiving this ezine, Fresh\*Breezes.**

**[Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)**

With love and sincerity,

**Patricia Muscari**

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