



The Future Within

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



Patricia Muscari

Embracing Life Through Fresh*Breezes: Thoughts and tips for life's difficult transitions.

Loving. Loving is... "reaching out from the inside". During this heart-warming season of Christmas many people reach out to others more easily -- to family, friends and strangers.

This Christmas morning in Denver, a heavy blanket of snow has been accumulating since sometime during the night. It muffles the sounds outside and enhances the beauty of the trees. It also contrasts dramatically with the *indoors*--at Christmas, often a day of gathering around a warm fireplace or a lovely tree of lights with Christmas music playing in the background. In remembrance of the birth of Christ we exchange gifts, share meals with one another, enjoy the happiness of the children, go for walks, share memories. Reaching out...

"We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results." ~Herman Melville~

Reaching Out From the Inside by Michele Lewis

Michele Lewis' book title in its entirety is: Reaching Out From the Inside (from Spiritual Crisis to Dream Awakening).

Michele is a talented story-teller. In this very interesting novel, her main character, Mare Lumin, a high school English teacher suddenly has her life turned upside down when her brother is accused of unspeakable crimes. The scandal spreads throughout the state, putting incredible pressure on Mare and her entire family.

She takes us on an odyssey of doubt, struggle and illumination in her own life--in her marriage, her school and her relationships. Mare questions her life-long ideas of good and evil and many areas of her life.

Many dream sequences, filled with the power of myth, result in self-discovery, enlightenment and empathy. It is an enjoyable journey!

"Suffering and joy teach us, if we allow them, how to make the leap of empathy, which transports us into the soul and heart of another person. In those transparent moments we know other people's joys and sorrows, and we care about their concerns as if they

were our own." ~Fritz Williams~ (quoted in the book)

Our topic for January 9, will be How to Turn Lonely Days Into Happy Excursions

If I may ask for your help, I would love your feedback after you check out the new website I am building: <http://TheFutureWithinLLC.com>. Thank you!



Move Into the Life Awaiting You, With Your Own Personal Coach

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

Take advantage today of our valuable 15-minute Sample Session!

Call Now: 303-794-7824. </> This can be the *spark* you've been wanting!

Email: Patricia@TheFutureWithin.net

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to: vagito@earthlink.net

You can check out all past issues of this newsletter on my website: <http://www.TheFutureWithin.net> at the Ezine Page Archives.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the year and always!

With sincerity and love,

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

Patricia Muscari

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