



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 for life's transitions. The attitude that comes to my mind today as it drifts back to my youth, is a gentle "can do" attitude of a certain gentleman by the name of Curtis Andrew Nelson, farm boy, school- master, equestrian, a civil engineer with staffs on the Manhattan Project and in the Dept. of Energy, exemplary husband and father.

What Attitude?

That same warm and gentle attitude with a "can do" spark that brings out one's gratitude, kindness and caring, ultimately re-creating those very things over and over again within ourselves and others.

Our attitude can truly be everything, as we carry all our gifts within it. It can be the door that opens--that showers our gifts on our family, friends, neighbors and others.

Curtis Andrew Nelson, an extraordinary and gentle man, showed us how... throughout his life! Today, February 28, is his birthday. Dad passed on in 2003.

ATTITUDE IS EVERYTHING There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did ...and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hmm," she said, "I think I'll part my hair down the middle today." So she did... and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "today I'm going to wear my hair in a pony tail." So she did...and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "YEA!" she exclaimed, "I don't have to fix my hair today!"

Everyone we meet is fighting some kind of battle.

Live simply. Love generously. Speak kindly. Care deeply.

Author Unknown



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Would you like more info at my website? Go to: www.TheFutureWithin.net

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Topic of our next issue on Wednesday, March 14: They Will Never Forget How You Made Them Feel.

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

You can check out past issues of this newsletter on my website: 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 New Year and always!

With sincerity and love,

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

Patricia Muscari

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