



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..

A friend called this morning on her way out the door. She and her dog were taking off for the hills, to her favorite hiking trail --and her favorite road to de-stressing and peace. She regularly takes advantage of summer and our beautiful state in this way.

A 7-foot fountain is taking shape by my front yard; all the residents of our small courtyard are having this lovely focal point installed at the end of our walkway with lights playing on it. This has been a hot summer and our new edifice will send cooling sprays and gently falling water sounds through the gardens. I picture us slowing down--lingering on our decks more often, to enjoy the new sensations.

Dip Your Toe Into Summer

Even as kids, we looked forward to the summer months to slow down, feel free and to just have fun! Our work lives and responsibilities continuously yank us this way and that. Stress is getting bigger and more imposing on the horizon. It can overtake us, and often does.

Give yourself some breaks over the summer. Plan them into the week--a little one or two each day and longer ones on our days off. A favorite Aunt used to wisely make excuses for me: You don't have to do all your to-do's today--they will still be there tomorrow!

This is one of those things that no one will do for us-- like taking care of our health--we have to take care of ourselves, literally. Head for the hills! Lunch alone in a quiet place. Listen to water fall... You may find me dipping my toe in the new fountain this summer, more than once. And probably more than my toe!

"When the problem is overwhelming and there is not an apparent solution, forget it and move on to more productive thinking. This will give your subconscious a chance to work on the solution." ~Thomas D. Willhite~

"Only when your consciousness is totally focused on the moment you are in can you receive whatever gift, lesson, or delight that moment has to offer." ~Barbara De

Angelis~



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. *This can make all the difference in reaching your goals.*

Would you like to go directly to my website? Go to: <http://www.TheFutureWithin.net>

Topic of our next issue on August 8: Only You...

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

I would love to hear what topics YOU would most like to see covered in upcoming issues. Email your ideas to Mailto: Patricia@TheFutureWithin.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 New Year and always!

With sincerity and love,

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

Patricia Muscari

The Future Within, LLC copyright 2005-2007, all rights reserved

mailto: patricia@thefuturewithin.net

phone: 303-794-7824

web: <http://www.TheFutureWithin.net>