



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 - thoughts and tips in moving ahead to enrich life. A friend took me out to one of the (two) "authentic Raman noodle" places in Denver. This was a first for me. I had been given important instructions about showing the cooks how much one is enjoying the dish being eaten--usually noodles--by Slurping--very loudly! We were served our noodle dishes, we dutifully rubbed any possible splinters off the chop sticks, took a sip of tea and started in. My friend was appropriately and expertly very noisy! For me, many years of American dining "miss manners" kicked in. I was silent; I could not make a sound. Oh well, maybe next time. I needed a little practice. But at least I showed up!

If I Jump Off the Dock, Will I Swim?

Or will I at least float? At certain times of our lives, staying with the familiar is especially soothing and comforting. Being surrounded by our own "stuff" in our own space can be a tonic for hurt, when tragedy or a jarring event has come down on us--a healing stage. If this continues for very long, the loneliness and isolation can become misery. Since we are social beings, a certain amount of interaction with others can keep our spirits up and even improve our health.

To move from the familiar to the unfamiliar and reach out just a little can start with mere conversations by phone or just meeting for coffee at a friend's house. You will soon be talking about many things happening in your community. You may be attracted by something you hear. What makes you happy? A favorite author's lecture at The Tattered Cover? One of my first moves to the unfamiliar was to watch a friend study a certain dance discipline--Argentine Tango. This led to a major change in my life. But, more about this in another newsletter.

[More Information on my website](#)



One on One Coaching: Hiring Your Own Coach

Make a lasting difference in your life. Hire your own coach and begin to chart your own course!

Call Patricia Muscari at: 303-794-7824

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Sometimes you just have to take the leap, and build your wings on the way down. ~Kobi Yamaka

Topic of our next issue on June 14: **Is Your GPS Slipping?**

With sincerity and gratitude,

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

Patricia Muscari

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