

Fresh*Breezes

The Ezine That Helps You Live The Life That Awaits You

Volume 2, Issue 5

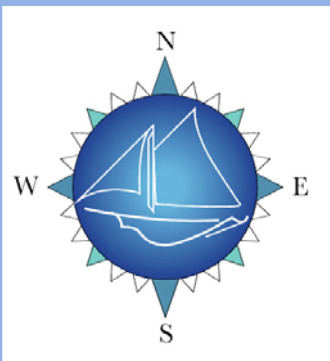
March 12, 2008

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The Future Within, LLC
Embracing Life After A Loss



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Dear Diane,

Welcome to Fresh*Breezes, an ezine...

...thoughts and tips for life's difficult transitions...

Endure a major loss? You can thrive, through Life Coaching

During my early morning search for good news and uplifting stories in the newspaper today, a great idea popped out at me. The gist of it is: *To each person you encounter, show more kindness or thoughtfulness than you think is necessary. Every individual carries a heavy burden of some kind.* I like this idea. I think it will help me to reach out and help more easily, especially if I'm feeling shy. It should help me get over the shyness, knowing others need help as well.

You have faith in God and you live it.

- You know how to live a life of integrity and you do your best to do so. "Live life with a due sense of responsibility, not as those who do not know the meaning of life but as those who do." Ephesians 5:15 (Ph)
- You honor and worship the Almighty in regular and personal ways.

- You share what you have with God's unfortunate children to the best of your ability.
- You reach out with compassion when you see those in need. "Only when we give joyfully, without hesitation or thought of gain, can we truly know what love means. ~Leo Buscaglia~
- You wish the best for those you love and friends, perhaps even for those who do not wish you well.
- Every important thing you do, you put the strength of your heart and spirit into.
- You are grateful for the good you have and give thanks.

"When we are grateful for the good we already have, we attract more good into our life. On the other hand, when we are ungrateful, we tend to shut ourselves off from the good we might otherwise experience."

~Margaret Stortz~

It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ,...he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

Ephesians 1:11 (Msg)

I am interested in hearing what topics you would like to pursue.
What is your most pressing question right now? Just pick up the phone and call me: 303-794-7824, or if you prefer, email me: patricia@thefuturewithin.net

QUICK LINKS

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 Forward to a Friend



Patricia

In our next issue, March 26, the topic continues with: **Got A Life? 7 Powerful Signs.** Sign no. 6: **You do if... you make a difference in your world.**

Take advantage of a valuable 25-minute Sample Session of coaching! Again, call me now at: **303-794-7824** or email

me: patricia@thefuturewithin.net

I look forward to hearing from you.

My true wish is that you all have love in your hearts now and always!

**With sincerity and love,
Patricia Muscari, CTA Certified Life Coach
The Future Within, LLC**