



## 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.** Just walked with a friend several blocks to my favorite long-time coffee and wine bar, Michelangelos, on Broadway and Ellsworth. We had delicious breakfast burritos and coffee; *I could not remember the waitress's name...* Then walking back, my friend wanted to stop to look at some sale furniture. *I forgot the name of a well-known manufacturer.* Later, after two or three blocks, we wandered into an Open House to look around--keeping an eye out for another friend who is house-hunting in the area. I lingered, *totally forgetting the time.* My salsa instructor would be at my house in minutes! **Clearly, I was not ready for a Pop Quiz or much mental acuity of any sort!**

### Are You Ready For a Pop Quiz? b>

Match the authors with their wise sayings. Answers are at the bottom.

1. "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
2. "If you have made mistakes, even serious ones, there is always another chance for you. what we call failure is not the falling down but the staying down."
3. "What you choose to think about, to concentrate on with all your mental power, will, indeed, become a reality. So choose carefully."
4. "You can have anything you want if you want it desperately enough. You must want it with an inner exuberance that erupts through the skin and joins the energy that created the world."
5. "Do not wait; the time will never be just right. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."
6. "I never came upon any of my discoveries through the process of rational thinking."
7. "Your vision will become clear only when you look into your heart. who looks outside, dreams. Who looks inside, awakens."
8. "The main thing is to keep the main thing the main thing."

- A Steven Corey
- B Thomas D. Willhite
- C Napoleon Hill
- D Mary Pickford
- E Albert Schweitzer
- F Sheila Graham

- G Albert Einstein
- H Carl Jung



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Would you like more info at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)

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## Topic of our next issue on Wednesday, April 11: Are You Ready to Celebrate?

### Answers to Pop Quiz:

1--E, 2--D, 3--B, 4--F, 5--C, 6--G, 7--H, 8--A.

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

You can check out past issues of this newsletter on my website: [www.TheFutureWithin.net](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

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