



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 moving ahead.

Must be the first chilly day of Fall; it feels like a light frost tonight. I'm having a grilled cheese and tomato sandwich in a comfortable, unassuming little luncheonette...just looking West from my table out the window. Feelings and thoughts of an earlier time in my life flood over me. The "cash register building" (1700 Lincoln) looms up in the distance from behind neighborhood condos. This was my office building when I worked as a corporate recruiter. At the same time I notice that this scene is very similar to a painting I have in my home by cityscape artist, Kim Reasor, called La Bola Negra --a glimpse of two distinct neighborhoods and their stunning differences-- a sky-scraper and a humble bar.

Don't Kill the Messenger

Parts of our lives also stand out in stark contrast. When big changes happen, the network of the human spirit seems to reach out in support. This may not be obvious at first...we are distracted by the ordeal of dramatic change...but slowly we notice these "messengers". People come into our lives for a reason; they may stay for a time, and then they move on. I have noticed many of these "messengers" since I have been alone these nine years. We meet and form friendships, exchange ideas; they show me other realms of thought. Almost always, they have answers or at least various options relating to problems I have been wrestling with. Each time it seems like such a coincidence! I have even accused a few of being "angels" sent to me.

Most often our backgrounds are distinctly different in some way. We launch into long dissenting debates on Truth, Beauty, Morality, Ethics..the growth period... Eventually, I realize that my attitudes have relaxed a bit...now including some of this new thinking. Often my "messenger" admits to undergoing such changes as well. Ultimately, we have expressed in amazement how our meeting has enriched and how quickly lasting friendships have formed.

[More Information on my website](#)



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

"The growth of the mind is still high adventure in many ways, the highest adventure on earth" ~Norman Cousins~

"People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering." ~Saint Augustine~

Topic of our next issue on Wednesday, October 11: **How Is Your Funny Bone?**

Email me regarding topics that would enjoy; your feedback is priceless. And thank you for receiving my on-line newsletter, Fresh*Breezes.

Patricia@TheFutureWithin.net

With sincerity and love,

Patricia Muscari

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email: patricia@thefuturewithin.net

phone: 303-794-7824

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