



## The Future Within

Smoothing the way for women  
who have lost a spouse  
to chart a new course.



Patricia Muscari

**Welcome to Fresh\*Breezes** - direct from Denver, where we've been enjoying several days of chilly air and a long, slow drink of water--from the clouds-- a fresh breeze on our steamy spring and summer. After hearing a threat of heavy rain (again) this last week, I could be found, in the rain, lifting and cleaning (in record time) the heavy grates over the drain outside my garage--Playing It Safe! The little daily maintenance things; that's where playing it safe is wise, and sometimes, really pays off. Especially after being warned with a deluge the week before; flood water had crept into my garage six or seven feet before my screams stopped it! :)

### The Real Truth Behind "Playing it Safe"

Seven years ago, during a huge lull in my life, I was in a kind of vacuum--a limbo--for several years. I was recruiting for a major search firm; I had been with them for 15 years. I was not content-- I was **playing it safe**.

But my life was stagnant and I was in pain; I finally made a decision to break out of the shell; one way was to pursue a new skill. I think I mentioned this to you before; I followed a friend to watch her "study" Argentine Tango. I was just--taking a sip. But that drink became my sustenance through the next few years.

The first thing to overcome in tango was my personal space; it took me several months to be able to share that with my partner. Soon I was focused on many things that were a part of tango: trust, then balance, posture, strength, laughter and fun! This new skill was building a new structure in my life. This was totally new territory and it was stretching my mind and body. I stayed the course! It has been almost seven years of Tango now and the rewards have been many-- foremost, a challenging and fascinating dance and music, a vital community and many dear friends. This was the first step away from my job and toward my own current coaching practice. But that is another story. The real truth is: do not play it safe with life-changing decisions -- **Fly!**

[More Information on my website](#)



## One on One Coaching: Hiring Your Own Coach

Hire your own coach. It will change your life!

**Take advantage now of a free Sample Session!**

Call Patricia at: 303-794-7824

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

Live dangerously, take risks, cultivate eccentricity, which means growing closer to being yourself. This will give you a life worth living and of which you can be proud. ~Thomas D. Willhite

Topic of our next issue on Wednesday, July 26: **Is It the Big One or Just a Tremor? (Changing the Landscape).**

Email me on topics you would be interested in. I would love to hear from you.

Or write me: [Patricia@TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

With sincerity and gratitude,

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

Patricia Muscari

The Future Within, LLC copyright 2005-2006, all rights reserved

---

email: [patricia@thefuturewithin.net](mailto:patricia@thefuturewithin.net)

phone: 303-794-7824

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