



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..

A dear friend from San Diego, a talented artist, came to Denver last week to do research on a new commission and was carrying her trusty digital Fuji. We spent all of one afternoon and evening together investigating various parts of town.

Anticipation was high for both of us; it would be a great day to catch up on each others' lives. We started out with lunch at Spicy Basil and a glass of wine at my place and then launched into the day. Our conversation was excited but disjointed; I found myself jumping in and interrupting numerous times--too eager to tell my story. Finishing lunch, we gathered our things and started driving. I was pushing. I had plans; I was in control.

Kim is a patient and kind person, easily taking life as it comes. She gently informed me of her desire to see the new wing of the Denver Art Museum. That might work, I thought. Museums do impose a pace all their own, it seems... checking out each work, reading, examining, discussing. I relaxed and decided to take each sweet part of the day as it came--open to anything.

We spent a good hour in this wondrous structure and were enjoying the snail's pace, and thus, each other more--really sharing the recent parts of our lives.

Five hours later we were on foot "pushing the light" downtown near Broadway and 22nd. We were waiting for some small clouds to turn pink. Kim was cataloguing some amazing camera shots that I would have passed up. Finally, as night closed in, we landed at the Mercury Cafe for some delicious refreshment.

The day had been perfect--full of friendship, laughter, stories, varied experiences and enlightenment.

This Isn't Me!

Later, as I thought through this day that Kim and I had, I hardly recognized myself early on. I saw that instead of rushing around trying to manage and control things or always having the answer, slowing down, going inward and trusting my feelings worked. I was reminded of some wonderful lines in a book by Joe Nunziata that I just read. "The key to success is feeling your feelings and trusting your instincts. Thinking in many cases, is an ego activity designed to maintain control." He instructs us to follow our true feelings--to work from the inside out. This opens us up to other people--to hearing and connecting with them.

"My purpose is to teach others how to live in our complex society and still walk in a state of peace." To access Joe Nunziata's books and teachings visit www.spiritualselling.com.

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Would you like to go directly to my website? Go to: <http://www.TheFutureWithin.net> **Topic of our next issue on September 26: Holding the Vibration**

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

You can check out all past issues of this newsletter on my website: <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,



Patricia Muscari

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