



The Future Within

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



✦ Patricia Muscari

Welcome to Fresh*Breezes - I have found myself napping the last couple days--unusual for me. I just got back from 4 days at Emerald Lakes, a beautiful, remote area at 10 thousand feet; we reached it by horseback. Aha! There's the rub! Literally! We were in the saddle for 5 1/2 hours. My hamstrings and hips were taxed way beyond anything they'd known before. The trail, when there was one, was rough. At one point the pack horse ahead of me plopped on his belly and came sliding down the sheer rock face, where all the horses were slipping and sliding. We all worked hard! But finally we found the campsite! Right by a stream, we were surrounded by mountains, gorgeous lakes, wildlife, clear skies and incredible stars. The peace and beauty soon made our bouncy, exhausting 12-mile climb seem like just a small "tremor". We were amazed and happy in our breathtaking, although temporary, home--a respite in our busy lives.

Is it The Big One or Just a Tremor (Changing the Landscape)?

Years ago I made a more permanent change in my life. I was living alone, years after Joe's death, in our family home. The home maintenance and yard took all my time. Between that and my driving into the city, I had no time to reach out. It was lonely and suffocating.

A friend was looking for a new home; we talked about change, adjustment, leaving the familiar. We also saw change in a good way--new possibilities and opportunities. I began to think about the same for myself: a smaller place, closer to the center of the city. This could also cut my driving time way down. I called my cousin Jim, the real estate expert. Soon we were almost daily exploring the neighborhoods of Denver. We put my present home on the market and searched for almost 5 months. Finally, just when I received an offer on my current home, we walked into the new one; I knew it instantly. It was under contract to someone else at the time--minor detail! The first morning I woke up in my new place I was totally comfortable, knowing I'd made the right decision. In fact, I could easily have made the change a year earlier; I just hadn't recognized at that time that I was ready.

My townhouse with a small yard is in the heart of Denver. Most of what I do is within walking distance or 5 to 10 minutes away by car. I have breathing and growing room in my life. Most of all, changing my "landscape" has set the stage for many new and happy directions in my life.

For me, this was a category 6 move--the Big One- -a significant life change.

[More Information on my website](#)



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Call Patricia at: 303-794-7824

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

If we keep doing what we've always done, we'll get the same results we've always gotten. ~author unknown

Topic of our next issue on Wednesday, August 9: **Slow Motion Magic**

[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,

Patricia Muscari

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email: patricia@thefuturewithin.net

phone: 303-794-7824

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