



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.

My plane from Baltimore's BWI touched down at 7:59 p.m. at DIA Tuesday night. Celebrating Easter with my mother and other family members expanded into an extra-inspirational experience, as I was day-dreaming, while watching the clouds out the airplane window.

I was actually celebrating the warmth and love generated by those thoughts. A unique richness and history exists within a family and with long-time friends-- a base from which the jokes flow, the warmth grows, memories explode throughout the group! Hackneyed old jokes are told again and again; the laughter still rings out among us, as we join together -- honoring our communal memories -- laughing easily. Perhaps just our being together is what enhances the humor!

Are You Ready to Celebrate?

We just celebrated Easter Sunday and now experience its life-giving grace.

We can also bring celebration into our lives each day, with laughter, or at least--humor!

- Feeling sluggish, lonely or blue? Do not go into hermit mode. Get together with a friend.
- Search for the humor in little mistakes--share it with others.
- Laugh at your little blunders; do not take yourself too seriously.
- Stop and reflect. Celebrate what you have accomplished--even the smallest victory!

"Laugh at yourself and at life. Not in the spirit of derision or whining self-pity, but as a remedy, a miracle drug that will ease your pain, cure your depression, and help you to put in perspective that seemingly terrible defeat and worry with laughter at your predicaments, thus freeing your mind to think clearly toward the solution that is certain to come. Never take yourself too seriously. ~Og Mandino~

"If you want to know your past - look into your present conditions. If you want to know

your future - look into your present actions." ~Chinese proverb~

Author Unknown



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Would you like to go directly to my website? Go to: www.TheFutureWithin.net

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Topic of our next issue on Wednesday, April 25: "Would You Accept An Invitation Like This?"

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

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