



## 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.

### Would You Accept An Invitation Like This?

*"Slow down, be still."* Nothing was working for me that morning. The Sunday NYT crossword was even more difficult than usual. None of my scheduled calls were going through. My writing muse was not with me.

So I plopped on my sun hat, tied on my tennies and began walking slowly through the neighborhood. Perfect! Alone with my thoughts and soaking up some springtime on top of it.

When you are rushing around, do you ever ask yourself "what's the rush?" Sometimes we run around frantically, even when there is no reason, just out of habit. When we hurry too much we get distracted and make mistakes--taking more time than ever.

To be present in the moment and to really give yourself to each experience, make a strong effort to slow down all your processes. Take a deep breath and then breathe more slowly, slow down your walking, slow down your speech--give your thoughts more time. Slow yourself down physically and mentally.

Occasionally I get an invitation from the universe to "be still" And when I listen and make a focused effort, I am nourished once again.

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Some of us need to discover that we will not begin to live more fully until we have the courage to do and see and taste and experience much less than usual... And for a man who has let himself be drawn completely out of himself by his activity, nothing is more difficult than to sit still and rest, doing nothing at all. The very act of resting is the hardest and most courageous act he can perform. ~Thomas Merton~



## One on One Coaching: Hiring Your Own Coach

Enlist your own coach. You will be glad you did. Although no one individual "needs" coaching, everyone can benefit from it.

*Take advantage now of a free Sample Session!*

Call Patricia at: 303-794-7824. *This can make all the difference.*

Would you like to go directly to my website? Go to: <http://www.TheFutureWithin.net>

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

### Topic of our next issue on Wednesday, May 9: Becoming More of Who You Are

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](mailto:Patricia@TheFutureWithin.net)

You can check out 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,

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

Patricia Muscari

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