



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 on life transitions. Can we talk...about the . season of "overwhelm"? They tell us that in order to avoid overwork, frustration and disappointment for the next two months of holidays, that we should develop and follow "to-do lists". Well, I think lists are *always* indispensable--throughout the year-- not only at holiday times. Then, if I feel overwhelmed, I cut the list in half!

In this emotion-packed season of expectations, though, MY key to emerging at the end of the season with a feeling of contentment lies on another level. ***The heart...***

Can We Talk?

I am with my daughter and her family at 3500 feet in the high desert of California--Yucca Valley. A monarch butterfly is mixing up the pollen among the blooms on a pink and yellow-flowered bush just outside my window. Thanksgiving is the day after tomorrow.

Yesterday, not long after my daughter met me at the airport in Palm Springs, I was scooping up my 7-yr- old grandson, Julian, in my arms. That first contact with him cut through 12 months of being apart in a second! He then had my total attention for the next two hours--a brand new swiss army knife, two new goldfish, and reading me some of the story of Despereaux, a gallant little mouse in love with a princess.

Today was a gift. Daughter Lisa has a reaction from the flu "mist" and stayed home from work. We shared more than we have in years. Lisa and Delaney are hard-working attorneys. It is good to hear that their lives are blessed.

Yes, this is definitely another level--the level and depth of the heart. Speaking heart to heart, listening, really hearing, really "being with", thanking and showing appreciation--seeing God in one another...

The two-yr-old twins are climbing into my lap. Time for some serious play-- ***from the heart.***

[More Information on my website](#)



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Would you like to take a look at my website? Go to: www.TheFutureWithin.net

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"We can choose how we want to feel, by choosing how we behave. WE FEEL THE WAY WE BEHAVE. So if you don't like the way you feel, then change your behavior." ~Thomas D. Willhite~ The Book of Attitude

"In our deepest moments of struggle, frustration, fear, and confusion, we are being called upon to reach in and touch our hearts. Then, we will know what to do, what to say, how to be. What is right is always in our deepest heart of hearts. It is from the deepest part of our hearts that we are capable of reaching out and touching another human being. It is, after all, one heart touching another heart." ~Roberta Sage Hamilton~

Topic of our next issue on Wednesday, December 13: Change Your Future in 15 Minutes or Less

You may read past issues of this newsletter on my website: www.TheFutureWithin.net. Thank you for receiving this ezine, Fresh*Breezes.

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With love and sincerity,

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

Patricia Muscari

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