



The Future Within

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



Patricia Muscari

Embracing Life Through Fresh*Breezes: Thoughts and tips for life's difficult transitions.

Dear Friends, I wish many blessings during this new year of 2008 for you, your families and friends.

This wonderful season of Christmas brought many blessings, so many kindnesses from neighbors and friends. The most wonderful blessing is that all my family, near and far, is well and caring for one another.

Christmas Eve blessings brought my Colorado family together. Daughter Kath and her husband, Dave, with their two dear dogs, Zam & Kate, spent three days with me; we shopped, cooked, visited; when daughter Jules and her fiance, Roger, joined us, we all enjoyed a wonderful dinner. Then, gathering around the tree to open gifts, we lingered there on into the evening.

"Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart. ~Martin Luther King Jr. ~

Got A Life? 7 Powerful Signs That You Do--the first in the series.

The first sign that you are well on your way to a fulfilling life is when you have love in your heart. You are dedicated to the wellbeing of someone or something. They are very dear to your soul.

There is a person or a pet in your life that you care very deeply for. It could be your Chocolate Lab or even your Cockatiel.

On another plane, you may have a very dear friend or family member in your life. There may be a special romantic place in your heart for someone.

Whatever the love, nurture and care for it. Love is what makes all the difference in this life.

I am reminded of a short Prayer of Love that I received from a one-time coach of mine, Ann Strong. Ann@AnnStrong.com.

May I breathe into being fully present, offering myself unconditional attention, acceptance, appreciation, affection and allowing. May I gently release judgment, fear, control and demands. May I offer my love to everyone this way. May I increasingly allow and receive all the love that comes to me. May I feel compassion for those who are afraid to love, even if they are lashing out. May all beings find and choose this path of love.

Our topic for January 9, will be the second in this series: Got A Life? --7 Powerful Signs That You Do.

I would like to invite your feedback and ask that you check out the new website I am building: <http://TheFutureWithinLLC.com>. Thank you!



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I am interested to hear what topics you would like to see covered in upcoming issues. Email your ideas to: vagito@earthlink.net

You can check out all past issues of this newsletter on one of my websites: <http://TheFutureWithin.net> on the Ezine Page in the Archives section.

My warmest thanks to you for receiving this ezine. My true wish is that you have love in your heart throughout the year and always!

With sincerity and love,

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

Patricia Muscari

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