



## 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..

We saw an opening of hearts; we saw a gathering in of friend and stranger; we saw and felt a gentle, coming together and communal opening to the spirit that unites us all.

We were watching the final musical event of the evening at the Cherry Blossom Festival--a compelling Japanese dancing of 100 or so costumed celebrators and of passers by--anyone who wished to join in. The colors of costumes were brilliant and the music was gentle and wafting in the breeze.

It was a warm and lovely summer night in Denver. And it had been a day of many festivals celebrating the beginning of summer. The atmosphere and feeling was warm--inside our hearts and outside. A touch of the Spirit.

### Let The Spirit In

I would like to share a poem I found. I cannot remember where I first saw it or the author: 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.

~~~~~ "You can have anything you want if you want it desperately enough. You must want it with an inner exuberance that erupts through the skin and joins the energy that created the world"  
~Sheila Graham~

Perhaps a more direct way to reach goals or achieve the things that may be illuding us is to release the negative blockages within us that prevent us from getting what we want or love. We are not usually aware of what these things are.

Someone who can help us with this process is the author, speaker and spiritual teacher Joe Nunziata. I have enjoyed his teleseminars many times. He infuses the spiritual into his teachings and into his business. I love his gentleness and his spirit.

You can find him at: [www.nomorementalbarriers.com](http://www.nomorementalbarriers.com), a name under which he is currently conducting several teleseminars. He also has his own blog. Enjoy his insights

and also enjoy connecting with The Spirit that unites us all.

~~~~~ "Can You Think Yourself Happy? Norman Vincent Peale wrote his best selling book, "The Power of Positive Thinking," in 1970. The book has been selling for years but the title does not really tell the story. This is, in actuality, a very spiritual book filled with prayer and a connection to a merciful God. At first blush you may believe it is about thinking positive thoughts to fulfill your desires. In reality it is about connecting to your higher power." From Path to Truth, by Joe Nunziata, author, speaker, spiritual teacher.

~~~~~ "If you realized that the nurtured spiritual part of yourself would accompany you on your eternal journey and that everything that you have labored so hard to accumulate would vanish the instant you depart this world, would it alter your daily agenda?" ~Walter Cooper~



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**Topic of our next issue on July 11: Why Settle For Less?**

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

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 all 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,

Patricia Muscari

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