



## 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.**

I just came home from one of our Argentine Tango practicas. The atmosphere was one of joy and fun. These are my friends and soon to be friends. We have the common pursuit of learning and enjoying a very difficult dance.

While I am there and after I leave I usually have a warm feeling in my heart, a happiness that comes from friends and acquaintances hugging, expressing approval or being of help. We make one another feel good.

### **They Will Never Forget How You Made Them Feel.**

Feeling is a characteristic of the heart.

We can control and we can change how we feel. We can help make a difference in the feelings of the people we meet every day.

Think about something that makes you happy-- something you like to do, or something that puts a smile on your face. Use the resulting attitude of happiness to spread that feeling around. Make a difference in someone else's life now.

we can change our feelings. We only have to choose to do so. How we feel is our own choice.

The feelings from one heart can spread and affect the feeling of other hearts.

Be an instigator. Choose to spread joy. Choose to make someone feel good, including yourself!

Author Unknown



## 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 more info at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)

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

### Topic of our next issue on Wednesday, March 28: Ready For A Pop Quiz?

The smile is the lighting system of the face, the cooling system of the head, and the warming system of the heart. ~Unknown~

"They may forget what you said, they may forget what you did, but they will never forget how you made them feel." ~Carl W. Buecher~

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

You can check out past issues of this newsletter on my website: [www.TheFutureWithin.net](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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