



## The Future Within

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



Patricia Muscari

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

This morning I spent much time going through pictures from my years in high school and college. It was comforting reliving times with old friends and reading early letters.

It did occur to me though, that in those early years I just let things happen as they came along. I did not purposefully go after anything, the way I recall it. I was like a sponge gradually filling with experiences. I led a somewhat "sheltered" life, most often doing as I was told. I wonder how my life would have evolved had I been more proactive.

"Life Begins At the End of Your Comfort Zone." ~Neale Donald Walsh

### 7 Barriers Between You and the Life That Awaits You

"Life" will happen, one way or another. However, there are barriers that can prevent us from reaching the ultimate or desired kind of life that is possible.

1. Being afraid to break out of "the mold". Move out of the expected mold that family or friends may have set for you. Change in itself can be good. Do something different; we are limited by expectations of others. Pursue and hobby or interest that you like.
2. Allowing prolonged periods of extreme comfort. Being too comfortable fuzzies up the mind. Stretch it-- challenge it. Do not be afraid of risk.
3. Physical inactivity. Lack of activity weakens our bodies and thus prevents us from partaking in life fully. Adopt a regular activity or sport.
4. Remaining alone most of the time. Some alone time is good for recharging, but the simple act of being alone isolates us from life. Arrange to be with groups for activities. Mix it up!
5. Not reaching out for help, ideas or advice. People with experience can answer our questions and help solve our problems
6. Being unaware of what goes on around you. Put up your antennae; soak up information and be aware when and how things happen--keep sharp. It is safer and more fun.
7. Not listening to images or ideas that pop into our heads. I used to think that the thoughts occurring to me were just random bits of data floating around--all

originating with me and my experiences. Not so. Listen to things that pop into your head. The benefits are numerous. They are put there for a purpose, as a guide. I recommend a book called "When God Winks, by Squire Rushnell. Enjoy it!

"Only those who risk going too far can possibly find out how far they can go. ~T. S. Eliot



## Move Into a New Life With Your Own Personal Coach

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

*Take advantage today of this valuable 15-minute Sample Session!*

**Call Now: 303-794-7824. </> **This can be the *spark* you've been wanting!****

**Topic of our next issue on December 12: How to Survive a Particularly Stressful Day.**

**Email: [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: [vagito@earthlink.net](mailto:vagito@earthlink.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 year and always!

With sincerity and love,

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

Patricia Muscari

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