



## The Future Within

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



Patricia Muscari

### Smoothing the Way With Fresh\*Breezes: Thoughts and tips for our life transitions..

"The best way to find yourself is to lose yourself in the service of others." ~Gandhi~

You may have come through a particularly lonely time, feeling useless and retreating into yourself. You've been "digging" and it's not obvious; where is "the gold"? ...gold of another kind--the warm and worthwhile feeling of being valuable and in the mainstream of life--of being alive. What is the compelling reason that you are here on earth at this time; who are you really? Where do you fit in now. How can you somehow make a difference? A friend suggests that you try to change your focus to others; it may help you break out of your own loneliness.

**Four Paths to the Gold Within.** You are moving in the right direction. Here are four ways to start, that occur to me today. There surely are many more.

1. Move outside yourself; change your focus to just about anyone else, especially those in the most need of assistance or companionship.
2. Seek out opportunities to visit those who are alone or sick. Give of yourself and your time to listen, guide and console.
3. In Denver we have thousands who live on the street--men, women and children. They have many needs and we have numerous agencies who can help us share our gifts with them.
4. Reach out to others who have hurt or wronged you in some way, intentionally or not. With an act or two of outward generosity, amazing healing and close friendships can happen.

### Digging For Gold - Four Paths

It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ,...he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone. ~Ephesians 1:11~

"You can tell what they are by what they do" ~Matthew 7:16~

### One on One Coaching: Hiring Your Own Coach

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

*Take advantage NOW of our valuable Sample Session!*

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

**I personally invite you to go directly to my website. Go to: <http://www.TheFutureWithin.net>**

**Topic of our next issue - Six Ways To Step Into Life**

**[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

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,



Patricia Muscari

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