



## 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..**

"Fantasies are more than substitutes for unpleasant reality; they are also dress rehearsals, plans. All acts performed in the world begin in the imagination." ~Barbara Grizzuti Harrison~

Since you were first left alone, you almost certainly have had feelings of depression, confusion, worthlessness. You spend time with friends from time to time, but nothing helps all that much.

Eventually you decide to take some positive steps to fill your time; maybe you took a class or two, agreed to meet well-meaning friends more often for lunch, hear a concert, see a movie or just hang out. This all helps at the time, but in the long run does not prevent the gloom from descending. You ask yourself "where am I going... living a real life has just stopped for me... It's like I am waiting for something to happen.

Finally, I remember being extremely critical of everything I encountered and whatever friends and family attempted to do for me. Despite my being "busy" with many tasks, the weighty and worthless feeling persisted.

### Holding The Vibration

Let the busy--ness go for awhile. Plan time alone and write down thoughts if you like. The plan is to find out where your heart is-- what will make you happy; is there a life's work made just for you. Look within and let your thoughts and feelings go in any direction. Notice when you think of each possibility, which ones make you smile--which one feels right.

When that happens your true feelings are showing. Focus on that thing that is making you happy. Reach out with your mind and heart, especially your heart, to what you want--your uppermost desire. Focus your prayers, if you will, on that one thing that grabs hold of your heart.

Follow your true feelings, from inside--out. Direct your thoughts and energy on what you truly want to happen. You must be very clear and positive about your objective. Hold that energy level. Hold that high energy vibration as often and long as possible.

Opportunities will begin to present themselves. You will see and it will astound you!

"Now" is the operative word. Everything you put in your way is just a method of putting off the hour when

you could actually be doing your DREAM. You don't need endless time and perfect conditions. Do it now. Do it today. Do it for twenty minutes and watch your heart start beating. ~Barbara Sher~

## **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 Now: 303-794-7824 This can make all the difference in reaching your goals.**

**Would you like to go directly to my website? Go to: <http://www.TheFutureWithin.net> Topic of our next issue on October 10: Digging For Gold**

**[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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