



The Future Within

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



Patricia Muscari

Welcome to Fresh*Breezes -

Just now walked back from the gym! I work out in several ways; for one, I lift weights with a friend twice a week. The benefits are evident-- good firming exercise for the entire body--muscles, cardiovascular, skin, brain, nerves, everything. All systems are GO!

Get this, though. Did this ever occur to you? My spotter and I give each other at least a full hour of rapt attention--twice a week. We really listen to each other! Most of the time; except maybe those times when we tease about working or playing too hard, about yawning or not having started our engines with caffeine yet. My gym is a friendly, accepting environment where I attempt to keep my body in shape. Buff? Not really; but I'll die trying! One of the nicest benefits is that we do listen and both of us feel valued and supported. And I do tell my buddy much more than I tell my hair dresser...

Slow Motion Magic

Decrease acceleration...slow down...savor the present moment. See, hear and notice little nuances. Take time to read between the lines of what is said. When we are not rushing to the next activity; when we give an extra five minutes listening to someone or just observing, we can sense subtle clues, moods, looks, interesting characteristics we have not noticed before. What we really listen to can spark conversation, mutual interests, common characteristics or open our eyes to new adventures or a new way of looking at something. We can see parts of ourselves that we have not fully explored or developed -- new possibilities for growth. Participate more fully. Feel valued and empowered.

[More Information on my website](#)



One on One Coaching: Hiring Your Own Coach

Enlist your own coach. It will definitely change your life!

Take advantage now of a free Sample Session!

Call Patricia at: 303-794-7824. You will not be sorry you did.

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Stop worrying about the potholes in the road and celebrate the journey! ~Barbara Hoffman

The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results. ~Norman Vincent Peale

Topic of our next issue on Wednesday, August 23: **What is Your Bliss?**

Email me on topics that interest you! I would love to hear from you.
Patricia@TheFutureWithin.net

With sincerity and gratitude,

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

Patricia Muscari

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