



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 on life transitions.

Amazing! Two minutes ago I was slouched (sp?) at my desk feeling pretty punk--what I felt was very sorry for myself. Just outside my office window is a Canada Cherry tree covered with dark red leaves. I glanced at it--every leaf was jiggling wildly! A light breeze was hitting just right: the tree and branches were not moving, but all the leaves were singing! I felt a smile creep across my face. I also felt my mood changing. I grabbed my sun hat and hit the sidewalk; oxygen is another thing that can help my attitude!

How is Your Funnybone?

Smiles, laughter, humor can change our attitude for the positive. It also makes us more accepting and receptive of whatever comes along. It doesn't have to be a comedy show, although that works too. Just seeing the natural humor in everyday happenings can trigger levity.

Humor heals! Wasn't it Norman Cousins who cured his terminal illness being hold up in a hotel room, albeit, consuming massive amounts of vitamin C and attended by an RN, but absorbing non-stop The Three Stooges antics on the tv? He believed in the real healing power of humor.

Pick up a paperback in a second-hand bookstore called "I May Not be Totally Perfect but Parts of Me are Excellent", by Ashliegh Brilliant. It is filled with his take on the humor in everyday life. For example: "The time for action is past! Now is the time for senseless bickering!", or, "To be sure of hitting the target--shoot first--and whatever you hit, call it a target!" I wonder if his last name is a joke too.

Our funnybone is just a part of our elbows. Humor is one of the things that makes us human.

[More Information on my website](#)



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It's your attitude more than your aptitude that determines your altitude. ~Brian Tracy

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

Topic of our next issue on Wednesday, October 25: **Celebrate life with Cash**

Email me regarding topics that would enjoy; your feedback is priceless. And thank you for receiving my on-line newsletter, Fresh*Breezes.

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With sincerity and love,

Patricia Muscari

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