



## 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.** "This Time It's Love". This time-- this emergency, the blizzard in Denver on December 19-20, seemed to bring out the best in people. "Where's the love?" It was here in Baker neighborhood! Many were helping each other "dig out" and plowing or shoveling neighbors' walks, and taking nothing for their work; just joking, laughing and enjoying each other's company!

Storms like this do bring discomfort and pain to many. A mutual predicament also often joins people more closely in an effort to make the best of the situation. Friendship was everywhere. Caring and camaraderie-- love was evident!

I had family in town for Christmas; the six of us bundled up with hats, boots and gloves and took off each morning in search of another adventure or coffee shop that might be open. One time, the owner was so glad to see us again, he insisted on treating us at no charge.

My son-in-law, Keith, carried a shovel in the truck to be prepared for rescuing as many folks as possible. We never did get "cabin fever"--we were too busy enjoying the situation; and the little acts of kindness, they were everywhere.

### **This Time It's Love**

All the individual acts of kindness remind me of a story: The Starfish Story, adapted from The Star Thrower by Loren Eiseley-- 1907 to 1977.

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance in the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore,

picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?" The young man paused, looked up, and replied, "Throwing starfish into the ocean." To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die." Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!" At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "It made a difference for that one."



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Would you like more info at my website? Go to: [www.TheFutureWithin.net](http://www.TheFutureWithin.net)

[Patricia @TheFutureWithin.net](mailto:Patricia@TheFutureWithin.net)

Celebrate the happiness that friends are always giving; make every day a holiday and celebrate just living.  
~Amanda Bradley

## Topic of our next issue on Wednesday, January 10: Stepping Out of Your Comfort Zone

You may read past issues of this newsletter on my website: [www.TheFutureWithin.net](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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email: [patricia@thefuturewithin.net](mailto:patricia@thefuturewithin.net)

phone: 303-794-7824

web: <http://www.TheFutureWithin.net>