



May 2009

**Happy Victoria Day,
from your friends at
Arlyn Reid!**

This Long Weekend, try...

A delicious Spring-inspired dinner: Goat cheese, Caramelized Onion and Spinach Quesadilla!

1 tbsp olive oil
2 cups thinly sliced onion
1 tsp sugar
1/4 tsp salt
9 oz spinach
4 tortillas (8 inch)
4 oz goat cheese
2 medium tomatoes, thinly sliced

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, sugar and salt; cook, stirring occasionally, until onion is dark golden brown. Remove from pan. Add the spinach and 1 tablespoon water to the skillet; cook 2 minutes, or until spinach is just wilted. Remove from skillet and turn off heat. Spread a quarter of the goat cheese on each tortilla and top with spinach, tomato and onion; fold closed and press lightly. Heat the skillet and place two folded quesadillas in it; cook two minutes per side, or until golden brown and lightly crisp. Repeat. *Serves 4, 337 calories per serving.*

This Long Weekend, try...

Asking yourself "How was my day?"

Self Reflection is one of the best things we can do for our mental health, yet many of us never take the time to do it. Try asking yourself "How was my day?"; and answer with complete honesty and truth. When we take the time to discover our feelings, we can learn an immense amount of information about ourselves.

Try it in the evening, in a nice quiet room. Reflect upon your work day, interactions with friends and family, and overall emotional wellbeing. What made your day good or bad? What would have made it better?

"Man stands in his own shadow and wonders why it is dark." Zen Proverb

This Long Weekend, try...

Reading "Eastern Body, Western Mind" by Judith Anodea

Anodea takes the Eastern Chakra system and adapts it to Western Psychology. This illuminating and thought-provoking book is an easy read and is great for anyone who wants to learn more about themselves. It is a fabulous tool for helping to identify your strengths, weaknesses, and areas of growth. The great thing about this book, is that it is not just a "one time read"; it is something that you will come back to time after time to review. If you are seeking a soul-searching book, Arlyn Reid highly recommends this one!

Keep us updated with what is going on in your world! Drop us an email to let us know how you are, and you could win a copy of "Eastern Body, Western Mind"

***"If you can imagine it, you can achieve it;
if you can dream it, you can become it."***

William Arthur Ward

