

COMMUNITY

Positive thinking can improve your life



YOGA OFF THE MAT
BY ERYN KIRKWOOD

Carlos and Sarah from Nepean write, "Can positive thinking improve your life?"

This is my first question, and a fantastic one at that!!

With an onslaught of self-help books and inspirational movies, such as *The Secret*, people are turning more and more toward alternative ways of finding fulfillment, achieving goals, and realizing dreams. My own life is an example of the old adage that, if you can dream it, you can do it. I had gotten my Master's degree at Carleton University and landed a great job in my field. I was a managing editor with a salary that made life comfortable, and all of the material assets were quickly lining up. I was miserable. I felt empty and bored, constantly plagued with questions like, "Is this it?" Then, when I practiced Yoga for the first time, a seed was planted that would not be uprooted. I had found something about this practice that shook me up, that challenged my habits, and it was something I wanted to share. Every day was a

quest for how to make my dream a reality. I discussed the dilemma with a woman who had what I wanted, and her response was quite simply, "Jump and the net will appear." I did, and it did. I haven't looked back since. Today, my life is truly the realization of my dream.

All of this rambling is to emphasize an emphatic position that, yes, without a doubt, positive thinking will improve your life. Don't take my word for it. Try this simple technique: upon waking, openly reflect on five things that you feel grateful for, today—five things that make you smile, that warm your heart, that bring you joy; five simple things. When I do this myself, I'm bound to have a better day. My list often recites the same or similar items:

- Fresh brewed first coffee of the day
- A healthy body
- A warm bed
- My bulldog
- Chocolate

You can't do it in your head. Journal it, jot it down, post-it note it, OR mumble the list in the shower, on route to work, while brewing your coffee (can you tell I have a real thing for java???) Five things, said out loud or written. Watch your perspective shift. In a groundbreaking text, "How the New Science of Gratitude can Make You Happier," psychologist Robert Emmons says that gratitude is not dependent on our external circumstances, in fact, it's quite the opposite: "Gratitude is a feeling that stems from our perceptions or thoughts; therefore, in order to

become more grateful, we need to look at life in a certain way, and one tangible way we can do this is through the lens of giftedness."

Get rich quick: count your blessings, not your complaints.

I'm Eryn, and that's your tip for practicing Yoga off

the Mat.

Eryn Kirkwood, MA, is the founder of Barrhaven Yoga. She offers a flexible schedule for all levels of ability. Contact her at [www. BarrhavenYoga.com](http://www.BarrhavenYoga.com), or by e-mail at Eryn@BarrhavenYoga.com. She looks forward to receiving your questions!



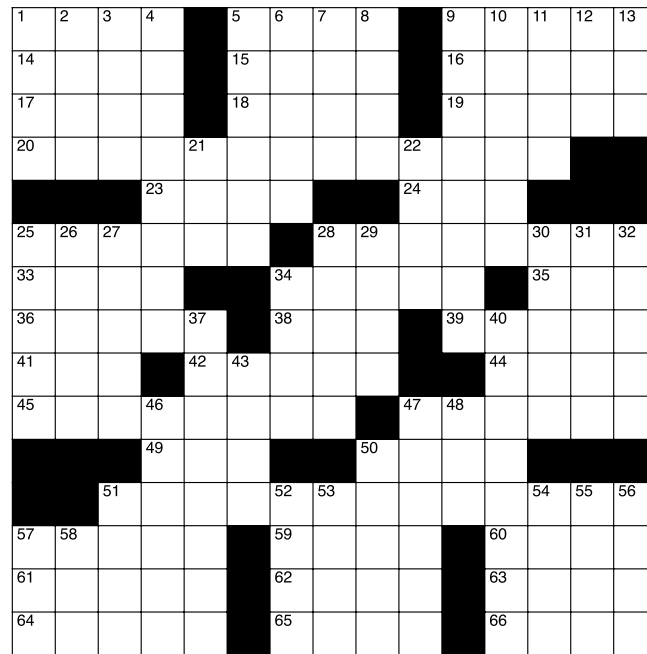
Bev McRae photo

Trade Secrets makes a difference

In a recent charity drive, Trade Secrets stores in Marketplace Mall, Bayshore and Orleans collected more than 600 used hair appliances like curling irons and hair dryers to be donated to Ottawa shelters. From left to right, Trade Secrets staff Ali Newell, Fiona Boulay and Lorne Bruch at the Marketplace Mall location.

BARRHAVEN INDEPENDENT CROSSWORD

October 23rd, 2009



ACROSS

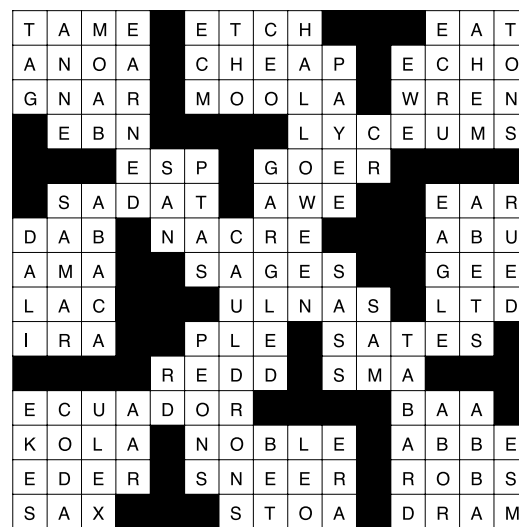
1. Cornmeal mush (British)
5. The actors in a play
9. Good gosh!
14. Olive tree genus
15. Friends (French)
16. The 23rd state
17. Daminozide
18. Fallow deer
19. Firth of Clyde island
20. Maine resort
23. Raised speaker's platform
24. Dekaliter
25. Eye tooth
28. Past tense
33. Turkish leaders titles
34. Elevate
35. Point midway between NE and E
36. More scarce
38. A bird's reproductive body
39. One who challenges
41. Characterized by unity
42. Santa's helpers
44. M. Jackson's daughter _____s
45. Unsupported
47. Odorizes
49. Last calendar month
50. SW Scottish river
51. Geometric figure
57. Lariat or lasso
59. Not fake
60. Hollies
61. Composition for nine
62. "Picnic" playwright Wm.
63. Baseball team #
64. Actor's remark to the audience
65. Post-traumatic stress disorder
66. 1st St. Louis bridge namesake

DOWN

1. Cleansing agent
2. Quick tempo (abbr.)
3. Repeat
4. A place of bliss or delight
5. Golf club carrier
6. Get together
7. Cartoon star Bart _____son
8. Czar (alt. sp.)
9. Gave forth
10. Rinse one's mouth and throat
11. Ventilates
12. Contains genetic code
13. 1/100 yen
21. Teenage sleuth _____cy Drew
22. 15th of March
25. Chocolate bean substitute
26. Capital of Guam
27. Nostrils
28. In a way, summons
29. Equipages
30. Showed old movie
31. Unable to move
32. Punctuation mark: as _____k
34. Increases motor speed
37. Refer to another
40. Italian mountain range
43. Polish unionist
46. Copyread
47. Dirtied
48. New postal location (abbr.)
50. Pulls with difficulty
51. Wife of a Raja
52. Journey
53. Camping shelter
54. Neuroglia
55. Give temporarily
56. X X X
57. Works with DNA
58. Winged goddess of the dawn

Pick up next week's Barrhaven Independent for the solution to this weeks puzzle

Solution to October 16th puzzle



Don't gamble with their future invest in it

yourcreditunion.com

Dr. Gordon Young
Dr. Lucie Berthiaume
Dr. Scott McIntosh
Dr. Lora Lee Hardy
Dr. Rosanna Rivard
Dr. Trevor Graham

Complete Eye Care
Optical Lab Onsite
Quality Eye Wear
Contact Lenses

Barrhaven OPTOMETRIC CENTRE
14-1581 Greenbank Rd.
www.barrhavenoptometric.com
613-825-3931

Committed to Quality Eyecare

Smart • Versatile • Quiet

QUADRA-FIRE

NOTHING BURNS LIKE A QUAD

Mt. Vernon

- Multi-Fuel
- Airfoil Heat Exchanger
- Firepot Auto Clean System
- Comfort Quiet Blowers

- 7 Day Programmable
- Automatic Cleaning Cycle
- Adjusts Heat Output
- Controls Room Temperature
- Low Fuel Indicator

PROGRAMMABLE THERMOSTAT WALL CONTROL

THIS PRODUCT QUALIFIES FOR THE 2009 TAX CREDIT
Learn How To Save up to \$1500.

Over 60 units on display

THE STOVE STORE Since 1972
unmatched SPENCERVILLE ONT

Financing Available (O.A.C.)
6 Beverly St., Spencerville

613-658-3101 or 1-888-370-9859
www.thestovestore.net • thestovestore@ripnet.com