

Timeless Transformations

Quantum Appreciation

Thanksgiving is this week! I love the hustle and bustle of it all. With it being Dahl's first Thanksgiving, it's a reminder that a new generation has officially started. I've been thinking about the meaning of Thanksgiving. Sometimes we celebrate a holiday and don't stop to think about what it means to us. I believe Thanksgiving is a time to gather in unity with family. It brings about warm feelings when families come together in celebration of a common purpose. It is a time to teach a new generation about traditions that brings richness to our family heritage. It is a day to reflect and show gratitude and appreciation for all of the gifts (family, relationships, education, wealth, and health) in our lives. It is a time to give thanks to everything! The Bible's New Testament Thessalonians 5:18 says, *in everything give thanks*. I believe Thanksgiving is a symbol of appreciation. This appreciation brings about a transformative power from within that not only brings out the best in us, it ripples out to others and bring out the best in them as well.

Hopefully I have taught and modeled a behavior of appreciation every day not just on Thanksgiving Day. I believe the difference on Thanksgiving is the level of appreciation is magnified to the highest level. Thanksgiving is a time for **quantum appreciation**. The word quantum comes from the Latin word "quantus" meaning "how much?" Appreciation on Thanksgiving is large. It is significant. To appreciate on Thanksgiving is to celebrate at the highest level and savor it all. Take it all in. Be open to the awe and wonder of life. Observe the uniqueness of it all on this particular year because every year is new and different. It is a time to celebrate it all and in every moment with new eyes.

There is tremendous power in **quantum appreciation**. Choosing thoughts of gratitude changes our thoughts, changes our mind, and changes our being. I recently heard a summary on Rick Hanson's book, [Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#). It was a little complicated but in short, it talked about new discoveries in research about the brain. Our human brains record, recall, sort, and respond to negative experiences more than they do to positive experiences. It gave an example in the book that our human brain is like Velcro to negative experiences and like Teflon to positive experiences. There's a reason for that. Through a process of evolution, our brains have evolved. Our brains respond to negative experiences differently in order to keep us safe. It's part of the evolutionary process. The good news is that our brains are continuously evolving and we can affect how are brains evolve. This thing called neuroplasticity, shows that the brain continues to change. It shapes and it continues to form. It is not a static thing. How the brain forms is through the activity through the mind. This determines which synopsis fires and which neurotransmitters are released. When we are talking about the mind, it is not mental activity but it includes the energy of feeling. The mental activity shapes the brain which then shapes the mind which then helps shape the body – so it is all related. The not so good news is the brain continues to shape itself based on those negative experiences and sometimes those thoughts are at a subconscious level. The good news is that we have the power to decide what we think about and feed to our brain. We have the ability to change the mental activity that is going on. We can change our feelings and thoughts, which in turn changes our brain by changing the activity of the brain, thus the impact of the body.

I plan to **appreciate at quantum** levels by doing these common sense things as I prepare for Thanksgiving. Actively seek all things to be grateful for. Appreciate what I do have. Always see the glass full. I know doing this one thing changes our thoughts, mind, and body. It will change our whole experience. Look for the good all around us and never take it for granted. Just stop and appreciate.

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Magnify the good in my life. We have the power of imagination. When I have something good that happens in my life, I plan to use my imagination to magnify it. I heard a speaker say the other day, *we are good at awfulizing things*. Rather than say how bad can it get, good say how good can it get? When I see the sunrise and sunset on Thanksgiving, I plan to pause and magnify it. Take in the joy.

Experience the gratitude. Our brains actively look for the negative (as described in the Buddha's brain). When I experience something negative, it is easy to dwell on it. I will not extend any negativity, not to myself or to others. When great things happens, I plan to hold it and really feel it. I plan to allow myself to feel the good longer, not let it pass by quickly. I plan to savor it and allow myself to dwell in the joy, the gratitude, and **quantum appreciation**.

What we appreciate, appreciates. It goes up in value. Thanksgiving is an energy of gratitude. It is a power that attracts and magnifies the hidden potentiality in life. Wherever we go and whatever we do, we leave a vibrational footprint. We are transformed moment by moment, thought by thought, feeling by feeling, and step by step. We are transformed by making a conscious choice at our depth of our being to experience **quantum appreciation**. My giving of thanks is beyond measure. Our lives are magical and I am grateful.

I love and quantumly appreciate you more than all of my Thanksgiving blessings, more than can be experienced in a lifetime - Love Mom