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USING "WHAT THE BLEEP" CONCEPTS IN REAL-LIFE SITUATIONS

LOS ANGELES, CALIF. —The innovative independent movie, "What The Bleep Do We Know?," now playing in theatres around the country is a film that uses the theory of quantum physics to show the interconnectedness of people and things. According to Dr. Noelle Nelson, moviegoers can take "What the Bleep" concepts out of the "abstract theory" column and apply them to real-life situations. The result, she says, can make a tremendous difference in their lives.

"'What the Bleep?' makes you pause to think about our capacity to take command of our actions and thoughts, but it ends before it can explain much about how to use that energy in our day-to-day lives," says Nelson, co-author of *The Power of Appreciation: The Key to a Vibrant Life* (Beyond Words Publishing). "But it's an easy jump from theory to application."

In her book, Nelson uses the findings from many scientists including those prominent in "What the Bleep" such as Dr. Masaru Emoto, to explain the power of appreciation through quantum physics and biochemistry.

"Appreciation can quite literally improve your physical as well as mental and emotional health, vastly improve your relationships of all kinds (at home, work and in love), and be a significant factor in maintaining youthfulness, enthusiasm and energy throughout your life," says Nelson.

"The science presented in the movie supports my own research which shows that how we think and feel not only impacts ourselves mentally, but our bodies and our environment as well," says Nelson. "Just imagine, for example, if we thought appreciatively instead of negatively as we approached every day. The difference would be dramatic."

Nelson suggests simple appreciation techniques as we go about our lives. First, she says, start your mornings being good to yourself. "Instead of waking up to a buzzer or a raucous radio station, wake up to a piece of uplifting music you love," suggest Nelson. "Let yourself lie there for 10 minutes, allowing the music to flow through your body and think about all the things you are looking forward to in the day ahead. Don't think about all the worries and hassles. Those 10 minutes will help you start your day refreshed, relaxed and energized."

When it comes to relationships, Nelson cautions against joining the men/women bashers. “Refuse to gossip about men, women or relationships,” advises Nelson. “Instead, share tales of everything you like about your partner, or if you’re not in a relationship, stories of successful relationships. Quantum physics says that like attracts like. Anything you focus on grows. If you value your relationship or the desire to have a relationship, it will come your way. It’s science.”

The power of appreciation can be applied to work too, says Nelson. “On your way to work every day, think of one thing you like or are grateful about your job,” she suggests. “Even if it’s just the fact that it provides you with a paycheck each week—that’s a start. Over time, you’ll be surprised at how many things about work you can appreciate and how much happier you’ll be.”

The power of appreciation, says Nelson, can even be applied to health and longevity. “After a while, the wear and tear that stress, anger, frustration and negativity brings (i.e., chaotic heart rhythms, restricted blood flow to the brain), catches up with body,” she says. “An appreciative mindset makes a real impact on how your mind and body function.”

For more information about *The Power of Appreciation*, go to www.thepowerofappreciation.net. For information about “What the Bleep is Going On?” go to www.whatthebleep.com.

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