

Tracy Quantum Emerges with 'Go Green' Meditation

by Martin Miron



Tracy Dyson, aka Meditation Coach and motivational speaker Tracy Quantum, is an entrepreneur teaching the very old dog of meditation some amazing new tricks. His “Go Green” approach to the ancient practice tackles contemporary social issues and provides businesses with training to increase production and employees’ well-being. He will be a featured speaker at the seven-day Festival of Enlightenment in Denver, Colorado, this June. His latest guided meditation CD release is *Transfusion of Light*.

Now based in Atlanta, Dyson grew up in Sumter, South Carolina, with a brother, sister and a twin, Trevin. He relates, “I had a very challenged childhood, with an abusive father; not the most harmonious situation. But I always had a desire to search for more, despite the conditions, and I always wanted to help people. It was very difficult, but it spurred me on to make a journey of discovery. I tried modeling, acting, art; everything I could do to have an outlet and to get out of my situation.”

Arriving in Atlanta, Dyson attended art college, worked at a local homeless shelter and got a job at the telecommunications giant, Sprint. He recalls, “In addition to having two jobs and going to school, I realized that I wanted more. I wanted to pursue physics and metaphysics.” At Sprint, he was progressing and winning awards. Then, Trevin, who had made his mark in Europe as a successful entertainer under the name Drake Daniels, became ill, and Dyson took care of him. He died in 1991, when he was just 25 years old.

Bereft, Dyson was introduced

to Jonathan Parker, Ph.D., a popular scientist and metaphysical speaker. Attending private classes for more than 15 years helped Dyson formulate his unique philosophy: that quantum mechanics can be applied to the field of consciousness development. As he states, “I had an awakening. Tracy Dyson is my name, but with my company, Tracy Quantum, meditation is my contribution to the world and more importantly, my contribution to loving myself.”

Explaining Dyson’s novel new form of meditation, he states, “It’s about recycling old negative thoughts into positive thoughts in a Go Green aspect of sustainability. Then, bringing both ideas together: “Quantum waves are an abrupt change; a dramatic leap in consciousness. Tracy Quantum is about a change in the modality in the way a person thinks and the way they live.”

Ultimately, he believes the quantum factor gives us the power to affect our very reality, saying, “You can change more than yourself; you can change your environment; you can change your world. You can change every particle of who you are. Everything is vibrating at a frequency; everything is energy. Once you acknowledge that you can change current conditions with your awareness, it changes the particles within your energy field, mind and body. When you can love yourself without any conditions, your life takes on a whole new awakening.”

A hallmark of Dyson’s work is a non-religious, scientific approach to meditation. He says, “Western civilization perceives meditation to be something foreign that they cannot relate

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to. When people see that there is no religious affiliation and there is no agenda, they are much more receptive to it, especially in the corporate world.”

Workplace meditation is at the forefront of Dyson’s ambitious agenda and the service for which he is in most demand. “When someone meditates, they are much more calm, much more relaxed and much more at peace,” he says. “Millions of people are stressed out on a daily basis and they bring these issues to work. Corporations then have a lot to deal with: absenteeism, illness and injury.”

He summarizes, “One of the great things about meditation is that it improves the brain’s cognitive function, including increased concentration, memory, learning ability and creativity.” This, says Dyson, increases employees’ overall productivity and makes them more likely to be team players.

Describing his techniques, Dyson says, “There is a process of meditation that I bring to my audience, along with tools like writing down, ‘What is it that I feel about myself; how do I love myself; what do I feel about my parents? How will I perceive my neighbors; what makes me upset?’ When you can feel everything that you’re feeling, then you’re on the road to discovery. But when you suppress everything, it makes

it very challenging to make a change in your life."

Dyson cites as inspirations Gregg Braden, Louise Hay—whom he calls, "the pioneer of positive thinking"—David Hawkins and Barbra Ann Brennan. He says that his greatest pleasure is just helping people. "There is immense power in grace, and when you have reverence, respect and honor within yourself, you can then really express it to someone else, whereby there is nothing to expect in return. You're fulfilled. If I had to describe a strategy for your life, it would be number one, grace; number two, compassion; and love."

Dyson's family has an extensive military tradition, and he is deeply involved with veterans' issues. He comments, "I'm about to release something specifically for my beloved military veterans dealing with PTSD and specifically, traumatic brain injuries. This is a cause that I am very passionate about. I'll also be doing more meditations for the veterans, sustainability, simplicity, health care, youth and a series of mindfulness meditations. You will even see meditation addressing our beloved elderly on a level that has never been seen before."

Dyson will make a point of speaking about bullying at the Festival of Enlightenment, saying, "This is a sensitive topic because of what my twin and I went through, and I know how it feels. So many youth are suffering in silence because they feel they can't talk to their parents. They're being bullied, even at home sometimes, and it's got to stop. If those doing the bullying only knew about the lingering, residual effects of what they were doing, they would stop."

In the coach's own words, "Tracy Quantum is about dealing with social issues and taking Going Green and sustainability to a whole new level of the mind; changing the way we think; changing the way we treat each other; and changing how we view ourselves to create more abundance, more love, more compassion and more grace. When you achieve that, you will produce more fulfilling relationships and be more harmonious at work. I'm just here as a guide and a teacher."

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