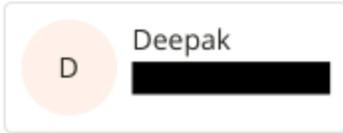


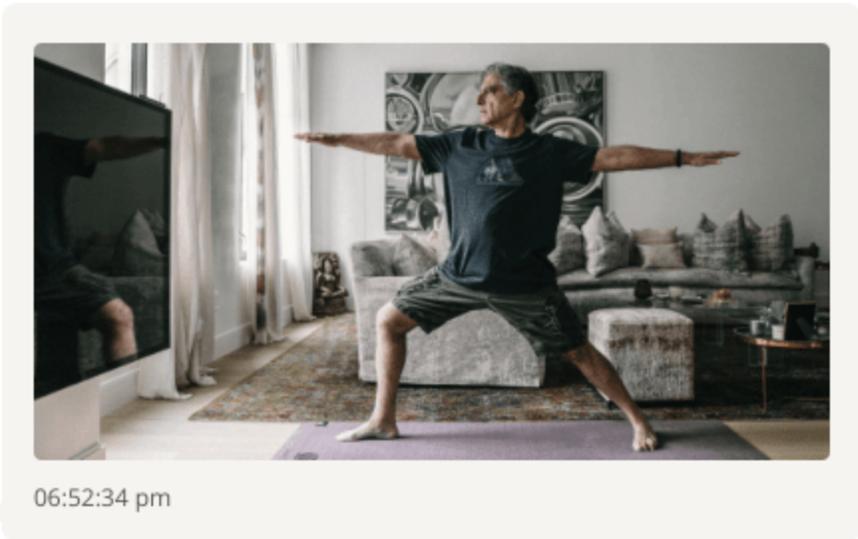
Platform: iMessage Timezone: UTC+0000



2018/12/28

Deepak

<https://www.nytimes.com/2018/12/28/nyregion/how-deepak-chopra-wellness-expert-spends-his-sundays.html>



D

06:52:34 pm

2018/12/31



Where are you for the new year!

01:44:54 pm



Deepak

In silence starting this evening connecting with pure consciousness

03:28:12 pm

Sent an attachment
Filename: IMG_5897.mov
Path: IMG_5897.mov
Size: 3 MB
Type: video/quicktime

03:28:29 pm

Reinventing the body
Resurrecting the soul
Reimagining the world 🙏🙏

03:29:32 pm

D



What will you do for fun this year

03:31:10 pm

o

Deepak

Giving up on idea of fun
Shifting to profound 🕊️ peace



03:51:24 pm

D

2019/01/01

Deepak

Sent an attachment
Filename: IMG_5931.mov
Path: IMG_5931.mov
Size: 6 MB
Type: video/quicktime

11:48:02 am

D

Great great great

11:56:16 am

o

Deepak



12:51:33 pm

No plans
No goals
No lists
No resistance
#Flow

12:52:51 pm

D

Dangerous. Sounds more dead than alive. . . fun. Passion, drama. The music of silence is only joyful when interspersed with sound

12:55:37 pm

It is your extreme boredom (I recognize it in myself) talking. how about living as opposed to existing. - we need to find fun, joy, laughter. . use your time , not do your time

01:07:16 pm

o

Deepak

I exist as I am
That is enough
Walt Whitman

01:49:25 pm

D

He was gay

01:49:38 pm



01:49:55 pm



Deepak

Ha ha ha

Sent an attachment
Filename: IMG_5957.mov
Path: IMG_5957.mov
Size: 4 MB
Type: video/quicktime

D

01:50:13 pm

2019/01/03

cognitive latency and buffering, . Not very well understood. I think that the delay in perception from input explains deja vu. The input went to memory first.

11:27:34 am



Deepak

What is it that wants to understand itself ?

D

01:48:28 pm

No wants. Sodium doesn't "want" to combine with chlorine

02:20:49 pm



Deepak

Sodium is a name given by scientists to a mode of knowing in consciousness . It's as much a human construct as body mind universe - useful construct
Reality is that which wants to know and which creates all constructs - that which we call " I "

We are bamboozled by our own constructs

D

02:35:28 pm

We perceive things as changing. We are always seeing the past

05:18:32 pm



Deepak

There are no things !
Everything you see including the body brain and world is the interpretation of colorless light in formless consciousness .
The body mind is not the container of awareness but an experience in awareness

D

05:28:35 pm

Yes, agreed, but my perceptions are fun and I only want to manipulate my internal delusions

05:29:42 pm



✓ Sent

Deepak

Ok 😊

05:30:31 pm

Sent an attachment
Filename: IMG_5990.mov
Path: IMG_5990.mov
Size: 2 MB
Type: video/quicktime

D

06:48:04 pm

✓ Read