

Platform: iMessage Timezone: UTC+0000



2019/01/17

[Redacted]
You good?
09:47:24 pm



2019/01/18

Deepak

Yes
Where are you ?
I will be in NYC in 10 days
Leaving for Cal
11:36:49 am

D

[Redacted]
Florida. . any new insights
11:37:16 am



Deepak

I'm focusing (without straining) on reversal of biological age
The biggest culprit is " thought "
I'm practicing more than before - Being in the midst of any experience without the
intervention of thought ie no interpretation !
It has a flavor of joyful ness no matter what the experience
Traveling to California then Dubai Abu Dhabi and India first 3 weeks in Feb
12:33:56 pm

D

[Redacted]
So when ny? Do you think thought ages people. Fun idea
12:38:36 pm

You should meet my friends in dubai

12:48:50 pm

o

Deepak

Yes

Thought is the culprit

It ages people and interferes with the joy of experience

I'm in NY on 29 th thru Feb 5 or 6 - then Dubai

Have a day off there then meet Sheikh Muhammad and also visit Abu Dhabi

Then India

12:59:46 pm

D

2019/01/20

Deepak

<https://www.prnewswire.com/news-releases/gofundme-launches-government-shutdown-direct-relief-fund-300781246.html>

C

CISION[®]
PR Newswire

D

01:51:54 pm

My birthday

01:52:33 pm

o

Deepak

Happy happy happy birthday 🙌

01:55:31 pm

D

On the other hand another reminder that death is stalking us

01:56:09 pm

[Redacted]

yup

01:57:13 pm

👁️

2019/01/27

[Redacted]

Thurs fri. New York? Been too long

03:36:42 pm

👁️

Deepak

Let me check when I'm in NYC
I would love to catch up
I'm in Palm Springs and on my way to Minneapolis

🙌💕
03:46:35 pm

D

[Redacted]

;lucky you

03:48:34 pm

👁️

Deepak

Ha ha

06:12:59 pm

D

2019/01/28

Deepak

<https://www.sfgate.com/opinion/chopra/article/Genes-Turn-Topsy-Turvy-Which-Is-Good-News-13566427.php>



SFG
SFGATE.COM



SFGATE

D

03:20:59 pm

2019/01/29

Im in ny thurs thru sun
10:54:32 pm

2019/01/30

Deepak

Checking
Could probably do Sat afternoon
Unless - ?
12:31:01 am

EFTA01619638

D I can't meet this time
Traveling thru end of Feb
🙏❤️
04:14:54 pm

[Redacted]
No worry
04:18:32 pm

Deepak
D 🙏👤❤️
04:21:05 pm

[Redacted]
I fully understand
06:13:31 pm

2019/02/07

[Redacted]
Now where
07:35:25 pm

2019/02/08

Deepak
D Dubai then India
You ?
12:33:21 am

[Redacted]
Florida
12:33:42 am

Deepak

<https://www.dalailama.com/news/2019/deepak-chopra-and-friends-meet-his-holiness-the-dalai-lama>



D

01:33:57 am

When ny/
11:19:29 am

o

Deepak

Not until end of March
PBS tour all March
11:37:33 am

D

nice. . how are you?
11:38:02 am

o

Deepak

I'm good
Still in India
Sending love
11:39:34 am

D

Can you send it in female form 😊
11:39:59 am

Deepak

Ha ha ha
11:54:02 am

D

2019/03/02

hope you are well. another round of very bad press. ugh
11:23:02 am

Deepak

Stay silent
Meditate
I'm focusing on Metahuman 🙏
11:24:14 am

D

any new realizations?
11:25:46 am

Deepak

Yes
We are fictional characters in a collective dreamscape
Want to upgrade the illusion for a more peaceful world
I'm on What's App
Are you ?
11:33:08 am

D

[REDACTED]
yes 212 533 3739
11:33:50 am

o

Deepak

Ok
11:36:08 am

D

2019/03/04

[REDACTED]
<https://www.nytimes.com/2019/03/04/opinion/letters/jeffrey-epstein.html>





11:37:58 pm



2019/03/05

Deepak



02:09:32 am

D

2019/03/17

Im in New York Monday , if not face to face lets Skype. I think of you often. I am aware of the toxicity of my press.

02:43:27 pm



Deepak

? ??

Who is this ?

02:56:44 pm

D

Jeffrey

02:57:07 pm



Deepak

Sorry 😞

I am not concerned about that

Let's connect mostly by What's App

I think we should meditate together !

How long are you in NY ?

I'm doing events soon in Orlando and Palm Beach v soon

In LA at a Brain 🧠 conference right now

🙏❤️😞

03:01:40 pm

D

✓ Read

I m in tonight and tomorrow. Leave for Europe on tues. . when palm beach

03:02:13 pm

✓ Sent