

**From:** Deepak Chopra [REDACTED]  
**To:** jeffrey E. <jeevacation@gmail.com>  
**Subject:** Re: Re:  
**Sent:** Tuesday, October 11, 2016 11:38:59 AM  
[OutlookEmoji-1473730260309\\_9781101906026\\_p0\\_v4\\_s192x300.jpg.jpg](#)  
[OutlookEmoji-1473730260309\\_9781101906026\\_p0\\_v4\\_s192x300.jpg.jpg](#)  
[OutlookEmoji-1473730260309\\_9781101906026\\_p0\\_v4\\_s192x300.jpg.jpg](#)

Yes

But there is no image or sound in the head

Images and sounds are in awareness

You head is also in awareness

As is the cringe !

Nothing is outside of awareness

Max Planck " You cannot get behind consciousness "

To understand this is to be free

Whenever the cringe occurs ask

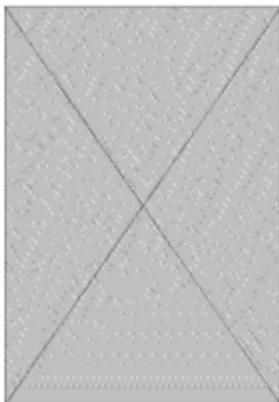
" Who or what is having this experience ?" and then settle into non symbolic being/ awareness / existence .

Soon there is total peace and the knowing that all experience is the arising and subsiding of sensations images feelings or thoughts - a modularon of awareness itself and not to be taken personally as the person also is just a construct - a fictional character

Deepak Chopra

2013 Costa Del Mar Road  
Carlsbad, CA 92013

New Book: [Radicalbeauty.com](http://Radicalbeauty.com)



On Oct 11, 2016, at 7:29 AM, jeffrey E. <jeevacation@gmail.com> wrote:

the chair is the notation, the image is being played in your head. disturbing images CREATE crindge. same as bad sound

On Tue, Oct 11, 2016 at 7:06 AM, Deepak Chopra <[REDACTED]> wrote:

I relate to that-Mozart is not in the piano and Shakespeare is not in the ink nor Einstein in  $E=MC^2$

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[Chopra Foundation](#)  
[Jiyo](#)  
[Chopra Center for Wellbeing](#)

For more information visit: [RadicalBeauty.com](http://RadicalBeauty.com)

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**From:** jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>  
**Sent:** Tuesday, October 11, 2016 7:00:36 AM  
**To:** Deepak Chopra  
**Subject:** Re: Re:

my personal new favortie is that reality is natures notation. like muscial notation, it is the playing that is the root of the experience. . notations are open to interpretations. . each instrument playsfrom the same music noation but has its own tones and resonances. . we see things (notation) , our instrument ( brain ). plays it for us. looking at the instrument and how it is made , tells you nothing about the music it is designed to play or waht that music sounds like

On Tue, Oct 11, 2016 at 6:52 AM, Deepak Chopra <[REDACTED]> wrote:

yes-- thanks for the new terms

I'm writing an essay for next week

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**From:** jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>  
**Sent:** Tuesday, October 11, 2016 6:49:25 AM  
**To:** Deepak Chopra  
**Subject:** Re:

i enjoy your new fascination with the term human constructs as well as mobjects. reality is a mobject. though it is difficult to recreate smells. or physical pain. . Im not sure why people cry OW , when there is no one around. we can also look at psychological torture.

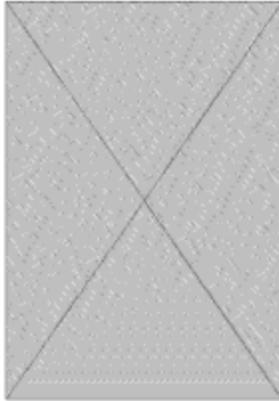
On Tue, Oct 11, 2016 at 6:44 AM, Deepak Chopra < wrote:

Funny and insightful  
But " I " is not a person  
It is the awareness in which the person is a fictional character  
The characters are in time  
Awareness is not in time  
Not subject to birth or death  
Birth and death are human constructs

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On Oct 11, 2016, at 6:37 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

[https://www.youtube.com/watch?v=6pAObj\\_rIU4](https://www.youtube.com/watch?v=6pAObj_rIU4)

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