

**To:** jeevacation@gmail.com[jeevacation@gmail.com]; Jeffrey Epstein[jeevacation@gmail.com]  
**From:** [REDACTED]  
**Sent:** Sun 1/23/2011 5:33:37 AM  
**Subject:** Re: your mailing address for cookies?

F,  
Deep in there, I'm just fine.

I started to work with Dr. Mark Hyman <http://drhyman.com>  
to see if I could [REDACTED]

[REDACTED]

Sherry Turkle comes to town on Wed. Nathan Wolfe's girlfriend is here this week; her play is opening here -- Emilie (and Lauren, Nathan's GF, is terrific). Gallo may even come through this week.

I was so wrecked in Dec., I barely got a piece for Brockman this year, and was pleased to get that done -- hope you read it.

I have multiple writing projects and have been approached by several agents to write books on Conscious Computing, Luck (a different approach vs. happiness), Attention.... and have been speaking on each of those things. I enjoy writing, but with [REDACTED] I haven't been able to write much.

Just visited two interesting researchers in Eugene, OR, for a day -- Michael Posner and Yi-Yuan Tang. Tang developed something that goes beyond MBSR (the type of meditation we do in the U.S.), called IBMT -- the body is more part of it. The results he's getting (physiological benefits, MRI's pre and post) are stunning. He doesn't have the funds to develop a training program, though there does seem to be demand for it. Posner has done research on attention networks for years. Tang is more on attention states. They were terrific and doing a lot with very little.

I'm constantly meeting interesting people. When I get out, that is.

Just interviewed a musician (for the Conscious Computing work). I had written (for Wired UK):

With a musical instrument, it's awkward at first. All thumbs. Uncomfortable. Noise. With practice, instrument and musician become as one. Co-creating music. So it will be with personal technology. Now, a prosthetic of mind, it will become a prosthetic of being. A violinist with a violin. Us with our gadgets, embodied, attending as we choose.

The musician is one of the most accomplished cellists in Seattle. Watching/listening to him play is

magical. He described an "oppositional" relationship with the instrument. This all goes directly where I'm going with Conscious Computing. In the same way beginning musicians are subsumed by instruments when they first start playing, we are subsumed by our digital technologies. When we can remain self-contained, embodied, our attention, our potential for a wider range of thinking and problem-solving, is enhanced (we are better regulated autonomically).

I'd have loved to go to DLD. Just needed to sit this year out. Hope they ask me to speak next year -- I'd love to return.

Tentative thinking is to go speak at a conference in SF in late Feb., then to TED, then to Santa Barbara and Ojai to explore, see if I want to spend part of my year there (I need to remain a Seattle resident in order to have health insurance unless I can find another way to get health insurance -- [REDACTED])

How's that for more than you wanted to know?

And -- I heard you had an interesting people retreat in the islands. I'd love to hear about that.

And about you.

xoxo  
[REDACTED]

On Jan 22, 2011, at 8:52 PM, Jeffrey Epstein wrote:

you ok?,, lectures,, ted.. new friends?

On Sun, Jan 23, 2011 at 5:26 AM, [REDACTED] wrote:

For reasons clearer to Apple Computer than to me, there are no longer any addresses in my address book for you. Great if you or Lesley can send phone and address info.

Hoping to bake on or by Tuesday. We'll see. Are you in the country? on the planet?  
What's good timing for sending?

xo  
[REDACTED]

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