

From: [REDACTED] <[REDACTED]>
To: Jeffrey Epstein <[REDACTED]>
Subject: i love this - u will, too...
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http://www.youtube.com/watch?v=ivg56TX9kWI&feature=player_embedded

this is actually fascinating in the way that it changes people's behavior. Wow.

Further -- this notion of the "music within us," now that I'm looking for it -- it impacts every aspect of our lives.

Just read the proof that breathing regulates the autonomic nervous system --
The New Science of Breath by Stephen Elliott

Saw Ghislaine and Ted. They look super happy together. I am really enjoying getting to know him.

Back from AMS, SF... now heads down writing two talks, then NY, SF, San Diego, Sweden.

I'd hoped to see Brockman in NY. He'll be in Frankfurt.

Am hoping we can talk on the phone on Friday of this week -- before I head out on the road again.

How are you???

XOXO
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