

**From:** Deepak Chopra <[REDACTED]>

**To:** jeffrey E. <jeevacation@gmail.com>

**Subject:** Re:

**Date:** Sun, 16 Oct 2016 19:54:28 +0000

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Consciousness made it possible for you to write this email.

Consciousness makes experience possible and as also all volition - consciousness or unconscious .

Consciousness includes the subconscious and unconscious mind . The consciousness mind is the crest of a wave in the infinite vast unmanifest ocean of consciousness .

Consciousness transcends space time as even space time are experiences in consciousness .

There is no such thing as a world , a universe , a mind , a brain , or a body . These are human constructs in human consciousness - an interpretation of modulations or excitations of consciousness itself .

In reality there is only species specific experience in species of consciousness .

Evolution of species is evolution of species of consciousness .

You are correct re error correction but it's only part of the story

The activities of consciousness are

Recursion

Creative interactivity

Complementarity

Self Organization

Self Regulation

Evolution

No one understands this !

Consciousness is your most intimate experience of existence ,

The world is a projection of the light of consciousness in the same way as a movie is a projection of photons .

People are so bamboozled by their own projections . They are like a man in a cinema watching the movie and so immersed in it they think it's real !

Pinch yourself to wake up to the awareness in which all experience happens and out of which all experience is made

There are no material objects only perceptual and cognitive experiences / processes in consciousness . That includes what you refer to as your own body/ mind / universe

Do watch

How to wake up

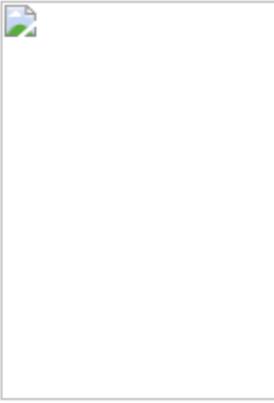
[REDACTED]

Xoxo

Deepak Chopra

[REDACTED]

New Book: [REDACTED]



On Oct 16, 2016, at 8:17 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

conciounsess is wayyy overrated.

I would liike you to consider the consiousnss as primarily an imperfect error correction system and also a trainer teacher. the vast majority of your actions are carried out, without itsongoing involvement. it is there however when awake to correct errors. . it is slow and imperfect. lets some errors through, as they come too fast for it to stop them. It makes the free will argument much more complex. . It tries to course correct. If you were to imagine the flippers on a pin ball machine. that is consiosness. it tries to direct the balls , missing some, getting others. if the flow is too fast. it misses more. like during high emotional states.

There is a large body of work that for ex suggests that when you reach for something your hand shoots out and along the way it makes corrections. that is your consious input

If you are tired the flippers work less effieciently

FREE WILL , the balls will come down. you can attempt to modify their path, with dynamic guard rails. and flippers. but cant get them all.

You can play the piano , but not consciously. you can train your subconscious and then when playing hear the error. but not avoid it. that is too fast for the consious to correct.

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please note

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