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**Inline-Images:** OutlookEmoji-1473730260309\_9781101906026\_p0\_v4\_s192x300.jpg.jpg

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I wrote this last week before the new insights from yesterday

To be continued

<http://www.sfgate.com/opinion/chopra/article/How-to-Be-Timeless-Right-This-Moment-9958970.php>

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How to Be Timeless Right This Moment

[www.sfgate.com](http://www.sfgate.com)

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