

From: Deepak Chopra <[REDACTED]>
To: Jeff Epstein <jeevacation@gmail.com>
Subject: Fwd: Chopra Center Meditation Retreat Study
Date: Tue, 19 Jul 2016 01:02:28 +0000

Sharing privately
All love

Deepak Chopra
[REDACTED]


[*Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Wellbeing*](#)

Begin forwarded message:

From: Deepak Chopra <[REDACTED]>
Date: July 18, 2016 at 2:35:13 PM PDT
Subject: Chopra Center Meditation Retreat Study

Dear Chopra Foundation Board of Directors, Advisory Board and Supporters, Family and Friends,

I am delighted to inform you that the research on the Chopra Center Meditation Retreat (Seduction of Spirit) has now been accepted for publication by [*Nature Translational Psychiatry*](#), one of the highest impact rankings in psychiatry/mind/brain. This is a major validation for the meditation techniques taught at the Chopra Center for the last twenty years where thousands have benefited and a milestone for The Chopra Foundation's education and research efforts on mind body practices on health and wellbeing.

It took three years of work to get this study published with numerous revisions and also numerous replications of blood samples which had to be tested repeatedly to make sure that the data was reliable and replicable. The editors were also assured that although "Deepak Chopra" helped design the study, I did not have any role in either data collection or data analysis. This was to guarantee that the study was impartial. I want personally acknowledge and express gratitude to the following contributing authors:

Eric Schadt, PhD, Institute for Genomics and Multiscale Biology, Mount Sinai School of Medicine
Elissa Epel, PhD., Department of Psychiatry, University of California, San Francisco
Rudolph E. Tanzi, PhD., Massachusetts General Hospital/Harvard Medical School, Department of Neurology
Elizabeth Blackburn, PhD., Nobel Laureate, President of Salk Institute for Biological Sciences
Eli Puterman, PhD., UCSF, Department of Psychiatry, University of California, San Francisco
Pek Yee Lum, Capella Biosciences, Inc.

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Eunjee Lee, Massachusetts General Hospital/Harvard Medical School, Department of Neurology

Amanda Gilbert, Department of Psychiatry, University of California, San Francisco

Robert A. Rissman, PhD., Department of Neurosciences, University of California, San Diego

I also wish to thank all who have generously supported the study and for your patience in the last three years. We can now further our research efforts by using the protocols from the Chopra Center programs (including Perfect Health and Self-Directed Biological Transformation Initiative) which have been generously supported by The Chopra Foundation board and friends of the foundation.

The Nature editors have requested us not to release any information to the press until they make their own press announcements which will be simultaneously made with all of the institutions involved. As soon as the embargo is lifted, I will send you the paper and press release.

In the meanwhile, the Nature editors have told us we are free to present the findings at all scientific conferences and also conferences held by The Chopra Foundation such as [Sages and Scientists](#) (September 9-11, 2016) and other future symposiums including the November 11th one-day mind brain conference at MGH/Harvard Medical School.

Warm regards,
Deepak

PS The paper acknowledges support from The Chopra Foundation and Marc and Lynn Benioff who contributed generously.



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