

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

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

**Subject:** Re:

**Date:** Tue, 03 Apr 2018 15:25:45 +0000

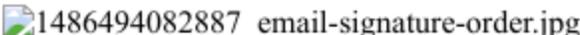
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Fun implies something to pursue  
Right now for me more important is Flow  
No anticipation  
No regrets  
No resistance  
Just this - Now  
There is no point of arrival  
The point of arrival is always now  
Now is not a moment in time but the timeless presence of being  
It is a death of separate self  
I know ecstasy is real but one can't chase it

Deepak Chopra MD

[REDACTED]  
[Chopra Foundation](#)  
[Jiyo](#)  
[Chopra Center for Wellbeing](#)

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On Apr 3, 2018, at 8:20 AM, jeffrey E. <jeevacation@gmail.com> wrote:

movement meditation. etc. what about FUN what does that mean in your world

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please note

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