

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

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

**Subject:** Re: Re:

**Date:** Sun, 19 Aug 2018 21:39:07 +0000

**Attachments:** OutlookEmoji-1486494082887\_email-signature-order.jpg.jpg; OutlookEmoji-1486494082887\_email-signature-order.jpg(1).jpg; OutlookEmoji-1486494082887\_email-signature-order.jpg(2).jpg

**Inline-Images:** Outlook-1515547920.png; Outlook-1515547941.png; Outlook-1515547941(1).png; Outlook-1515547920(1).png; Outlook-1515547920(2).png; Outlook-1515547941(2).png; Outlook-1515547920(3).png; Outlook-1515547941(3).png

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I was outside of London in train  
Now at Heathrow  
Where are you ?  
To NYC then -  
Have an event in Santa Cruz for Oprah  
Then a week in silence  
How are you ? Where are you ?  
Deepak Chopra MD

[REDACTED]

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[Jiyo](#)

[Chopra Center for Wellbeing](#)

[REDACTED]

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On Aug 19, 2018, at 4:07 PM, jeffrey E. <jeevacation@gmail.com> wrote:

?

On Sun, Aug 19, 2018 at 12:29 PM, Deepak Chopra <[REDACTED]> wrote:

On a train !

Will connect xoxo

**Deepak Chopra MD**

2013 Costa Del Mar Road  
[REDACTED]

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 1515547920268\_Screen

 1515547941339\_PastedImage

[The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life](#)

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**From:** jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Sent:** Sunday, August 19, 2018 11:07:33 AM

**To:** Deepak Chopra

**Subject:** Re: Re:

skype?

On Sun, Aug 19, 2018 at 8:47 AM, Deepak Chopra <> wrote:

I can experience this in my silent retreat without any help from a substance

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.01424/full>

Its existence without human constructs

xo

**Deepak Chopra MD**

2013 Costa Del Mar Road



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 1515547920268\_Screen

 1515547941339\_PastedImage

[The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life](#)

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**From:** jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Sent:** Sunday, August 19, 2018 8:39:56 AM

**To:** Deepak Chopra

**Subject:** Re: Re:

almost

On Sun, Aug 19, 2018 at 8:35 AM, Deepak Chopra <[REDACTED]> wrote:

Everything else is not worth it



Deepak Chopra MD



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1486494082887\_email-signature-order.jpg

On Aug 19, 2018, at 8:14 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

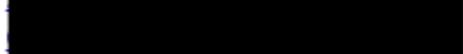
interesting to counter boredom with more silence :)

On Sun, Aug 19, 2018 at 7:54 AM, Deepak Chopra <[REDACTED]> wrote:

Going for silence all week in Asilomar  
Will be offline and media  
Back in NYC early Sept  
xoxo

**Deepak Chopra MD**

2017 Costa Del Mar Road



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<Outlook-1515547920.png>

<Outlook-1515547941.png>

[The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life](#)

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**From:** jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>

**Sent:** Saturday, August 18, 2018 6:14:36 PM

To: Deepak Chopra

Subject: Re:

When ny

On Sat, Aug 18, 2018 at 5:54 PM Deepak Chopra <[REDACTED]> wrote:

All going through  
Bored !

Deepak Chopra MD

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

[REDACTED]  
<OutlookEmoji-1486494082887\_email-signature-order.jpg.jpg>

On Aug 18, 2018, at 5:25 PM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

News?

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