

From: "jeffrey E." <jeevacation@gmail.com>

To: Deepak Chopra <[REDACTED]>

Subject: Re: Reflections

Date: Sat, 01 Jul 2017 21:46:11 +0000

Inline-Images: image001.png; image001(1).png; image001(2).png

Moscowitz

On Sat, Jul 1, 2017 at 5:40 PM Deepak Chopra <[REDACTED]> wrote:

Who mentioned Cod Grove

I don't know what that is :(

Deepak Chopra MD

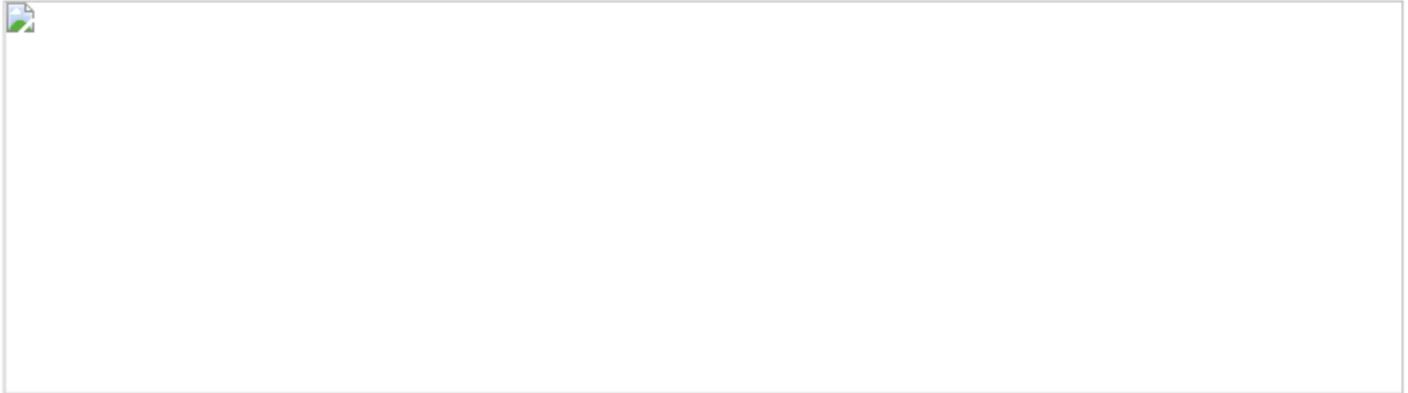
2013 Costa Del Mar Road

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On Jul 1, 2017, at 5:39 PM, jeffrey E. <jeevacation@gmail.com> wrote:

He also recommended cod grove at Cleveland clinic

On Sat, Jul 1, 2017 at 4:10 PM Deepak Chopra I

Deepak Chopra MD

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Begin forwarded message:

From: [REDACTED]
Date: July 1, 2017 at 4:02:19 PM EDT
To: Alice Walton <[REDACTED]>
Cc: Ray Chambers <[REDACTED]>
Subject: Reflections

Dearest Alice

After our long conversation the other day and a follow up conversation with Ray I have been doing deep reflection and introspection on how I might want to spend the remaining and final chapters of my life .

I am sending you my ideas about what for me would be a dream project. The Mind-Brain Institute for Higher Consciousness and Global Leadership could be a lasting legacy. For this to come true, it must take on a life of its own through young people who aspire to evolve into a new all-embracing peace consciousness.

Let me offer my blue-sky proposals.

1. We need to forge living links with the influential people who can make a difference. I am reminded that Henry Kissinger quietly became the center of a global network of leaders by running a summer school at Harvard that brought everyone together around him. I'd like to do that with a select group every summer. By spotting and inspiring the influencers of tomorrow, we would create a living legacy.

2. I've written two books, *Peace Is the Way* and *The Soul of Leadership*, where the outline of higher consciousness is fully detailed in practical terms. I'd like to foster a central theme for creating peace consciousness, which comes from three "S" words in Sanskrit:

Seva is giving yourself in service to a cause bigger than yourself .

Sadhana is walking your spiritual path with authenticity integrity and responsibility .

Satsang is sharing the truth in a group of the like-minded.

It would be wonderful if we could ingrain these values in every participant so that they can go home and form their own following around them.

3. To keep the three "S" words alive, let's use social media as well as a website where participants dialogue with me every day. This would be an extension of the Facebook videos I've been doing for several years that now have millions of followers.

4. I am going to write my next book on the future of human evolution, which is titled *Meta-Human*. I think we could apply this as an inspiration for people to self-direct their own evolution and heal their own lives. Going beyond *The Soul of Leadership*, I envision the mastery of leadership. It fits a nice acronym: META
Mastery, Evolution, Transformation, Action.

We can offer TED-style talks in a beautiful conference setting where "sages and scientists" address the latest progress in "meta" consciousness from a mind-brain perspective.

5. This brings up the brain side of mind-brain. I have limited interest in current neuroscience, despite its huge advances since I was in medical school, because the whole field is still totally materialist. There's no room for inspiration, creativity, the higher self, or the soul when everything must be reduced to brain cells bouncing electrochemical charges around.

My alternative is the Enlightened Brain which I feel should be the core of how we approach mind-brain in every aspect. Consciousness creates and shapes the brain; mind isn't a byproduct of neurons twinkling away inside the skull. This is a fringe idea in today's neuroscience, but so was quantum healing and the conscious universe 20 or 30 years ago.

I foresee an academy of top figures who convene twice a year to further the Enlightened Brain with the intent of making a big impact on neuroscience

Those are the basics that occur to me now, and I'm eager to hear what you and Ray think. There are many creative possibilities, such as documentaries like *An Inconvenient Truth*, e-books, a journal, etc. but in my experience such conventional outlets tend to get clogged up with a swarm of competing egos. I want everything to be uplifting, personal, human, and future-forward. I'm not sure what format this endeavor would take place. Ray has made an enormous impact on health with his work with the UN. Could a similar partnership occur with the UN for global peace and a new leadership?

I'm eternally grateful for your lifelong love and support and to Ray as well. My heartfelt thanks for sparking these ideas and making me self reflect on what I want to do with the final and most important chapters of my life. Whatever shape of form this next phase of my life takes I want this to be not about "me" as a person but "me" as an agent for service and transformation. I would love to hear what you and Ray might have to suggest.

Love,
Deepak

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