

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

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

**Subject:** Re: FYI

**Date:** Tue, 03 Jan 2017 10:12:43 +0000

**Inline-Images:** OutlookEmoji-1478822725266\_supergenes-960x200.jpg.jpg

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has anyone looked at the harmful effects of meditation? as it moves more mainstream, and is subject to drug like analysis, I would have thought that "side effects" long term effects needed to be documented, before really recommending. Is it for everyone? does it induce psychosis in some? seems to share some traits with mild schizophrenia?

you seem to have grabbed the rope again. physisicts see physics. artists see art. spiritual people see spiritual underpinnings. it is a healthy distribution, caused by mutation and diverstiy. A populaiton needs to have a wide variety of views. unlike the earth is round. that is a view of a physical thing. left to physisicts.

conquering fear. is not for the physiict

On Tue, Jan 3, 2017 at 4:56 AM, Deepak Chopra <[REDACTED]> wrote:

Going to yoga class

Always wake up 4 am prepare for mediation yoga then busy day today

Leave for Chicago tomorrow

2013 Costa Del Mar Road

Carlsbad, CA 92009

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[Jiyo](#)

[Chopra Center for Wellbeing](#)

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

**Sent:** Tuesday, January 3, 2017 4:47:40 AM

**To:** Deepak Chopra

**Subject:** Re: FYI

why are you awake?

On Tue, Jan 3, 2017 at 4:40 AM, Deepak Chopra <[REDACTED]> wrote:

In California

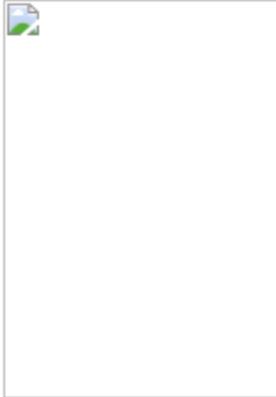
Came recently to NYC for weekend

May come again

Deepak Chopra

2013 Costa Del Mar Road  
Carlsbad, CA 92013

New Book: [REDACTED]



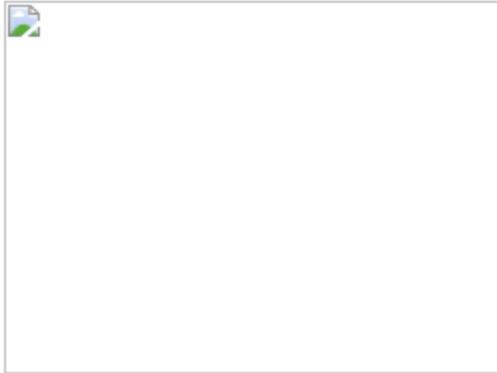
On Dec 29, 2016, at 11:45 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com)> wrote:

Is she in new york?

On Thu, Dec 29, 2016 at 10:35 AM Deepak Chopra <[REDACTED]> wrote:

She is good

[REDACTED]



## You Are The Universe - Deepak Chopra & Kat Foster



Deepak Chopra, MD shares his insights on his upcoming book release - You Are the Universe, with Actress & Writer Kat Foster

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