

**To:** jeevacation@gmail.com[jeevacation@gmail.com]  
**From:** mark fisher  
**Sent:** Wed 3/17/2010 3:12:38 AM

Going in for treatment tomorrow and Thursday.

Re our discusssion on meditation I forgot to mention the simplest and most elevated.  
When we speak I will give it to you.

If you feel like it give me a call.

all the best,

Mark

