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**From:** jeffrey E. <jeevacation@gmail.com>  
**Sent:** Wednesday, October 12, 2016 1:22 PM  
**To:** Deepak Chopra  
**Subject:** Re: Fw: thought

I think you need to modify that some constructs are USEFUL. not stepping in front of a truck. some are less useful. . my mother hated me. . the sky is falling. the check is in the mail= and ill only put it in a little

On Wed, Oct 12, 2016 at 8:10 AM= Deepak Chopra wrote:

Here is my take.

We experience reality in

the HUMAN UNIVERSE

1 Everyday reality is a human construct .

2 Fundamental reality is the awareness , the excitations of which, are the experience of observer & observed in the timeless moment of now .

3 The fundamental experience of both observer and observed is sensations= images, feelings , thoughts . ( SIFT)

4 Systems of thought ( human constructs ) are many --religious, theological, philosophical, scientific, economic, political, primitive.

Sensations, images, feelings, thoughts are entangled modifications of awareness , and the result of social and cultural conditioning & current system of education .

5 Therefore no construct has a privileged position over another. </=>

6 The construct is real for the being embedded in it.

7 Excitations of awareness are on off modulations of fundamental awareness.

8 Excitations are in time , awareness is not in time .

9 Birth , death , body, mind , brain , universe, God , stars , galaxies,=Big bang -anything that has been given a name, by humans ( itself a label = are all constructs.

10 Freedom lies in the experience of identity beyond constructs --pre awareness/ consciousness --prior to subject/object split.

11 All human suffering is the result of attachment to a construct includ=ng the fear of the construct we call death. Death happens to an exper=ence not to the awareness in which experience is born and dies in the time=ess moment of now.

12 Freedom is now in --being

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<<http://chopra.com>>

For more information visit: RadicalBeauty.com <<http://radicalbeauty.com/>> <<http://radicalbeauty.com/>> <=p>

<=span>

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From:=jeffrey E. <=eevacation@gmail.com <<mailto:jeevacation@gmail.com>> >

Sent: Wednesday, October 12, 2016 6:33:04 AM

To: Deepak Chopra

Subject: Re: Fw: thought

i really like the concept of usefule construct vs us=less. construct go going?

On Wed, Oct 12, 2016 at 5:54 AM, Deepak Chopra <=pan dir="ltr">

wrote:

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<=span>

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From: Deepak Chopra  
Sent: Wednesday, October 12, 2016 5:52 AM  
To: Rudolph Tanzi  
Cc: Fun=

<mailto: [REDACTED] "target=" blank">  
[REDACTED] >;

DNA , bacteria, brain --anything humans have given names to are human constructs --the entire universe including what we call "God"--is human construct. Reality is awareness and its excitations experienced as observer and observed -classification and description into form and phenomena are human constructs-products of language--linguistic, mathematical, scientific --useful but not fundamental

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<=span>

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From: Rudolph Tanzi [REDACTED]  
Sent: Tuesday, October 11, 2016 9:50:29 PM  
To: Deepak Chopra

[REDACTED]

Subject: Re: thought

Every universe of every being is their own construct. Those with similar DNA agree most on the construct. The universe of a bacterium in a dish is much difference than ours, which is close to that of our dog while the bacterium's is closer to a yeast. These are all valid universes changing with the DNA-encoded perception of each species.

On Oct 11, 2016, at 8:40 PM, Deepak Chopra <[REDACTED]> wrote:<=div>

I cannot in all honesty  
I believe that the universe we experience is totally a human construct=C2

Deepak Chopra

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<<http://www.radicalbeauty.com/>>

On Oct 11, 2016, at 8:38 PM, FundrPublicInter [REDACTED]  
[REDACTED] > wrote:

From: "Sperry Andrews" <[REDACTED]> " style="font-size:12pt" =target="\_blank">[REDACTED]

"Deepak, Sperry, This is PERFECT. Love, =A0Suzanne" =span style="font-family:arial,helvetica,sans-serif">What makes mutual understanding "perfect" ? I find, the challenge here on t=is list, and in life, appears precarious at times. Well, yes. Humans are not always stable, get easily frightened.

When we are, consciously aware of our non-verba= sensory/emotional experience - which reliably a=llows our verbal-analytic minds to integrate their abstract concepts with w=at is intimately being sensed and felt - we seem to agree. <=ont color="#9932cc">Yes, but (1) you describe an ideal ego-free state. =C2 (2) It seem to be this is not yet 1 goal for the whole group so we do='t benefit from task unification as we did before the list mergings. Their makes it harder but also better.Other=ise, we go round and around in circles - as if caught up =n a dictionary of terms with different meanings for each of us - often times be=oming strident about what we wish to share more intelligently via mutual u=nderstanding. (3) That's the different, opposing agendas. I for one would love to see us aspire t= paradigm change. In the absence of sharing non-verbally - in a fully embodied way - as =ne single Self/Self aware consciousness, we learn from suffering - </=ont>to un-learn =A0these habits.

On Fri, Oct 7, 2016 at 5:28 AM, FundrPublicInter [REDACTED]  
[REDACTED]

Deepak, Sperry,

This=is PERFECT.

Love,  
Suzanne

-----Original Message-----

From: Sperry Andrews <[REDACTED]>  
<[REDACTED]>

To: Deepak Chopra [REDACTED]  
[REDACTED]

[REDACTED]com>

[REDACTED]

Sent: T=, Oct 6, 2016 6:32 pm  
Subject: Re: thought

With every new instant of perceptual activity, I feel our mortal forms=more closely approximating what is constant.

On Thu, Oct 6, 2016 at 2:51 PM, Deepak Chopra <[REDACTED]> <[REDACTED]> wrote:

I find it existentially exhilarating

Deepak Chopra

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<<http://www.radicalbeauty.com/>>

On Oct 6, 2016, at 5:36 PM, [REDACTED] <[REDACTED]> wrote:  
<[REDACTED]>

Hugs, Sperry,

With=your 1st 5 lines. I have problems with the rest of what you say here= I find it existentially despairing.

Love,  
Suzanne

-----Original Mes=age-----

From: Sperry Andrews <[REDACTED]>  
<mailto:[REDACTED]>  
[REDACTED]  
[REDACTED] Carlo Monsanto <[REDACTED]>  
>; ELIZABETH A. RAUSCHER <[REDACTED]>; Jim  
Beichler <[REDACTED]>; Karla Galdamez <[REDACTED]>  
[REDACTED]; Rudy Tanzi <[REDACTED]>  
[REDACTED] Subhash Kak <[REDACTED]>  
[REDACTED] <[REDACTED]>  
[REDACTED] Glen Rein <[REDACTED]> kajobst  
[REDACTED] mukhoak1953 <[REDACTED]>  
[REDACTED]; s.lakshmanan <[REDACTED]>;  
[REDACTED];  
[REDACTED]; Menas Kafatos <[REDACTED]>; Millard  
Wohl <[REDACTED]>

Sent: Thu, Oct 6, 2016 2:36 pm  
Subject: Re: thought

contemplating math symbolically,  
when we divide 1 by an infinitely large number  
we most closely approximate 0.  
 $1/\text{infinity} = 0$ ,  
This "I" experiences being a singular unity that is continuously being divided by  
infinite variations on a theme,  
re-creating what "I" AM BEing as an awakeness that is receiving and reflecting  
some sense of all that ever was, is and will be, as no body going now=re,  
unborn, deathless, immeasurable, indivisible, timeless consciousness.<=div>

On Thu, Oct 6, 2016 at 11:25 AM, Sperry Andrews <[REDACTED]>  
[REDACTED] > wrote:

That which is 'not a thing' cannot be divided--contributing an=essential,  
indispensable, 'eternal' constant to all forms.

On Thu, Oct 6, 2016 at 11:05 AM, [REDACTED]  
[REDACTED]

Hugs, Sperry,

Hoor=y! You acknowledge there is form.

Your=last sentence, however, for me, does not deal with form enough.

The point=unfolded to make the ultimate case for indivisibility but even points  
are=C2 divisible.

Immortal=font size="4"> is a =A0theological concept which I believe applies (like  
eternal) only in =he sense that atoms recycle.

Love,  
Suzanne

-----Origin=I Message-----

From: Sperry Andrews [REDACTED]

To: Deepak Chopra [REDACTED]

Sent: Wed, Oct 5, 2016 2:06 pm  
Subject: Re: thought

of 'you' ?

This - below - appears to be so to this " I. " Does =ny of 'this' make sense to any

trans=ent life possible.

Without both hydrogen and oxygen there would be no water--which makes



The zen chant we all know, form is formlessness, formlessness is form, can be experienced by humanity as whole.

Without formlessness form would not transform in space over time. Without form formlessness would be nothing at all.

These two ingredients constantly mixing together, perpetuate their characteristics. Formlessness uniting all as one,

while forms attempt to perfect their capacity to be like formlessness-indivisible, immortal, all knowing consciousness.

On Wed, Oct 5, 2016 at 5:58 AM, Deepak Chopra <[REDACTED]>

[REDACTED] wrote:

"I" is not a person

There is no such thing as a person.

You are never the same person as a child infant teen aged older man/

woman=C2

"I" is the awareness in which the so called person arises and subsides as an intermittent stream of sensations images feelings and thoughts. These in turn arise in "I" are known in "I" and are made out of "I". "I" is infinite being ( = formless ' ) having a finite experience as form . The form is an illusion as it is phenomena - an activity of the formless . All forms are phenomena . All phenomena arise and subside in every moment of now .The formless is the only reality . It is timeless being . You cannot hold on to a time bound phenomenon . It is not a "thing" . Even the " you " that you call " I " is a time-bound phenomenon .

Nothing to hold on to and no one doing the holding on = Freedom in Being =3D

Yoga

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On Oct 5, 2016, at 5:33 AM, [REDACTED]

[REDACTED] wrote:

Hugs, Deepak:

A thought about I Am The Universe:

There are millions of people, IN THE MAINSTREAM, who buy, for example, Greg Braden's books about cyclical universes. I= they feel, accurately, that the universe is on an irreversibly downward spiral, I don't think they'll be calmed or comforted by a concept claiming what your title claims.

Can you find some way to say what you must while adding to it?

Much love,  
Suzanne

Dr. Rudolph E. Tanzi  
Joseph P. and Rose F. Kennedy Professor of Neurology  
Harvard Medical School  
Vice-Chair, Neurology; Director, Genetics and Aging Research Unit  
Massachusetts General Hospital  
114 16th Street  
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<http://www.mghmind.org/faculty> <http://www.mghmind.org/faculty/Tanzi>

<http://dms.hms.harvard.edu/neuroscience/fac/tanzi.php>

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