
From: Deepak Chopra [REDACTED]
Sent: Sunday, October 16, 2016 8:10 PM
To: jeffrey E.
Subject: Re:

Forget it !

You used the word " I "

" I " is the center of all experience and volition and also =t's interpretation !

The early universe that Krauss speaks of (prior to humans) is a huma= construct derived from other human constructs . It's created in human ima=ination and framed in terms of human experience even though we were not th=re to experience it !

It's hard to get people to realize that body brain matter universe are=constructs Re sending in case yo did not read it

We experience realit= in

The HUMAN UNIVERSE<=span>

1 Everyday reality is a human construct .

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

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

4 Systems of thought (human constructs) are many --religio=s, theological, philosophical, scientific, economic, political, mythologic=l .

Sensations, images, feelings, thoughts are entangled modific=tions of awareness , and the result of social and cultural conditioning &a=p; current system of education .

5 Therefore no construct has a privileged position over anot=er.

6 The construct is real for the being embedded in it. <=span>

7 Excitations of awareness as sensations images feelings and=thoughts constitute all experience .

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 (its=If a label) are all constructs.

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

11 All human suffering is the result of attachment to a construct including the fear of the construct we call death. Death happens to an experience not to the awareness in which experience is born and dies in the timeless moment of now.=/p>

12 Freedom is now in --being

Deepak Chopra

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New Book: Radicalbeauty.com <<http://radicalbeauty.com>>

=img src="http://kimberlysnyder.com/wp-content/uploads/2016/09/Radical-Beauty-Book-Cover-1.png"
height="200" width="139" class=""> <<http://www.radicalbeauty.com>> <=div>

On Oct 16, 2016, at 3:56 PM, jeffrey E. <jeevacation@gmail.com<mailto:jeevacation@gmail.com>> wrote:

no, it didn't , i wrote it without conscious thought. my conscious thought did not correct the typing errors. it came out without conscious interference

On Sun, Oct 16, 2016 at 3:54 PM, Deepak Chopra <=span dir="ltr"> [REDACTED]
<mailto:[REDACTED]> > wrote:

Consciousness made it possible for you to write this email.

Consciousness makes experience possible and as also all volition - consciousness or unconscious

Consciousness includes the subconscious and unconscious mind . The consciousness mind is the crest of a wave in the infinite vast unmanifest ocean of consciousness .

Consciousness transcends space time as even space time are experiences in consciousness .

There is no such thing as a world , a universe , a mind , a brain , or a body . These are human constructs in human consciousness - an interpretation of modulations or excitations of consciousness itself .

In reality there is only species specific experience in species of consciousness .

Evolution of species is evolution of species of consciousness . <=div>

You are correct re error correction but it's only part of the story

The activities of consciousness are

Recursion
Creative interactivity
Complementarity
Self Organization
Self Regulation
Evolution
No one understands this !
Consciousness is your most intimate experience of existence ,
The world is a projection of the light of consciousness in the same wa= as a movie is a projection
of photons .

People are so bamboozled by their own projections . They are like a ma= in a cinema watching the movie and so immersed in it they think it's real=!

Pinch yourself to wake up to the awareness in which all experience hap=ens and out of which all experience is made

There are no material objects only perceptual and cognitive experience= / processes in consciousness . That includes what you refer to as your ow= body/ mind / universe

Do watch

How to wake up

<https://www.facebook.com/DeepakChopra/videos/10154001734525665/>
<https://www.facebook.com/DeepakChopra/videos/10154001734525=65/>

Xoxo

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Ne= Book: Radicalbeaut=.com <<http://radicalbeauty.com/>>

<<http://k=mberlysnyder.com/wp-content/uploads/2016/09/Radical-Beauty-Book-Cover-1.pn>

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On Oct 16, 2016, at 8:17 AM, jeffrey E. <jeevacation@gmail.com<<mailto:jeevacation@gmail.com>>> wrote:

conciounsess is wayyy overrated.

I would liike you to consider the consiousnss as primari=y an imperfect error correction system and also a train=r teacher. the vast majority of your actions are carri=d out, without itsongoing involvement. it is there howev=r when awake to correct errors. . it is slow and imperfect. =ets some errors through, as they come too fast for it to stop =hem. It makes the free will argument much more com=lex. . It tries to course correct. If you were to imagin= the flippers on a pin ball machine. that is consiosness. it tries=to direct the balls , missing some, getting others. = if the flow is too fast. it misses more. like during high emo=ional states.

There is a large body of work that for ex suggests that =hen you reach for something your hand shoots out and alo=g the way it makes corrections. that is your consious in=ut

If you are tired the flippers work less efficient= FREE WILL , the balls will come down. you can attempt to modify their path, with dynamic =uard rails. and flippers. but cant get them all.

You can play the piano , but not consciously. you can train your subconsious and then when playing hear the =rror. but not avoid it. that is too fast for the consio=s to correct.

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please note

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