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**From:** Deepak Chopra <[REDACTED]>  
**Sent:** Wednesday, April 18, 2018 11:19 AM  
**To:** jeffrey E.  
**Subject:** Re:

I'm trying to give up the concept of "winning."

Having lunch today with a science writer who mockingly criticized me in the media.

Evening public talk with Rupert Spira - teacher of nonduality from England - will send you link.

Travel to Zurich tomorrow

✿•♥

Deepak Chopra MD

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Chopra Foundation <<http://www.choprafoundation.org/>>

Jiyo <<http://www.jiyo.com/>>

Chopra Center for Wellbeing <<http://www.chopra.com/>>

[www.discoveringyourcosmicself.com](http://www.discoveringyourcosmicself.com) <<http://www.discoveringyourcosmicself.com>>

On Apr 18, 2018, at 7:13 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto:[jeevacation@gmail.com](mailto:jeevacation@gmail.com)>> wrote:

in the game of life that you are playing, what is winning for you?

Consciousness is the ground state that differentiates itself into all processes and all experience .  
Knower knowing and known  
Observer observing and observed  
Seer seeing and scenery  
The processes are in time ( create time )  
Consciousness is not in time  
It is .

Deepak Chopra MD

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On Apr 18, 2018, at 7:00 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <<mailto:jeevacation@gmail.com>>>

consciousness involves a process? as opposed to a thing can you separate the thing from the process that defines it. .

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