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**From:** Deepak Chopra <[REDACTED]>  
**Sent:** Monday, September 25, 2017 12:10 PM  
**To:** Jeff Epstein  
**Subject:** We are a species of consciousness

<http://www.sfgate.com/opinion/chopra/article/How-to-Manage-Your-Own-Evolution-12225765.php>  
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By Deepak Chopra, MD Human beings are the only living creatures who can manage their own evolution. We can decide to progress and grow or to devolve and ultimately destroy ourselves. This isn't a Darwinian proposition. Darwin's theory of evolution is based on the struggle for survival where two factors dominate: being able to mate and to find enough food. Homo sapiens escaped those factors (for the most part) in recent times. Our evolution moved from primitive survival needs to the realm of consciousness. This turns out to be the most fascinating aspect of being human, and not just in the abstract.

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