Tell me what you heard then we can put more meat on it

Sent from my iPhone

On Aug 18, 2009, at 12:10 AM, ████████████████████████ wrote:

> F,
> Thanks for bringing me down to see you.   Fun to hang out and catch
> up. Interesting transition time.
> You might look into Continuum.   http://www.continuummovement.com/
> You know about everything and you should know about this.   Profound
> for bringing a body back.
> I learned something interesting today -- when you have inflammation in
> your body, you can't build muscle (in the area where there's
> inflammation).
>
> On the music...
> Ani and Vijay -- the guys that I found -- are terrific.   Probably
> can't keep them engaged, but I'll see....
> Meanwhile, today, John Cacioppo (at U.Chicago) talked about
> synchronicity, body rhythms, etc. in a way that makes me wonder -- is
> THIS the music inside of us... Cacioppo studies heart, brain, nervous
> system, psych/cognition/physiology/neurosci. Nerdy,
> brilliant....   I'm still working to get my arms around what you're
> imagining....
>
> Thanks again!!
> xo
> ███
>

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```xml
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