

From: Deepak Chopra <[REDACTED]>

To: Jeff Epstein <jeevacation@gmail.com>, Barnaby Marsh <[REDACTED]>

Subject: Brilliant blog on the human condition by a friend.

Date: Sun, 04 Feb 2018 21:04:43 +0000

Brilliant blog on the human condition by a friend.

Bamboozled by our own constructs !

One's capacity for the spontaneous assignment of meaning is quite remarkable. It's easy to see how you appear to yourself in the form of sensation, sentiment, ideology, and an endless stream of imagined fabrication.

The degree to which you identify with the effortless fabrication of yourself could possibly have some relationship with the quality and seriousness of your disappointments and apprehensions concerning what you think is your life.

We are driven by craving and opinion, preference and anticipation, control and bracing all of which are occurring in one's imagination of oneself thus implying a previous, present, and future condition.

We assess and consent to being in and of the nature of some condition as a consequence of the movement of thought percolating as the spontaneous assignment of meaning.

We have little awareness of or relationship with the actual textures of light, sound, taste, touch, smell, and consciousness itself because we are too busy converting conscious contact into a story about ourselves as the lead actor. This claiming reflex upstages the impersonal intimacy of conscious contact and interferes with our ability to feel what's so by implying a complex artifact of cause, effect, value judgment and future event; a perfect storm of malcontent.

All too often we remain compulsively cleaved (adhered in this case) to the familiar manner in which we insist that reality is functioning or expressing, while we fail to consider a radically alternate though companion quality of experience which reveals itself once we become disinterested in what story-telling has to tell us about ourselves and the world.

All is appearing in awareness of that which is appearing, but the awareness itself is neither subject nor object and cannot be truly anthropomorphized as self, this revelation is seen or more aptly felt as resting as simplicity.

You are not presently in a condition, and oddly enough never have been. All conditions are eloquently manufactured in presence as a story told, our practice and joy is to reacquaint ourselves with object-less novelty, this encounter cleanses us of the burden of becoming.

Deepak Chopra MD

[REDACTED]
[Carlsbad, CA 92009](#)

[Chopra Foundation](#)

[Jiyo](#)

[Chopra Center for Wellbeing](#)

[REDACTED]
1486494082887_email-signature-order.jpg