

To: jeevacation@gmail.com[jeevacation@gmail.com]
From: [REDACTED]
Sent: Mon 9/9/2013 8:48:35 PM
Subject: Re: do you know herbert benson of harvard mind body

it was weird to me that he made no mention of the parasympathetic nervous system which mediates all of the autonomic functioning. while i am positive he understands it - he just didn't seem to have a theory about how/why it works.

so he's pretty much just an observer and not a theorist.

he's not even a very good observer either since he showed brain images and failed to mention the most interesting observations of all which is the lateralization of sympathetic response and the bilateral medial representation of the parasympathetic response.

but i guess...he's a cardiologist...so....

i wanted to raise my hand and heckle but i was good.

what's also interesting is this analogue that exists for yoga, prayer, meditation, etc.

i also think it is totally fascinating too that you also stare when you are truly in it. sanskrit called "drishti" but actually neat because it seems to be only cranial nerves but driven back centrally.

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED] <[REDACTED]>
Sent: Mon, Sep 9, 2013 4:40 pm
Subject: Re: do you know herbert benson of harvard mind body

his views are pretty old , and devoid of computational sophistication.

On Mon, Sep 9, 2013 at 4:37 PM, <[REDACTED]> wrote:

super smart and a fun thing here
all the WB folks are baffled

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED] <[REDACTED]>
Sent: Mon, Sep 9, 2013 4:34 pm
Subject: Re: do you know herbert benson of harvard mind body

very smart

On Mon, Sep 9, 2013 at 4:33 PM, [REDACTED] > wrote:

?
he's here at the WB today with a few monks
pretty cool

--

The information contained in this communication is confidential, may be attorney-client privileged, may constitute inside information, and is intended only for the use of the addressee. It is the property of Jeffrey Epstein

Unauthorized use, disclosure or copying of this communication or any part thereof is strictly prohibited and may be unlawful. If you have received this communication in error, please notify us immediately by return e-mail or by e-mail to jeevacation@gmail.com, and destroy this communication and all copies thereof, including all attachments. copyright -all rights reserved

--

The information contained in this communication is confidential, may be attorney-client privileged, may constitute inside information, and is intended only for the use of the addressee. It is the property of Jeffrey Epstein

Unauthorized use, disclosure or copying of this communication or any part thereof is strictly prohibited and may be unlawful. If you have received this communication in error, please notify us immediately by return e-mail or by e-mail to jeevacation@gmail.com, and destroy this communication and all copies thereof, including all attachments. copyright -all rights reserved