



Answers

Skip to Section: The Daily Habits to follow (35:45)

1. **(35:45-36:14)** What are the 4 detrimental effects that lack of sleep can have on a person's body and mind?
Premature death from cardiovascular disease, alzheimers, a lack of creativity, inflammation.
2. **(36:14-37:08)** Aside from sleep, what are 3 other daily habits that Deepak Chopra advocates?
 - **Any practice which quietens the mind**
 - **Meditation, reflection, contemplation, sitting quietly watching your breath etc.**
 - **Exercise**
 - **Mind-body co-ordination, which is different to regular exercise**
 - **Yoga, martial arts, breathing practices, tai chi, chi gong, gymnastics, judo. They activate a different part of the nervous system which activates self-regulation.**

What is success?

3. **(1:02:58-1:03:22)** What is Deepak Chopra's first definition of success, and what comment does the interviewer make about this?
The progressive realisation of worthy goals. The interviewer mentions that 'worthy goals' is very subjective, so this could even mean taking care of your dog.
4. **(1:03:22-1:03:42)** What does Deepak Chopra say about the pursuit of money?
If money is your goal for the sake of having money then you will never be happy. If money is your goal for the sake of making a difference to peoples lives, including your own and your family, and also community then that is a worthy goal.
5. **(1:03:42-1:04:09)** What are Deepak Chopra's 2nd and 3rd definitions of success?
 2. **The ability to love and have compassion**
 3. **To go back to your creative source**
When you have the ability to go back to your creative source, then you will definitely be successful.
6. **(1:04:09-1:04:15)** What should we not do in the pursuit of success?
Don't be bamboozled by the hypnosis of social conditioning, and don't be in a rush to conform.
7. **(1:04:15-1:04:37)** What does he say about houses here, and what does this tell us about ourselves as humans?
If you have a house worth \$50 000, and you are offered a house which is worth \$500 000, but your neighbours have a house worth millions of dollars then you won't move, because we are socially programmed to compare ourselves to others.



Answers

8. (1:04:53-1:05:14) What are Deepak Chopra's exact words in these 21 seconds?

[see page 5 for a transcript of this section and a mini accent breakdown].

1 change to lead us to a better future

9. (1:16:20-1:16:47) What is one change that Deepak Chopra would make if he became President of the world?

He would introduce an education that does not sacrifice self-awareness. We have information overload now, which isn't necessary because we have Google and Chat GPT if we don't know something. However, we need to know who we are.

10. (1:16:47-1:17:17) What is "Prometheus", and what problem could it pose for Deepak's fellow physicians?

Prometheus is a new software by Microsoft which is way beyond Chat GPT. It will put most of his fellow physicians out of business, because it makes the best diagnoses and gives the best information.

11. (1:17:17-1:18:21) What is the problem with entrepreneurs today, and what should we learn from it?

Entrepreneurs are talking about 'exit strategy' before they've started the business. It is like 'dividing the loot' before the train is robbed. We live in a 'hustle culture', where many people keep hustling until death. Deepak says that we should make joy, self-understanding and self-awareness the fundamental purpose of existence and everything else will follow.

12. (1:17:21-1:19:10) According to Deepak Chopra, what is the healthiest emotion that you can have and why?

It is not love, not compassion, not joy but awe and wonder. Why do we exist and why do we have the awareness that we exist. If you are full of wonder then you return to innocence, which is what we have lost in this world today.



Answer to Question 8 and Guide to Some Features of an Indian English Accent

Transcript of the video (1:04:53-1:05:14)

Key - Some differences between the Indian English accent and Standard English:

Blue text	<p>The 'r' in the Indian English accent is very different to most other English accents. The 'r' that you can hear in the video is known as an 'alveolar tap', where the 'r' just taps the roof of the mouth behind the teeth. This type of 'r' can be heard in Scottish accents, as well as the Spanish, Korean and Japanese languages.</p>
Green text	<p>'ai' sounds as in 'wait' and 'gate' are pronounced like an 'e' as in 'get'</p> <p>This sound is an 'e' but potentially slightly longer. It is a classic feature of the Indian English accent. As you can see in the transcript below, Deepak doesn't do this with all 'ai' sounds.</p>
Red text	<p>'th' sound replaced by an aspirated (or strong) 't' sound</p> <p>It is written in the transcript as 't', but it sounds like a 't' with a strong breath after it. Words such as 'think' are pronounced as 'tink'. This is also a feature of some Irish English accents.</p>
Orange Text	<p>'t's and 'd's are more 'retroflex'.</p> <p>'t' sounds are pronounced with the sharp tip of the tongue, which is easy to understand but constitutes one of the classic features of an Indian English accent.</p>
Small text and bold text	<p>'filler' words such as 'are / to / a / can / of / for / from' are sometimes reduced to very quick sounds which are hard to hear. Each of these words contains some form of 'schwa' sound, which is a kind of lazy 'uh' sound. This occurs in all accents, including US accents. However, one of the main features of Indian English is that this schwa sound is used much more rarely, and full pronunciation of these small words is used instead. This has a big effect on the rhythm of speech, and therefore Indian English sounds as if it has a completely different rhythm to US, UK, and Australian English. The small words in bold text are pronounced fully where they would otherwise be pronounced with a schwa in other English accents. This is also a feature of other South Asian English accents, and is a common feature among many second-language European speakers of English.</p>

Grey text

The real transcript of the video

When my son **was** growing up he always **was** reading comic books, _n you know,
 When my son was growing up he always was reading comic books, and you know,

engaging in games _n sports _n **was** very poor **at** mathematics, **and** my wife would
 engaging in games and sports and was very poor at mathematics, and my wife would

constantly complain **that** he's not good **at** school ... I said **wed** a minute, he'll...he'll
 constantly complain that he's not good at school ... I said wait a minute, he'll...he'll

do **what** he's enjoying. **Let** him do **what**he's enjoying.
 do what he's enjoying. Let him do what he's enjoying.