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**From:** Sarah [REDACTED]  
**Sent:** Wednesday, April 27, 2011 7:57 AM  
**To:** Jeffrey Epstein  
**Subject:** Fw: Daily Kabbalah Tune Up: Pouncing On Pride

Thought for the day

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**From:** Marcus Weston <[REDACTED]>  
**Date:** Wed, 27 Apr 2011 07:26:06 +0000  
**To:** Marcus Weston <[REDACTED]>  
**Subject:** Daily Kabbalah Tune Up: Pouncing On Pride

Sunday April 24, 2011

Blockages in relationships thicken when you refuse to release being right. Like an egg, the longer your opinions boil, the harder you get.

Today, approach a loved one with whom you've argued and apologize if you were wrong. And if they were wrong, then also apologize.

Pouncing on your pride is a greater sign of strength than pounding on your chest.