

From: "jeffrey E." <jeevacation@gmail.com>

To: Deepak Chopra <[REDACTED]>

Subject:

Date: Wed, 21 Sep 2016 10:21:53 +0000

I think that you might consider that meditation is a tool. tools are neither good or bad , its how they are used . is the key, I fear that mediation. can cause depression. awareness without a fast adrenaline reponse. is risky . depressions takes one apart from their surroundings. separates reations from consious awareness. if a snake is going to bite (more probable in todays times). you need not to be aware. but to have lightneing reflexes . being too peaceful is dangerous. and depressives describe a state similar to meditative ones. not effected by whats around them , not thinking about the future , living in the moment. - however its existing not living. not suffering but creating distance from your pain, is another depressive reaction.

hope you are having fun

--

please note

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 JEE

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