

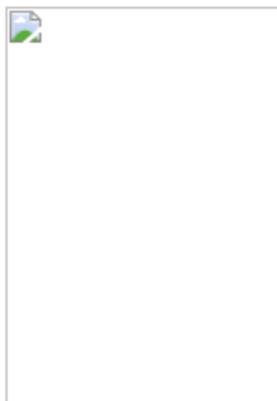
From: Deepak Chopra <[REDACTED]>
To: jeffrey E. <jeevacation@gmail.com>
Subject: Re:
Date: Wed, 21 Sep 2016 11:07:52 +0000

Sending you voice note    

Deepak Chopra



New Book: Radicalbeauty.com



On Sep 21, 2016, at 6:22 AM, jeffrey E. <jeevacation@gmail.com> wrote:

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 lightineing 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

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please note

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JEE

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