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To: Deepak Chopra

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 meditation. can cause depression. awareness without a fast adrenaline response. is risky . depression takes one apart from their surroundings. separates reactions from conscious awareness. if a snake is going to bite (more probable in todays times). you need not to be aware. but to have lightning 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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=A0 please note

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