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**From:** Deepak Chopra <[REDACTED]>  
**Sent:** Wednesday, September 21, 2016 11:08 AM  
**To:** jeffrey E.  
**Subject:** Re:

Sending you voice note 

Deepak Chopra



New Book: Radicalbeauty.com <<http://radicalbeaut=.com/>>

=img src="http://kimberlysnyder.com/wp-content/uploads/2016/09/Radical-Be=uty-Book-Cover-1.png" height="200" width="139" class=""> <<http://www.radicalbeauty.com/>> <=div>

On Sep 21, 2016, at 6:22 AM, jeffrey E. <[jeevacation@gmail.com](mailto:jeevacation@gmail.com) <mailto: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,&nbsp; I fear that mediation. can cause depression. &nbsp; awareness without a fast adrenaline reponse.&nbsp; is risky . depressions takes one apart from their surroundings. separates reati=ns 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 refle=es .    being too peaceful&nb=p; is dangerous. and depressives describe a state simila= to meditative ones.   not effected by whats around =hem , not thinking about the future , living in th= moment.   - however its existing not living. &nbsp; 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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