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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://radicalbeauty.com/>>

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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,&=bsp; I fear that mediation. can cause depression.      awareness without a fast adrenaline reponse.&=bsp; 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&=bsp; 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.      &=bsp; 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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