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book on meditation
that explains how it
can help you achieve
happiness and also
why it works,
according to modern
science. The
combination of
Buddhist wisdom and
science is very
interesting, and
Yongey Mingyur
Rinpoche does a great
job explaining both

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aspects in simple
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Working with

neuroscientists, the

author provides clear

insights into modern

research, which

indicates that

systematic training in

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meditation can
enhance activity in
areas of the brain
associated with
happiness and
compassion. With an
infectious joy and
insatiable curiosity,
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Rinpoche weaves
together the
principles of Tibetan
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qualities of wisdom
and compassion that
naturally manifest
from awareness itself.

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course of meditation
training for those
who are interested in
learning how to
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format; and two, to
provide a grounding
in basic meditation
principles and
practices for those
who are interested in
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practice.

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this groundbreaking
work, world-
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Mingyur Rinpoche
invites us to join him
in unlocking the
secrets behind the
practice of
meditation.

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that nurtures basic
functions of the mind,
such as mindful
awareness and the
movements toward
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principles of Tibetan
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neuroscience, and
quantum physics in a
way that will forever
change the way we
understand the
human experience.

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ancient Buddhist
wisdom with the
latest developments
in Western medicine
to present meditation
techniques which are
designed to change
the directions of one's
thoughts and
perceptions in order
to promote relaxation
and happiness.

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millennia, Buddhists
have enjoyed the
limitless benefits of
meditation. But how
does it work? And
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behind this ancient
practice have long
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this groundbreaking
work, world-

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renowned Buddhist
teacher Yongey
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in unlocking the
secrets behind the
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clear insights into modern research indicating that systematic training in meditation can enhance activity in areas of the brain associated with happiness and compassion. He has also worked with physicists across the country to develop a fresh, scientifically

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based interpretation
of the Buddhist
understanding of the
nature of reality. With
an infectious joy and
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weaves together the
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For millennia,
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meditation. But how
does it work? And
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behind this ancient
practice have long
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best minds in modern
science. Until now.
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work, with a foreword

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by bestselling author
Daniel Goleman,
invites us to join in
unlocking the secrets
behind the practice of
meditation. Working
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the author provides
clear insights into
modern research,
which indicates that
systematic training in
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enhance activity in

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areas of the brain associated with happiness and compassion. With an infectious joy and insatiable curiosity, Yongey Mingyur Rinpoche weaves together the principles of Tibetan Buddhism, neuroscience, and quantum physics in a way that will forever

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change the way we understand the human experience. And using the basic meditation practices, he offers readers a chance to recognize the unlimited potential of our own minds.

Buddhists have enjoyed the benefits of meditation for

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millennia. Here,
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Mingyur invites us to
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Uncovers the source
of anxiety in one's life

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Living Tengey
and describes
meditation methods
to develop a deeper
understanding of
oneself in order to
banish emotional,
physical, and
personal problems.

A rare, intimate
account of a world-
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experience and the

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life-changing wisdom
he gained from it

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life

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At thirty-six years old, Yongey Mingyur Rinpoche was a rising star within his generation of Tibetan masters and the respected abbot of three monasteries. Then one night, telling no one, he slipped out of his monastery in India with the intention of spending the next

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four years on a wandering retreat, following the ancient practice of holy mendicants. His goal was to throw off his titles and roles in order to explore the deepest aspects of his being. He immediately discovered that a lifetime of Buddhist education and

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practice had not prepared him to deal with dirty fellow travelers or the screeching of a railway car. He found he was too attached to his identity as a monk to remove his robes right away or to sleep on the Varanasi station floor, and instead paid for a bed in a cheap hostel. But

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when he ran out of money, he began his life as an itinerant beggar in earnest.

Soon he became deathly ill from food poisoning—and his journey took a startling turn. His meditation practice had prepared him to face death, and now he had the opportunity to test

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the strength of his
training. In this
powerful and
unusually candid
account of the inner
life of a Buddhist
master, Yongey
Mingyur Rinpoche
offers us the
invaluable lessons he
learned from his near-
death experience. By
sharing with readers
the meditation

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journey with fresh
meaning, luminosity,
and life. ” —Tara
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story—moving and
inspiring, profound
and utterly human. It
will certainly be a

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dharma Yongey
classic. ” —Jack
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Rinpoche provides
gentle yet thorough
commentary,
companionship, and
inspiration for
committing to the
Vajrayana path.

Children will love
learning the calming

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power of meditation
alongside Ziji, a
playful puppy. Ziji is a
noisy, bouncy puppy
who lives with the
Anderson family:
Mom, Dad, Jenny, and
Baby Jack. He loves to
bark and play
and—most of
all—chase pigeons in
the park. Then one
day, Ziji sees a new
boy from Jenny's

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school, Nico, sitting in the park. What is Nico doing? Why does he look so calm and happy? Ziji can't wait to find out. This book, written by Yongey Mingyur Rinpoche, one of the new generation of Tibetan Buddhist masters, will teach your child the basics of meditation in a fun

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and engaging way.
Included after the
story is a guide for
parents and teachers
with more
information on what
meditation is and how
it can be helpful as
well as suggestions
on how children can
continue to practice
meditation on their
own.

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Yongey Mingyur
Rinpoche's
experience begins the
night he has chosen
to embark on a four-
year wandering
retreat, slipping past
the monastery gates.
Alone for the first
time in his life, he
sets out into the
unknown. His initial
motivation is to step
away from his life of

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privilege and to explore the deepest, most hidden aspects of his being, but what he discovers throughout his retreat - about himself and about the world around us - comes to define his meditation practice and teaching. Just three weeks into his retreat, Rinpoche becomes

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deathly ill and his journey begins in earnest through this near-death

experience. Moving, beautiful and suffused with local colour, Wandering is the story of two different kinds of death: that of the body and that of the ego, and how we can bridge these two

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experiences to live a
better and more
fulfilling life.

Rinpoche's skilful and
intimate account of
his search for the self
is a demonstration of
how we can
transform our dread
of dying into joyful
living.

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Wisdom is a practical
manual on Tibetan
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seven steps are like a
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use to gradually
discover total
awakening. When we
wholeheartedly
commit to practicing
these seven steps, the
result will be a
positive inner

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