

Unlocking the joy in living -- Part 2

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Yongey Mingyur Rinpoche

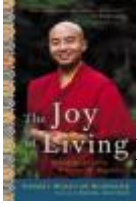
Episode 2: Some practical guides (16 min.)

Rinpoche gives Tom Fox some practical guidelines and tips for deepening meditation. People make what is quite easy too difficult, he says.

- [Click here to add this podcast to your iTunes.](#) [1]
- [Right click to download to your computer: Full episode \(16 min.\)](#) [2]

More about Rinpoche

When Rinpoche was nine, he moved to the hermitage of Nagi Gumpa in Nepal to study Mahamudra teachings, as well as instructions on the Trekcho and Togyal aspects of Dzogchen with his father, Tulku Urgyen Rinpoche, one of the greatest Dzogchen meditation masters of our time. When Mingyur Rinpoche was 11 he was invited by H.E. Tai Situ Rinpoche to study at Sherab Ling in northern India. There he learned the practical applications of the daily rituals of Karma Kamtsang and the tantras according to the tradition of Marpa. Rinpoche also completed all required studies at the monastic college or shedra. At the age of 13, Rinpoche entered a traditional three-year retreat. At age 17 he was asked by H.E. Tai Situ Rinpoche to become the retreat master and at age 20, Situ Rinpoche asked Mingyur Rinpoche to become assistant Khenpo of Sherab Ling where a new monastic college was established under Mingyur Rinpoche's guidance.



Mingyur Rinpoche teaches actively in the West and is known for his remarkable ability to convey the Buddhist teachings in a clear and skillful manner. Learn more about his teaching at: <http://www.mingyur.org> [3].

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- [3] <http://www.mingyur.org/teachings/index.html>