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Unlocking the joy in living -- Part 1

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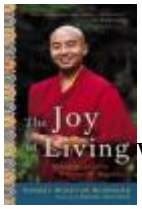
Yongey Mingyur Rinpoche

Episode 1: From mental breakdown to mental breakthrough (24 min.)
Yongey Mingyur Rinpoche allowed scientists at the University of Wisconsin to measure his brain activity as he meditated. He tells Tom Fox that the scientists discovered that the part of his brain responsible for happiness was 700 times more developed than that part of the brain in the average person. Rinpoche also describes how he used meditation to overcome incapacitating panic attacks.

- **Click here to add this podcast to your iTunes.** [1]
- **Right click to download to your computer: Full episode (24 min.)** [2]

Unlocking the joy in living
Yongey Mingyur Rinpoche, the author of *The Joy of Living: Unlocking the Secret & Science of Happiness*, is a highly venerated teacher and master of the Karma Kagyu lineage of Tibetan Buddhism. He was born in Nepal in 1975. Rinpoche has devoted his life to the study, practice and teaching of the Buddha dharma. He is also practiced in the details of modern culture and science.

More about Rinpoche



When Rinpoche was nine, he moved to the hermitage of Nagi Gompa 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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