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This is a great resource for anyone interested in meditation, no matter their religious or cultural views. Shinzen comes from a predominantly Buddhist background but

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Nov 27, 2009 Shinzen describes how his "The Science of Enlightenment" audio series was made at the Sounds True studio in Boulder, Colorado. He then gives a teaser about

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Shinzen Young is the founder of the Vipassana Support Institute and many other meditation centers around the country. More about Shinzen Young

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