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American-born meditation teacher and professor Shinzen Young presents The Science Of Enlightenment, a 12-tape audio instructional course embracing traditional

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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

The science of enlightenment audio series and book

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 (, Shinzen is an American meditation teacher. The Science of Enlightenment (2005) ISBN 1-59179-232-0; Pain Relief (2004) ISBN 1-59179-180-4;

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