

The Science Of Enlightenment By Shinzen Young

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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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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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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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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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Shinzen Young is the author of The Science of Enlightenment (4.29 avg rating, 136 ratings, 16 reviews, published 1998), Break Through Pain (4.11 avg rati

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The material on this site is the work of Shinzen Young, In Shinzen's science of enlightenment approach you will find how vipassana Buddhist meditation can be

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