

The meditation community of
Yongey Mingyur Rinpoche

Practice and Science of Meditation DVD (JR-06)



Type: Joy of Living Resources

Price: \$15.00

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1

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Description

For thousands of years, contemplatives and mystics the world over have experienced the transformative effects of meditation first hand. In the present day, a remarkable collaboration between some of the world's leading neuroscientists and advanced meditators is beginning to shed new light on this ancient practice.

In this video, meditation master Yongey Mingyur Rinpoche and renowned neuroscientist Dr. Richard Davidson discuss how mental training can help us recondition the mind and rewire the brain to experience wellbeing, compassion, and insight. This remarkable exploration by two of the world's leading experts on the science of meditation illuminates how transforming the mind through meditation brings about lasting changes in the structure and functioning of the brain.

Filmed at the First Unitarian Society - University of Wisconsin, June 4, 2010

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