

# Yongey Mingyur Rinpoche

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Yongey Mingyur Rinpoche was born in 1975 in a small Himalayan village near the border of Nepal and Tibet. Mingyur Rinpoche was drawn to a life of contemplation from an early age and would often run away to meditate in the caves that surrounded his village. In these early childhood years, however, he suffered from panic attacks that hindered his ability to interact with others and enjoy his idyllic surroundings. At the age of nine, Mingyur Rinpoche left to study meditation with his father. For nearly three years, his teacher, Tulku Urgyen, guided him experientially through the profound Buddhist practices of Mahamudra and Dzogchen, teachings that are typically considered highly secret and only taught to advanced meditators.

When he was eleven years old, he was requested to reside at Sherab Ling Monastery in Northern India. While there, he studied the teachings that had been brought to Tibet by the great translator Marpa, as well as the rituals of the Karma Kagyu lineage, with the retreat

master of the monastery, Lama Tsultrim. He was formally enthroned as the 7th incarnation of Yongey Mingyur Rinpoche by Tai Situ Rinpoche when he was twelve years old.

When he was thirteen, he entered a three-year retreat at Sherab Ling Monastery. The great diligence that Mingyur Rinpoche demonstrated throughout the retreat resulted in his attaining an extraordinary level of mastery over the mind and emotions. At this time, he completely overcame the panic attacks that had troubled him as a child, discovering first-hand how meditation can be used to deal with challenging emotional problems. When Yongey Mingyur Rinpoche completed his retreat, his beloved teacher Saljey Rinpoche passed away, leaving vacant his key position at Sherab Ling monastery. To replace him, Tai Situ Rinpoche appointed Mingyur Rinpoche as the monastery's next retreat master. The seventeen-year-old Mingyur Rinpoche was one of the youngest lamas to ever hold this position.

In 2002, Mingyur Rinpoche and other meditators were invited to the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin at the request of His Holiness the Dalai Lama. There, Richard Davidson, Antoine Lutz, and other scientists examined the effects of meditation on the brains of advanced meditators. The results of this groundbreaking research were reported in many of the world's most widely read publications, including National Geographic and Time.

Rinpoche's teaching style has been deeply influenced by his knowledge of science. He is especially well-known for his ability to enrich his presentation of the ancient insights and practices of Tibetan Buddhism with the findings of modern science. It is his hope that the emerging relationship between these seemingly disparate fields will yield key insights to help us realize our full human potential.

In addition to his responsibilities at Sherab Ling Monastery, Mingyur Rinpoche is the abbot of Tergar Osel Ling Monastery in Kathmandu, Nepal, and Tergar Rigzin KhachöTargyé Ling Monastery in Bodhgaya, India. He also teaches regularly throughout Europe, North and South America, and Asia, where he leads a growing number of Tergar Meditation Centers and Meditation Groups.

One of Mingyur Rinpoche's greatest passions is bringing the practice of meditation to people from all walks of life. He is developing programs to train facilitators and instructors to teach the practice of meditation in varied types of settings. When not attending to the monasteries under his care in India and Nepal, Rinpoche spends time each year traveling and teaching worldwide.