

ShinzenVideos

Title	Duration	Date
...and an Out Take (Shinzen Young, meditation teacher)	0 min	2009-11-26
1. WORKING with INTENSE EMOTION ~ Shinzen Young guided Stephanie Nash	9 min	2010-12-06
2. WORKING with INTENSE EMOTION ~ Shinzen Young works with Stephanie Nash	9 min	2010-12-06
3 DANCES of SELF & WORLD ~Shinzen Young	6 min	2013-09-01
3 Key Moments for Shinzen Young	7 min	2009-09-26
3 Things Shinzen got from Joshu Sasaki Roshi	9 min	2009-10-01
3 Watershed Moments – Shinzen Remembers the Self Separating from the Source	3 min	2014-06-09
3. WORKING with INTENSE EMOTIONS ~ Shinzen Young guides Stephanie Nash	8 min	2010-12-07
4. WORKING with INTENSE EMOTION – GUIDED MEDITATION (1 of 2))	9 min	2010-12-13
6. WORKING with INTENSE EMOTIONS – Discussion & Alternative Strategies	9 min	2010-12-14
Advanced and Specialized meditation on the phone. How phone retreats work. ~ Shinzen Young	4 min	2009-08-14
After Enlightenment? Love Deeply & Act Effectively ~ Shinzen Young	56 min	2017-07-09
APPRECIATE, TRANSCEND & IMPROVE: OUR 3 HUMAN JOBS ~ Shinzen Young	41 min	2014-02-21

Title	Duration	Date
Be The Master of Every Situation ~ SHINZEN YOUNG	18 min	2017-01-25
Being 10 TIMES Happier ~ SHINZEN YOUNG	3 min	2017-01-25
Being a Generalized Mystic ~ Shinzen Young	9 min	2013-01-09
Being Confused is Good ~ Shinzen Young	1 min	2012-12-27
Being In Ceremony ~ Stephanie Nash	51 min	2019-06-27
BEING KNOWN TO DEATH ~ Shinzen Young	2 min	2013-06-04
Can ordinary experience count as meditation? ~ Shinzen Young	5 min	2009-08-13
Catching a Free Ride ~ Shinzen Young and Stephanie Nash	3 min	2013-09-01
CREATIVE WAY to ZOOM thru INTENSE EMOTIONS ~ Shinzen Young	6 min	2013-01-13
DAVE VAGO shares his (MIND) BOARD	25 min	2012-03-25
Density that is Unifying and Liberating ~ Shinzen Young	3 min	2015-02-11
Description of & Paths to Liberated Experience (Enlightenment) ~ Shinzen Young	40 min	2015-02-06
Developing the "Taste of Purification" ~ Shinzen Young	8 min	2009-12-07
DIGGING HOLES ~ Shinzen Young	4 min	2013-06-04
Direct Awakening Exercise ~ LOCH KELLY with Stephanie Nash	9 min	2018-07-24
EARTHQUAKE ~ Shinzen Young	6 min	2014-07-07
EMPOWERING (or NOT) DISTINCTIONS & UNIFICATIONS ~ Shinzen Young	6 min	2013-09-01
Focus Out with Fascination ~Stephanie Nash	24 min	2014-03-08
FORGET ABOUT ME ~ Shinzen Young	3 min	2009-09-27

Title	Duration	Date
FROM SUFFERING to BLISS (whole session) ~ Shinzen Young guides Stephanie Nash	52 min	2013-01-14
Goals & Rewards of Teaching ~ Shinzen Young	3 min	2009-09-27
GOD's ARROW ~ Shinzen tells his Experience of Enlightenment	7 min	2019-01-14
GUIDED MEDITATION of EXPANSION & CONTRACTION ~ by SHINZEN YOUNG	55 min	2016-05-25
Guided Meditation on the phone? Any for beginners? www.BasicMindfulness.org ~ Shinzen Young	9 min	2009-08-15
GUIDED MEDITATION: "The TALK-FEEL Connection" ~Stephanie Nash	46 min	2014-03-06
HARVARD BRAIN STUDY – "LAST CIRCLE"	1 min	2012-03-26
HEBREW PRAYER a la SHINZEN YOUNG	8 min	2013-09-09
How & Why Shinzen Became a Monk	6 min	2009-12-07
How a Living Bodhisatva Influenced Shinzen Young	6 min	2013-01-09
How a Positive Human Being Emerges from the Source ~ SHINZEN YOUNG	5 min	2012-07-20
How Cho used Shinzen's techniques to work through pain	3 min	2010-07-01
How Continuity of Practice Will Help you Catch Fire ~ Shinzen Young	19 min	2014-02-23
How do I know which kind of meditation is best for me? ~ Shinzen Young	7 min	2009-08-14
How has Shinzen's meditation changed your life? ~ Choshin	2 min	2010-07-03
How Have People Used Shinzen's YouTube Videos?	2 min	2010-03-08

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How Intense Emotions Can Be No Problem – SHINZEN YOUNG	12 min	2016-01-26
How is Shinzen's teaching distinctive? Mathematics & "Taking the Mist out of Mysticism."	8 min	2009-08-14
How Meditation Can Bring an Enlightened Perspective to the 6 O'Clock News ~ Shinzen Young	6 min	2017-07-09
How Much of Buddhism Can Survive the Scrutiny of Science? ~ Shinzen Young	56 min	2016-02-06
How our Sense of Being Separate Disappears	1 min	2022-12-04
How Shinzen Became Involved in Native American Spirituality	8 min	2009-10-01
How Shinzen Broke Through an Addiction	2 min	2009-09-27
How Shinzen Dealt with Travel Dramas ~ Shinzen Young	16 min	2013-01-09
How to Change Your Life with Mindful Awareness ~Shinzen Young	24 min	2014-06-04
How to do Healthy Merging ~ Shinzen Young	11 min	2015-02-11
How to do "AUTO-WALK" ~ Stephanie Nash	10 min	2020-08-20
How to Guide Someone through the Death Process using Mindfulness ~ SHINZEN YOUNG	56 min	2012-01-16
How we Evolve & Integrate (including the "Dark Night") ~ Shinzen Young	59 min	2019-08-03
How Would You Describe Enlightenment? ~ Shinzen Young answers	39 min	2017-07-08
How "Focus on Positive" is a Mindfulness Practice ~ Shinzen Young	7 min	2009-09-27
In the Hands of the Cosmic Pizza Chef ~ Shinzen Young	6 min	2014-02-20

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Info on how to study with Shinzen Young	0 min	2009-08-14
Inside Shinzen's Brain: How Shinzen Experiences his Daily Life	8 min	2009-12-07
INTERACTIVE Guided Meditation? ~ Shinzen Young	7 min	2009-12-07
Is Fixation "THE" Necessary Cause for Suffering? ~ Shinzen Young	13 min	2012-12-28
Journey to True Spirituality ~ SHINZEN YOUNG	67 min	2016-05-26
LATE NIGHT SITTING CAN CHANGE YOUR LIFE ~ Shinzen Young	12 min	2012-06-03
LAUGHING MEDITATION WORKSHOP ~ Stephanie Nash	28 min	2012-01-16
Many Facets of Enlightenment ~ Shinzen Young	3 min	2009-11-26
Mindfulness Strategies when Interacting with Others ~ SHINZEN YOUNG	12 min	2013-08-26
MINDFULNESS with SICKNESS ~ Shinzen Young	29 min	2017-01-25
Music Meditation on Cho's iPod	2 min	2010-07-01
New Year's Eve in The Old Days ~ with Shinzen Young	7 min	2014-02-24
ON-THE-FLY PURIFICATION (from solo retreat) - Stephanie Nash	1 min	2022-08-15
Organizing Your Practice ~ SHINZEN YOUNG	47 min	2012-01-21
Our SUBJECTIVE Experience EXPLAINED (See-Hear-Feel technique) by Shinzen Young	30 min	2011-05-19
Out-take - from Jan 2010 interview	0 min	2010-01-30
PART 2 of VISUAL PRESENTATION of MINDFULNESS & the SPIRITUAL PATH	29 min	2011-03-11

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Penetrating Sleepiness ~ Shinzen Young	3 min	2017-01-25
Pick Your Medicine (for Enlightenment) ~ Shinzen Young	6 min	2015-02-12
Practical Game Plan of Shinzens Techniques & Strategies ~Shinzen Young	2 min	2014-02-24
PROS & CONS of DHARMA MAPS ~ Shinzen Young	61 min	2012-01-20
RETROACTIVE MEDITATION ~Shinzen Young	8 min	2013-08-26
SCIENCE of ENLIGHTENMENT (book excerpt) ~ Shinzen Young	3 min	2016-08-28
SHAKTIPAT or ENERGY TRANSMISSION in BUDDHISM ~ Shinzen Young	33 min	2013-02-15
SHAMANISM ~ Shinzen Young	18 min	2019-06-27
SHINZEN & DAVE take a break from the BRAIN STUDY	2 min	2012-03-26
SHINZEN APPROVES of RICHIE DAVIDSON's VISION	12 min	2016-01-25
SHINZEN Defines ENLIGHTENMENT	1 min	2011-03-11
Shinzen describes all "5 Ways" before Guiding Steph ~ Shinzen Young	4 min	2009-08-14
Shinzen Describes his Interactively Guided Web Program	2 min	2012-01-21
Shinzen Describes His Sleepiness Turning Into Bliss	2 min	2015-02-12
Shinzen Describes the Vajrayana Practice	7 min	2009-12-07
Shinzen guides a meditation for Pain. Part I of III ~ Shinzen Young	7 min	2009-08-15
Shinzen guides a meditation for Pain. Part II of III ~ Shinzen Young	7 min	2009-08-15
	9 min	2009-08-15

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Shinzen guides a mindfulness meditation for Pain. Part III of III. ~ Shinzen Young		
Shinzen Guides Steph in "Focus Out" (Sight, Sound, Touch)~ Shinzen Young	7 min	2009-08-14
Shinzen Weeps at Beauty of Japanese Children's Poem	6 min	2014-02-23
Shinzen Young describes Mindfulness Meditation – as only he can.	9 min	2009-08-14
Shinzen Young explains "A" in a Whole New Way	13 min	2012-12-27
Shinzen Young tells Stories of Yes & No	42 min	2012-12-28
Shinzen Young's "CHART of HUMAN HAPPINESS"	26 min	2011-04-17
SHINZEN YOUNG'S "HAPPINESS CHART"	3 min	2011-03-11
Shinzen's 30 Second Samadhi	1 min	2013-08-26
SHINZEN'S BILLION DOLLAR HYPOTHESIS	53 min	2017-01-11
SHINZEN'S CYBORG TEACHING FANTASY	0 min	2014-06-04
SHINZEN'S DAIS ... for a few moments	1 min	2016-02-06
SHINZEN'S PANDEMIC STRATEGIES	56 min	2020-06-24
Shinzen's Teachings with Music & for Education	2 min	2010-03-09
Shinzen's Version of Lazy	0 min	2013-01-14
SHINZEN'S WEIRD MEDITATION ~ Shinzen Young	38 min	2013-01-08
Shinzen's "Dharma-Free" Funny Story of his Car Accident while on LSD	18 min	2017-07-09
Shinzen, the Mindful Math Geek	9 min	2009-12-07

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SHINZEN's 75th SURPRISE BIRTHDAY PARTY	2 min	2019-06-26
Shinzen's Contributions	4 min	2022-03-31
SILENT 33 MINUTE MEDITATION ~ led by SHINZEN YOUNG	33 min	2013-02-02
SILENT 5 MINUTE SIT ~ with Shinzen Young & Stephanie Nash	5 min	2013-01-29
Spacing Out & Resistance are Golden Opportunities ~ SHINZEN YOUNG	12 min	2012-01-22
Taking Temperature of Subconscious Processing ~ SHINZEN YOUNG	10 min	2016-01-25
Teaching "Turn Back" (or UM's Self-Inquiry) Practice ~ SHINZEN YOUNG	11 min	2022-07-03
The Agony of Jargon ~ Shinzen Young	5 min	2014-02-20
The ETERNAL FOUNTAIN of YOUTH ~ Shinzen Young	3 min	2012-01-16
The Figure/Ground Reversal from Noting Vanishings ~ SHINZEN YOUNG	4 min	2012-07-20
The Great Dharma of "Row Row Row Your Boat" ~Shinzen Young	11 min	2014-02-23
THE QUICKEST WAY TO ENLIGHTENMENT ~ Shinzen Young	17 min	2013-06-04
The Spring of the Void ~ Shinzen Young	5 min	2015-02-06
The UNVEILING of SHINZEN YOUNG's MANDALA (of what he knows)	14 min	2011-03-11
The Use of "Woo Woo" Words by Enlightened Masters ~Shinzen Young	3 min	2014-02-24
There's No Need to Leave Samadhi ~ Shinzen Young	5 min	2015-02-12
Touching the Heart ~ Shinzen Young	71 min	2019-06-26

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TRACKING WHERE EMOTION COMES FROM ~ Shinzen Young	3 min	2013-01-13
Transcendence in Tribal Cultures ~Shinzen Young	7 min	2014-02-23
Undignified on YouTube, perhaps? ~ Shinzen Young	2 min	2010-03-09
UNIFIED MINDFULNESS TRAINING NOW AVAILABLE	3 min	2017-03-08
Upgrade to an Awake Operating System ~ Loch Kelly with Stephanie Nash	29 min	2018-07-25
UPIAH – Skillful Means or Outreach ~Shinzen Young	20 min	2014-02-24
WATCHING SUBCONSCIOUS PROCESSING ~ Shinzen Young	7 min	2013-06-04
WELCOME to this SHINZEN VIDEOS youtube channel!	2 min	2017-07-11
What if the Cause of Suffering Was Physical? ~Shinzen Young	3 min	2014-02-27
What if you have no concentration? What are the benefits of concentration? ~ Shinzen Young	7 min	2009-08-14
WHAT IS ENLIGHTENMENT? ~ Shinzen Young	2 min	2016-08-28
What is Equanimity? ~ Shinzen Young	4 min	2009-08-14
What is Love at the Deepest Level? ~ Shinzen Young	19 min	2017-07-18
WHAT IS THE SELF? ~ Shinzen Young	3 min	2016-08-28
What technique does Shinzen use?	2 min	2012-07-20
When Sensory Experience Loses Its "Something-ness" ~ Shinzen Young	18 min	2022-02-22
When the "Passive Night" Grabs You ~ Shinzen Young with Stephanie Nash	7 min	2022-01-28
WHERE DOES LOVE COME IN? ~ Shinzen Young	13 min	2011-04-17

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WHY DO I DO IT? (solo-retreats in nature) ~ Stephanie Nash	1 min	2022-08-14
WHY MEDITATE? ~ Shinzen Young	2 min	2016-08-28
WORKING on MYSELF (during a solo-retreat in nature) ~ Stephanie Nash	1 min	2022-08-14
Working Smarter ~ Shinzen Young	8 min	2009-09-24
Working With Shinzen – Many Options	6 min	2009-09-22
World Mysticism (with a capital "M") ~ Shinzen Young	67 min	2013-01-14
"AUTO WALK" ~ demonstrated by SHINZEN YOUNG	8 min	2017-01-24
"AUTO-CHANT" or "AUTO-SPEAK" ~ Shinzen Young	3 min	2017-01-24
"AUTO-EVERYTHING" ~ Shinzen Young	2 min	2017-01-24
"AUTO-THINK" ~ Shinzen Young	5 min	2017-01-24
"Bouncy" Zen vs. "Paint-by-Numbers" Vipassana ~ Shinzen Young	3 min	2009-11-26
"Focus on Rest" as one of the "5 Ways" ~ Shinzen Young	6 min	2009-08-14
"JUST LAUGHING" – a Mindfulness Meditation ~ STEPHANIE NASH	12 min	2012-01-16
"MEDITATION BAR" (a comic dharma skit) ~ STEPHANIE NASH	7 min	2017-07-17
"Say What You Mean" ~ Shinzen Young	7 min	2015-02-06
"Vermont News" – comic skit by Stephanie Nash	9 min	2017-07-17
*5. WORKING with INTENSE EMOTION – GUIDED MEDITATION (2 of 2)	8 min	2010-12-14