

# Shinzen's Teachings with Music & for Education

00:00:00 I understand that you have some programs that are based on your techniques that have started

00:00:13 to be employed in various places.

00:00:15 And I wondered if there is something that you can share with us about what's happening

00:00:20 with aspects of your basic mindfulness.

00:00:23 I know sometimes a particular focus, whether for pain or music or something like that.

00:00:31 Is there something that you could share with us in terms of how your techniques are being

00:00:35 employed in maybe institutions or educationally or health facilities?

00:00:41 I think the two things that come to mind immediately are that other teachers are using my materials

00:00:52 to teach meditation, the YouTube materials.

00:00:57 So they're capturing YouTube segments and using them in the curriculum.

00:01:06 And I think that that's being done both for people teaching meditation pragmatically in

00:01:14 the public, but also for people teaching courses on meditation in universities or courses that

00:01:21 may be like Buddhism, Asian culture, comparative mysticism, that kind of thing, where academic

00:01:32 professors are assigning some of my YouTube segments to supplement the supplementary materials.

00:01:43 So that's one area.

00:01:48 Then probably the most exciting thing is the development of music-based mindfulness for

00:01:55 kids.

00:01:57 And they're doing that in Portland State, and it was phenomenally successful.

00:02:02 And we have Soryu's YouTube show, what we're doing in Burlington, Vermont.

00:02:10 Now Soryu is in the public school system.

00:02:13 First he was just in this after-school center with music-based mindfulness for kids.

00:02:18 Now he's in the public schools doing mindfulness.

00:02:22 And I think that's very exciting.