

# WELCOME to this SHINZEN VIDEOS youtube channel!

00:00:00 Hi, I am Stephanie Nash and I started this YouTube channel in 2009, I think, with the

00:00:09 initial intention of introducing Shinzen Young and his teachings to a broader audience than

00:00:18 might normally stumble upon him.

00:00:22 And my initial idea was to do interviews with him, maybe, where I ask some questions like

00:00:27 a beginner might ask.

00:00:30 Thus the name of this channel has been Shinzen Interviews for a long time and it may still

00:00:35 show up for you as that.

00:00:38 We did change the name to Shinzen Videos.

00:00:41 I started adding talks and teaching sessions from retreats in addition to the interviews.

00:00:50 And I also, with Shinzen's wholehearted approval and encouragement, I have posted bits of interviews

00:00:58 I've done with other teachers as a way of sharing the Dharma.

00:01:05 So for more information about Shinzen and his teachings, please go to [www.shinzen.org](http://www.shinzen.org)

00:01:13 for retreat schedule, blog, his writings, his home practice program, which is a wonderful

00:01:20 call-in program.

00:01:22 Anyone from anywhere in the world can talk to him live.

00:01:26 Once a month he does that.

00:01:27 It's wonderful.

00:01:28 The live practice program, they just started that.

00:01:30 He works with someone one-on-one and in 45 minutes helps them with something.

00:01:35 And it's great training for mindfulness teachers.

00:01:39 If you're new to all of this, please let me recommend this free core training at Unified

00:01:45 Mindfulness through the link below, where you can get an experiential dip into the world

00:01:55 of see, hear, feel, which is Shinzen's main technique at this time.

00:02:01 And I hope you find something here to be helpful for you.

00:02:08 And then pass it on.

00:02:14 That concludes this intro.

00:02:17 Be mindful out there.