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## Healing the Heart & Mind event with Yongey Mingyur Rinpoche open to the public

Tibetan master to present practical meditation techniques at UMC, May 6

**TUCSON, Ariz., March <<29>>, 2010 – Yongey Mingyur Rinpoche**, well-known Tibetan Buddhist meditation teacher and best-selling author of *The Joy of Living: Unlocking the Secret & Science of Happiness*, will conduct a workshop in Tucson on Thursday, May 6, 5:30 p.m., at DuVal Auditorium, University Medical Center, 1501 N. Campbell Ave.

This special event, presented by the Arizona Center for Integrative Medicine at the Arizona Health Sciences Center at the University of Arizona, in conjunction with the Tergar Meditation Group of Tucson, is titled *Healing the Heart & Mind: An Introduction to Meditation with Yongey Mingyur Rinpoche*. The program is free and appropriate for anyone of any faith, background or level of meditation practice.

“Mindfulness practice is extremely beneficial,” Rinpoche said, “especially for those whose work involves healing others, such as health care professionals and those who are dealing with difficult circumstances, like illness or economic hardship.”

Rinpoche, a Tibetan meditation master celebrated for his ability to make the practice of meditation accessible to people of all backgrounds, will introduce the healing art of meditation, showing how this ancient practice can be used to calm the mind and open the heart. Meditation trains the mind and re-wires the brain, allowing one to use any situation or experience – even difficult emotions and physical pain – as a gateway to inner peace and joy.

“We are honored that Rinpoche has offered to bring his wisdom on the healing art of meditation to our community,” said **Andrew Weil, MD**, founder and director of the Arizona Center for Integrative Medicine. “In addition to the clinically measurable health benefits of meditation, the increased ability to concentrate, sense of well being and improved relationships with others, make this an important practice for both health professionals and the public.”

This series of practices especially will benefit caregivers or healthcare professionals as a means to center themselves and diminish burnout. “Meditation can help increase the quality and enjoyment of our

care for others," Rinpoche said. And those facing stress from the current economic situation can equally benefit: "Without blocking the negative emotions, we will learn to use them to calm the mind and transform them into sources of insight and empathy."

Rinpoche said he is making a stop in Tucson because many Tucsonans are interested in meditation, Buddhist and non-Buddhist alike. "I understand that many people chose to live in Tucson for the wide-open skies, the mountains and warmer weather," he said, "so they already have a desire to relax and calm the mind in an open, spacious environment that is actually very good for supporting meditation, similar to Tibet."

This will be Rinpoche's third visit to Tucson. He has a meditation group in Tucson and a center in Phoenix.

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### **About the Arizona Center for Integrative Medicine**

The Arizona Center for Integrative Medicine leads the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine is healing-oriented and makes use of conventional and alternative therapies as appropriate. Since its inception, the Center has focused its efforts on three areas: education, clinical care and research, with the primary emphasis on education. We built the Center on the premise that the best way to change a field is to educate the most gifted professionals and place them in settings where they can, in turn, teach others. To learn more about the Center, visit [www.azcim.org](http://www.azcim.org).

### **About the Tergar Meditation Community**

The mission of the Tergar Meditation Community is to make the ancient practice of meditation accessible to the modern world. For centuries, the practice of meditation has been used by countless individuals to transform suffering into joy and confusion into wisdom. Tergar meditation and study programs are designed to facilitate this transformation. Under the guidance of Yongey Mingyur Rinpoche, the Tergar community of meditation centers and practice groups provides a comprehensive course of meditation training and study, with programs for Buddhists and non-Buddhists alike.

### **About Yongey Mingyur Rinpoche**

Born in 1975 in the Himalayan border regions between Tibet and Nepal, Yongey Mingyur Rinpoche is considered a rising star among the new generation of Tibetan Buddhist masters. From a young age, he was drawn to a life of contemplation and retreat, learning from several respected meditation masters, including his renowned father Tulku Ugyen Rinpoche, Tai Situ Rinpoche and several other great masters.

Mingyur Rinpoche has also had a lifelong interest in Western science and psychology. In 2002, he and a handful of other long-term meditators were invited to the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin, where 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*.

Currently, Mingyur Rinpoche teaches throughout the world, with centers on four continents. His candid, often-humorous accounts of his own personal difficulties have endeared him to thousands of students around the world. His bestselling book, *The Joy of Living: Unlocking the Secret and Science of Happiness*, debuted on the *New York Times* best-seller list and has been translated into more than 20 languages. Rinpoche's most recent books are *Joyful Wisdom: Embracing Change and Finding Freedom*, and an illustrated children's book titled, *Ziji: The Puppy Who Learned to Meditate*.